

Implementation of The Health Protocol Concerning Covid-19 Prevention to Sellers in Kasih Market, Kupang City

Rupang Rampo La'bi¹, Ribka Limbu², Helga J.N. Ndun³

^{1,2,3} Faculty of Public Health, University of Nusa Cendana

e-mail: *¹rupangrampolabi96@gmail.com, ²limburibka10@gmail.com,

³helgandun@gmail.com

Abstract. COVID-19 is an infectious disease caused by SARS-CoV-2. The health protocol is set as an effort to prevent and control the spread of COVID-19. This study aims to describe the application of health protocols related to the prevention of COVID-19 on sellers at the Kasih market in Kupang City. This type of research is descriptive with a qualitative approach. There were 8 informants in this study and the sampling selection used purposive sampling. The analysis was conducted qualitatively based on unstructured interviews. The results showed that the informants had good knowledge because they knew about the meaning, transmission, and prevention of COVID-19, as well as knowing the application of health protocols. Informants also had a positive attitude towards COVID-19 and the attitude of using masks and washing hands but had a negative attitude towards the application of social distancing. The PHBS facilities at the Kasih market in Kupang City are adequate.

Keywords: COVID-19, Health Protocols, Knowledge, Attitudes

Abstrak. COVID-19 adalah penyakit menular yang disebabkan oleh SARS-CoV-2. Protokol kesehatan ditetapkan sebagai upaya pencegahan dan pengendalian penyebaran COVID-19. Penelitian ini bertujuan untuk mengetahui gambaran penerapan protokol kesehatan terkait pencegahan COVID-19 pada penjual di pasar Kasih Kota Kupang. Jenis penelitian adalah deskriptif dengan pendekatan kualitatif. Informan dalam penelitian ini berjumlah 8 orang dan pengambilan sampel dilakukan secara *purposive sampling*. Analisis dilakukan secara kualitatif berdasarkan wawancara tidak berstruktur. Hasil penelitian menunjukkan informan berpengetahuan baik karena mengetahui tentang pengertian, penularan dan pencegahan COVID-19, serta mengetahui penerapan protokol kesehatan. Informan juga memiliki sikap positif terhadap COVID-19 dan sikap untuk menggunakan masker dan mencuci tangan, namun memiliki sifat negatif terhadap penerapan jaga jarak. Sarana PHBS di pasar Kasih Kota Kupang sudah memadai.

Kata kunci: COVID-19, Protokol Kesehatan, Pengetahuan, Sikap, Tindakan

Article history:

Received 9 October 2021

Received in revised form 24 November 2021

Accepted 29 November 2021

Available online 29 March 2022

Introduction

At the beginning of 2020, the world was shocked by the outbreak of a new virus, namely Coronavirus Disease 2019 (COVID-19). Coronaviruses are a large family of viruses that can cause disease in animals or humans. Two types of Coronavirus are known to cause illnesses that can cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The recently discovered coronavirus causes Coronavirus Disease-19 (COVID-19), a type of disease that has never been previously identified in humans (WHO, 2020).

This disease was first discovered in Wuhan City, Huabei Province, China. Based on the epidemiology, the case is suspected to be related to the seafood market in Wuhan City. On January 7, 2020, China identified pneumonia of unknown etiology as a new type of Coronavirus (Ministry of Health, 2020). COVID-19 was first reported in Indonesia on March 2, 2020, with two cases. Data on March 31, 2020, confirmed cases amounted to 1,528 cases and 136 deaths, and the mortality rate of COVID-19 in Indonesia was 8.9%. On March 11, 2020, WHO officially declared COVID-19 as a global pandemic (WHO, 2020).

The most common symptoms of COVID-19 are fever, dry cough, and fatigue. Symptoms experienced are mild and appear gradually. Most people (about 80%) who are infected with the COVID-19 disease manage to recover without the need for hospitalization. About 1 in 5 people infected with COVID-19 suffer from severe pain and difficulty breathing. Older people and people with co-existing medical conditions such as high blood pressure, heart, and lung disorders, diabetes, or cancer are more likely to develop more serious illnesses. However, anyone can become infected with COVID-19 and become seriously ill.

Data on COVID-19 cases until November 30, 2020, globally continues to increase. COVID-19 cases hit 216 countries in the world with 63,043,588 confirmed cases and 1,464,721 deaths. The region with the highest COVID-19 cases was the United States with 13,738,994 confirmed cases, followed by India with 9,432,039 cases, and Brazil as many as 6,314,740 confirmed cases (WHO, 2020).

In Indonesia, the development of COVID-19 cases every day is also increasing. Data updated as of November 30, 2020, COVID-19 cases in Indonesia reached 538,883 confirmed cases, 16,945 cases died, 450,518 cases recovered and those who were still being treated were 71,420 people, and every day it was always increasing. DKI Jakarta Province is the area with the highest number of COVID-19 cases, with 134,331 confirmed cases, followed by East Java with 61,071 confirmed cases and Central Java with 52,961 cases (Task Force for the Acceleration of Handling COVID-19, 2020).

East Nusa Tenggara (NTT) is one of the provinces in Indonesia with relatively low COVID-19 cases compared to other provinces, but the incidence rate continues to increase. Through the spokesperson for the NTT Province COVID-19 task force, as of November 30, 2020, the total confirmed cases were 1245 positive cases, 814 cases were declared cured and 24 cases died (NTT Province COVID-19 Task Force).

A spokesman for the task force for the acceleration of the COVID-19 response, Achmad Yuriyanto, revealed that there are several strategies in dealing with the COVID-19 pandemic. The first strategy as a strengthening of the basic strategy is the movement of masks for all campaigning for the obligation to wear masks when in public spaces or outside the home, and the second strategy is to contact tracing (trance) examinations using rapid tests or rapid tests to the closest people, such as health workers who treat COVID-19 patients and families of COVID-19 patients. The third is education and preparation of self-isolation on some of the tracing results that show positive test results from rapid tests or negative with symptoms to self-isolate, and the last strategy is hospital isolation, which is carried

out if self-isolation is not possible because there are clinical signs that require definitive services at the hospital (COVID-19 Task Force, 2020). The most effective prevention efforts in dealing with COVID-19 are frequent hand washing with soap and running water or using an alcohol-based antiseptic liquid, avoiding touching the mouth, nose, and eyes, using masks appropriately, especially when leaving the house, maintaining a physical distance of at least one meter from others (WHO, 2020).

One of the public place clusters with the most potential for transmission is the market cluster. The market is an area where the sale and purchase of goods with the number of sellers is more than one, either referred to as a shopping center, traditional market, mall plaza, trading center, other designations.

Method

This type of research is descriptive with a qualitative approach design. The research was conducted at the Kasih Market in Kupang City in May-June 2021. The informant determination technique used was the purposive sampling technique. The key informants of this research were eight regular sellers in the Kasih Market and the supporting informants are the Kasih Market officers.

The data was used in this research are primary and secondary data. The data collection instruments used in this study were the researchers themselves (human instruments) assisted by interview guidelines, recording devices (mobile phones, and cameras. Data processing is done by transcribing the collected data and converting it from recorded form to written form. Data analysis was carried out by qualitative analysis based on data obtained through unstructured interviews with informants.

Result

Kasih Market is one of the markets that are quite busy with sellers and visitors. The means of selling in Kasih Market consists of 54 shops, 100 stalls, and 450 permanent traders. Sanitation facilities at Kasih Market that support PHBS sellers and visitors are only available in 8 public bathrooms and 6 handwashing places.

1. Knowledge

a. Overview About COVID-19

The results of the interview revealed that the knowledge of the informants regarding the description of COVID-19 was good. Informants described COVID-19 as an infectious disease that can be transmitted from person to person and a type of flu that attacks the respiratory tract and can cause coughing, shortness of breath, and fever. COVID-19 is also a deadly disease. The following is an excerpt from the interview:

"COVID-19 is a deadly virus that can be passed from one person to another and a type of flu that directly attacks the respiratory tract and causes coughing, shortness of breath and fever"

b. COVID-19 Transmission

The results of the interview found that the eight informants knew how to transmit COVID-19, which can occur through splashes of saliva or droplets when coughing or sneezing, shaking hands, kissing nose, touching, accidentally inhaling saliva splashes from people infected with COVID-19, and touching surfaces objects that are contaminated with the COVID-19 virus such as objects made of iron. The following is an excerpt from the interview:

"The way we get infected with COVID-19 is through being close to or touching a person who has COVID-19 disease and if that person sneezes in front of us and indirectly inhales splashes such as saliva and touches the surface of objects contaminated with COVID-19"

c. How to Prevent COVID-19

The results of the interview found that all of the informants said that the way to prevent COVID-19 was to always wear a mask, maintain a minimum distance of one meter, diligently wash hands with soap and arrange a healthy diet and always pray. The following is an excerpt from the interview:

"Following government rules such as keeping your distance, washing your hands with soap and running water, always wearing a mask and eating healthy food and always praying"

d. Health Protocol

The results of interviews with all informants said that the health protocol is a rule or an appeal from the government that must be obeyed such as maintaining a minimum distance of one meter, washing hands with soap, and using masks. The following is an excerpt from the interview:

"Health protocols are a kind of appeal and directive from the government that we must implement and obey in the market, for example, we must keep the distance that the government says is at least one meter, wash hands with soap in running water, and also always wear masks"

e. How to Use the Correct Mask

The results of the interview found that only one informant could explain well how to use a mask correctly, namely, a mask covering the nose, mouth, and up to the chin, as well as paying attention to hand hygiene before using a mask. In addition, if you use a face shield it is better. The following is an excerpt from the interview:

"The first thing you have to pay attention to is that when you want to wear a mask, your hands must be clean and then use a good mask. It's enough to just cover it from the nose to the chin, and just leave the eyes, but if you use the face shield, you can immediately cover your eyes at once and that's better and effective"

Seven other informants said that the correct way to use a mask is to cover the nose and mouth. The following is an excerpt from the interview:

"The way the mask is used fits the nose and covers the mouth too, and that we know and hear from the government's appeal and its benefits to prevent us from contracting COVID-19"

f. Benefits of Using Masks During the COVID-19 Pandemic

The interview results revealed that the informant said that the benefit of using masks during the COVID-19 pandemic is to prevent us from contracting COVID-19 from people who have been infected by the COVID-19 virus, and not only the COVID-19 virus but also to prevent other infectious diseases and filter all types of dust that enter the respiratory tract. The following is an excerpt from the interview:

"The benefits of using masks can prevent disease transmission, especially COVID-19, not only COVID-19 disease but can also prevent dust, unhealthy air can be filtered by masks so that we as mask users are not directly inhaled it"

g. How to Wash Hands Correctly

The results of interviews with five informants revealed that the correct way to wash hands was using clean water and soap and then rubbing the palms, between the fingers and the backs of the hands so that dirt and germs were removed, then rinsed with clean water. The following is an excerpt from the interview

"The trick is to wash your hands in running water and use soap, then rub your fingers, back, and palms, then say with clean water. The government has also put a sticker on the handwashing area on the correct way to wash hands, we just have to follow it"

Another informant said that proper handwashing requires water and soap. The following is an excerpt from the interview:

"Wash your hands, just using clean water and soap"

h. Benefits of Washing Hands During the COVID-19 Pandemic

The results of interviews with informants indicate that the benefits of washing hands during the COVID-19 pandemic are to prevent or avoid the COVID-19 virus and various other diseases. In addition, hand washing is

useful for cleaning dirt or germs that stick to the palms of the hands or between the fingers. The following is an excerpt from the interview:

"The benefit is that we wash our hands so that the sticky germs on our hands can be lost, so when we eat our hands are clean, especially to prevent and avoid the COVID-19 virus. Washing hands with water is not clean, we have to use soap so that dirt and viruses can be prevented."

i. Maintain a Distance

The results of the interview show that keeping a distance according to the informant is like keeping a minimum distance of one meter from other people, as well as reducing the presence of crowds. They know this based on recommendations from the government and market officials. The following is an excerpt from the interview:

"Keep that distance away from other people at least one meter, reduce the gatherings that are called keeping a distance... but we in this market are difficult to keep our distance because the place is too narrow, but when it comes to knowing, I know it's only a matter of application, not fully implemented only half a meter away"

2. Attitude

a. Attitude Towards COVID-19

The results of interviews with all informants said that COVID-19 is a very dangerous and deadly disease because it is a disease that is easily infected by other people. People affected by COVID-19 cannot carry out their activities as they should, but must be isolated and cannot work. In addition, COVID-19 is very vulnerable to people who are old and have comorbidities in a person's body. The following is the informant's statement:

"Very dangerous and deadly because if we have contracted this virus, we will surely die and we can't work as usual and of course, we have to isolate ourselves. COVID-19 is also vulnerable to people who are old and have other diseases in their bodies"

b. Attitude to Health Protocol

The results of interviews with all informants said that the implementation of health protocols was important. By implementing health protocols such as wearing masks, washing hands, and practicing social distancing, informants can avoid COVID-19. In addition, applying 3M can avoid other germs from other people who are exposed to the disease. With the application of the health protocol, informants can take care of themselves, as well as others, especially family members at home. However, sometimes some informants do not always apply health protocols such as forgetting to wear masks and not keeping their distance when talking to other sellers. The following is an excerpt from the interview:

"It's important...to avoid COVID-19 and the germs that are around us and, indeed, we must always wash our hands, wear masks and keep a distance. That's what we need to be able to take care of ourselves and others, especially members of the house. For this implementation, it is not enough because sometimes people forget to wear masks and if they meet people in the market, they don't do social distancing because they are having fun talking".

c. Attitude Towards the Use of Masks

The results of interviews with all informants said that the use of masks during the COVID-19 pandemic was very important to apply. The use of masks is highly recommended when meeting with other people, in addition to using a mask can avoid dust and infectious diseases through the nose and mouth. The following is an excerpt from the interview:

"It is very important to wear a mask, especially when we meet many people. Besides that, using a mask can prevent dust and infectious diseases through the nose and mouth, and indeed the government always urges us here, especially market officers to always wear masks."

The results of the interview also found that in the use of masks during activities there were obstacles. Obstacles experienced by informants such as difficulty in breathing, hot face, sore ears, stuffy and uncomfortable at the

beginning of using a mask, and ear pain but all obstacles can be overcome over time and the use of masks has become a habit during the COVID-19 pandemic. The following is an excerpt from the interview:

"At first it was difficult to breathe, maybe because it was the first time I used it, my face also felt hot, stuffy, and uncomfortable, and one more thing, my ears hurt like they were about to break hahaha but over time it can be overcome and it becomes a habit."

d. Attitude Towards Hand Washing

The results of the interview with informants said that hand washing was often done even before the COVID-19 pandemic. In addition to preventing COVID-19, hand washing is effective for cleaning hands from dirt and germs after handling goods and after making buying and selling transactions in the market. The following is an excerpt from the interview:

"Washing hands is nothing new before COVID-19, we are used to washing our hands. In addition to preventing COVID-19, hand washing can clean hands from germs, dirt after handling goods and after serving buyers."

e. Attitude Towards Keeping Your Distance

Social distancing is one of the most effective measures to prevent the spread and transmission of COVID-19. Based on the results of the interview, the informant said that social distancing was very important to be applied during the COVID-19 pandemic. At the beginning of the COVID-19 pandemic, the application of social distancing was always applied due to inspections from the government or market officials by giving an appeal not to gather and cause crowds, but over time social distancing is difficult to implement in the market. Overcrowded market conditions make it difficult for sellers to maintain a minimum distance of one meter, especially when making buying and selling transactions, the informant said that the recent practice of maintaining a distance of about half a meter. The following is an excerpt from the interview:

"Keeping distance is important for us to apply during the current pandemic, it's just that keeping a distance I think is a bit difficult to apply, especially for

us sellers, but in the past when COVID-19 was still rampant, we kept all sellers at a distance, but now it's gone, only some are implementing social distancing even though we apply a minimum of half a meter"

f. Action

Interviews and observations related to the use of masks by sellers at Kasih Market, it was found that all informants always wore masks when leaving the house until returning home. However, the informant also stated that it was inconsistent to use a mask or remove a mask when eating, when there were no customers and when it was hot. Here's an excerpt from the interview:

"Yes, I take off the mask when I eat, sometimes I take it off when there are no buyers or my face feels hot"

All informants said that they always wash and change masks. The types of masks that are often used are medical and non-medical masks. Medical masks are used once or twice and then discarded while non-medical masks can be used two to three times and then washed. Here's an excerpt from the interview:

"Yes, I am diligent in washing, I usually use medical masks and cloth masks for my medical masks, I use them twice and then throw them away, while our cloth masks can be used two to three times and then washed and reused"

The results of interviews with informants stated that the informants did not wash their hands after touching people. Informants said they only wash their hands after handling things and when they want to eat. Here's an excerpt from the interview:

"Wash your hands when you want to eat or your hands are dirty after handling merchandise but when you finish touching other people don't wash your hands because people are not dirty"

The results of the interview with the informant stated that the informant washed his hands with soap when eating, but during his activities, the informant only washed his hands with running water.

"I wash my hands with soap only when I eat and to wash my hands under running water I use a dipper to take clean water from the bucket that I have provided"

The results of interviews and observations of informants did not practice social distancing because of the proximity of the stalls, difficulty serving buyers, and overcrowded market conditions. Here's an excerpt from the interview:

"Keeping distance cannot be done because there are too many sellers, difficulties in serving buyers, the distance between the stalls is too close because market officials have divided the stall boundaries for sellers"

3. Availability of PHBS Facilities

The interview results revealed that the informant said that PHBS facilities had been provided from the beginning of the pandemic by market officers at several points around the market location. The following is an excerpt from the interview:

"PHBS facilities have indeed been provided from the beginning of the pandemic by market officials at several points in this market"

The informant also said that the types of PHBS facilities provided by The government during the COVID-19 pandemic were water tanks to accommodate clean water provided complete with hand washing and soap at every point around the market and public bathrooms either managed directly by the government or privately. The following is an excerpt from the interview:

"The facilities provided, such as water tank to accommodate clean water, are complete with hand washing and soap and good bathrooms managed by the government directly and privately"

Seven informants said that the number of PHBS facilities provided by the market officer such as four large water tanks with handwashing facilities complete with water taps and eight bathrooms managed by the government and the private sector. The following is an excerpt from the interview:

"For the PHBS facilities that have been provided by market officers, there are four large water tanks complete with water taps and handwashing facilities and eight public bathrooms, both managed by the government and the private sector."

One of the informants said that he did not know the number of facilities in the market because the informant had never used the existing facilities. Here's an excerpt from the interview:

"I don't know how many facilities here, but if there are four large water tanks, it's complete with a faucet and a handwashing area, but I don't know how many bathrooms are here"

The results of interviews related to the use of PHBS facilities, it is known that they always use the facilities provided by the government such as public bathrooms, hand washing facilities complete with clean water that has been provided in large water tanks around the market. The following is an excerpt from the interview:

"We take advantage of it, such as public bathrooms and water in large water tanks that have been provided by market officers"

Another informant said that he did not take advantage of the facilities provided by the government because the selling location was close to the informant's house. The following is an excerpt from the interview:

"I never use my facilities because my house is close so if I want to go to the bathroom, I will just go home"

Discussion

1. Knowledge

The results of the study illustrate that knowledge about COVID-19 among sellers at the Kasih Market in Kupang City shows that all informants have good knowledge. This is because they already have the correct knowledge regarding the causes, spread, and prevention of COVID-19. Purnamasari & Raharyani, (2020) stated that good public knowledge about COVID-19 will provide the ability to determine and make decisions regarding the prevention and handling of COVID-19. Based on the results of

interviews with informants in this study, it is known that COVID-19 is a type of infectious disease that attacks the respiratory tract and is very deadly that can be transmitted from one person to another. Good knowledge is influenced by various factors such as education level, besides that knowledge is obtained from various sources such as mass media and social media. Research by B. Yanti et al., (2020) states that the higher a person's level of knowledge, the easier it will be to get access to information about a problem. A good level of knowledge affects positive and good attitudes related to efforts to prevent COVID-19. Another study conducted by Natun et al., (2021) states that although people have low education, they do not necessarily have less knowledge, because current technology to access information is growing in society.

The results of the study illustrate that the knowledge of informants regarding the transmission of COVID-19 is good. The informant stated that the transmission of COVID-19 could occur in two ways, namely directly and indirectly. Direct spread occurs through droplets or saliva of someone infected with COVID-19 when coughing or sneezing. Meanwhile, indirect transmission can occur through objects or media that have been contaminated with the COVID-19 virus. Research conducted by Wei et al., (2020) stated that the transmission of COVID-19 was caused by the release of droplets containing the SARS-CoV-2 virus into the air by infected patients when coughing or sneezing. Droplets in the air are then inhaled by other people nearby who are not infected with COVID-19 through the nose or mouth, then enter the lungs. The droplets then enter the lungs and the infection process in a healthy person continues. Transmission of COVID-19 can also be through surfaces and equipment that have been touched by a person with COVID-19 and accidentally touched by a person who is not infected with COVID-19.

The results of the study stated that the informants already knew how to prevent COVID-19. The informant explained that efforts to prevent COVID-19 could be carried out by implementing the health protocols recommended by the government by always wearing a mask, washing hands with clean water, and keeping a distance from other people. Research conducted by Asyary & Veruswati (2020) states that efforts that can be made by all parties inside and outside the home to prevent COVID-19 are such as keeping a distance, using masks when outside the house, frequently washing hands, and immediately cleaning themselves after being outside. Research by Law et al. (2020) states that knowledge is one of the important things in the context of handling and preventing COVID-19. Purnamasari & Raharyani (2020) stated that by having good knowledge of something, a person will have the ability to determine and make decisions inappropriate behavior to break the chain of transmission of COVID-19.

Health protocols are needed to prevent us from getting rid of COVID-19. The current health protocol includes three ways, namely wearing a mask, washing hands, and keeping a distance. In this study, the knowledge of the informants regarding the health protocol was quite good. This can be known based on interviews regarding the use of masks, washing hands, and keeping a distance.

The results of the study revealed that the informants already had fairly good knowledge regarding the use of masks, namely as an effort to prevent COVID-19, it was necessary to prevent us from getting rid of COVID-19. Seven informants stated that the use of masks was good and correct, namely masks covering the nose to the chin. Meanwhile, another informant stated that hands must also be clean when wearing a mask. Untari & Kodiyah's research (2020) states that the use of masks during the COVID-19 pandemic is very important to protect yourself and others. The use of a good mask can prevent someone from contracting COVID-19, to protect

from dust, and from other infectious diseases that are transmitted through the nose and mouth.

The results showed that the informants already had good enough knowledge to wash their hands. One of the informants described that the proper and proper way to wash hands is to use running water with soap by rubbing the palms of the hands, the backs of the hands, and between the fingers and then rinsing with clean water. Meanwhile, other informants stated that washing hands is enough with soap and water. The informant also stated that in addition to preventing the transmission of COVID-19, washing hands can also clean hands from dirt that sticks to the surface of the hands. Fitria & Mukhlisoh's (2021) research states that hand washing is the most important basic technique in preventing infectious diseases. Washing hands in an inappropriate way will be fatal to various infectious diseases, one of which is COVID-19. Washing hands is often underestimated in society, even though washing hands can contribute to improving people's health status. Another study conducted by Wahyono et al (2021) stated that washing hands with soap is an act of personal hygiene, namely by washing hands and between fingers under running water and using soap so that hands are free from various viruses, bacteria, and small parasites that can cause infections that cause disease.

The results of the study illustrate that all informants know about social distancing as an effort to prevent COVID-19. The informant stated that the implementation method of maintaining a distance of at least 1 meter, not crowding and avoiding large-scale gatherings, and maintaining physical distance from one another in public places. Pearce's research (2020) states that the practice of social distancing is a practice in public health to prevent sick people from coming into contact with healthy people to reduce the chance of disease transmission. Delfirman et al. (2020) stated that social

distancing can be done by canceling group events or closing public spaces and avoiding crowds.

2. Attitude

The results of the study found that the attitude of all informants agreed that COVID-19 was a very dangerous disease because it could cause death, plus COVID-19 was a disease that could be transmitted from time to time to other people. People who are more at risk of being infected with COVID-19 are people who have a weak immune system and have comorbidities in the body. Ilpaj & Nurwati's research (2020) states that COVID-19 is a dangerous virus, the high death rate in Indonesia is influenced by the presence of comorbidities possessed by COVID-19 positive patients. Chronic diseases such as diabetes, heart disease, and asthma are the causes that worsen the patient's condition when infected with COVID-19.

The results of the study showed that the implementation of the health protocol for all informants was quite good. This is known from the application of the informant's health protocol which covers all aspects of 3M (using masks, washing hands, and maintaining distance). Informants obeyed regulations regarding the use of health protocols for reasons of fear of contracting COVID-19. In addition, complying with health protocols can minimize the spread of COVID-19 during activities. The government's appeal regarding the application of the use of masks was strengthened by the implementation of mask operations carried out by market officers by providing sanctions such as direct warnings and threats of revocation of business licenses. However, in applying the use of masks, all informants said that there were obstacles such as shortness of breath, feeling uncomfortable, the face felt hot, and the earlobe felt sore. Untari & Kodiyah's research (2020) stated that the reason respondents did not use masks was that they felt tight and uncomfortable. There are even informants who do not use masks because they only travel to locations that are close for a short time.

The results of the study describe the attitude of the informants to wash their hands after handling items, especially during the COVID-19 pandemic. The habit of washing hands has been implemented since the early days before the COVID-19 pandemic occurred. The reason for the informants to wash their hands is to clean dirt and viruses that stick to their hands. The habit of washing hands is done to clean dirt after handling items and has been done early on, in addition to cleaning from dirt, washing hands can also clean hands from the COVID-19 virus. Purnamasari & Raharyani's research, (2020) states that people already have a good habit of washing their hands after touching objects, but only some wash their hands according to WHO recommendations. Another study conducted by Simbolon (2020) showed that handwashing compliance was only 50.46%. One of the factors that affect the level of handwashing is age, the increasing age causes a decrease in handwashing compliance.

The results of the study related to the attitude of keeping the distance of informants at the selling location could not be applied optimally. This is because the market is too crowded and too crowded, making it difficult for sellers to maintain a minimum distance of 1 meter. In addition, keeping a distance is not done because it slows down transactions with buyers. A study conducted by Delfirman et al. (2020) suggests that social distancing and reducing crowds cannot be implemented for those who work in the field of commerce or entrepreneurship. This is because their work is done daily and is done directly with consumers. Meanwhile, among housewives and employees, it is easier to maintain a distance and avoid crowds because they are less likely to interact with other people. So it can be concluded that the type of work affects attitudes towards the application of social distancing and avoiding crowds.

3. Action

The study found that all of the informants used masks when they left the house until they returned home, however, the informants also stated that they were inconsistent in using masks because the informant took off the mask when eating and his face felt hot. Karuniawati & Putrianti (2020) stated that using masks is recommended for people traveling to anticipate the transmission of the Coronavirus.

Informants said that they always wash and change masks. The types of masks that are often used by informants when selling are medical and non-medical masks. Supinganto et al. (2021) said that the recommended types of masks are medical and non-medical masks. Medical masks are used once or twice and then discarded, while non-medical masks are used two to three times and then washed.

The informants did not wash their hands after touching other people because they felt clean. Informants said they only wash their hands after handling things and when they want to eat. Putri et al. (2020) stated that people who have done activities outside the home upon arrival at home never immediately wash their hands with soap because they think their hands are clean. People wash their hands using only water without soap.

The informant stated that washing hands with soap when eating, however, during activities the informant only washed his hands with running water. Karuniawati & Putrianti (2020) stated that one of the steps to prevent the spread of COVID-19 is to wash hands before eating or doing any activity using soap and running water for 20 seconds.

The results of the study found that the informants did not practice social distancing because of the proximity of the stalls, difficulty serving buyers, and overcrowded market conditions. Igiyany et al. (2021) said that the application of social distancing is still difficult because the market conditions are crowded with buyers and the narrow location makes it difficult to

implement social distancing so that sometimes physical contact cannot be avoided.

4. Availability of PHBS Facilities

The availability of PHBS facilities during the COVID-19 pandemic is very necessary for supporting the implementation of clean and healthy behavior. The results of research and observations at the Kasih Market in Kupang City illustrate that the availability of facilities at the Kasih Market is adequate and equipped with clean water. The facilities available at the market location are four water tank water reservoirs, four handwashing stations, and eight public bathrooms managed by the government and the private sector. Utilization of facilities at Kasih Market from eight informants, there was only 1 informant who did not use PHBS facilities because the distance from his house to the market was close, the rest of the informants used the facilities provided by market officials. The results of the study also found that in the use of facilities such as bathrooms, informants had to pay Rp. 5,000 for bathing and Rp. 2,000 for defecation/BAK, the cost of using PHBS facilities was managed for the provision of clean water and bathroom cleaning services. For the availability of soap, it is self-initiative to prepare. Karuniawati & Putrianti's research (2020) states that with the continuous and orderly implementation of PHBS, it is hoped that the transmission of COVID-19 can be minimized. If people want to implement PHBS, the transmission of COVID-19 can be suppressed, so that it can break the chain of spread.

The results of observations and interviews found that in implementing health protocols, sellers at Kasih Market Kupang City carried out health protocols because of sanctions from the local government such as revocation of business for sellers who violated the rules. In addition, during the COVID-19 pandemic, informants said that clean and healthy living behavior in the market and outside the market was applied both from food

consumption patterns, cleaning locations around the selling place, and changing clothes after activities outside the home.

Conclusion

The results showed that the informants had good knowledge because they knew about the meaning, transmission, and prevention of COVID-19, as well as knowing the application of health protocols. The application of the informant's health protocol when not wearing a mask is because the informant took off the mask while eating and felt hot on the face. Informants wash their hands with soap while eating, but during their activities, they only wash their hands with running water. All informants did not practice social distancing due to the close distance of the stalls, difficulty serving buyers, and overcrowded market conditions. PHBS facilities at Kasih Market Kupang City are adequate where there are four public bathrooms and four private rooms complete with clean water, and four large water tanks equipped with handwashing facilities, but no soap is available.

Suggestion

The author hopes that market managers will pay attention to market management related to health protocols and efforts to prevent and transmit COVID-19 in Kasih Market.

Reference

- Aswar, S. (2011). *Sikap dan Perilaku dalam: Sikap Manusia Teori dan Pengukurannya*. Pustaka Pelajar.
- Asyary, A., & Veruswati, M. (2020). Sunlight exposure increased Covid-19 recovery rates: A study in the central pandemic area of Indonesia. *Science of the Total Environment*, 729(May), 1–4. <https://doi.org/10.1016/j.scitotenv.2020.139016>
- Delfirman, G, E. R., & As'adhanayadi, B. (2020). *Sikap dan Persepsi Masyarakat terhadap Imbauan Jaga Jarak pada Masa Pandemi Covid-19* (Issue Juli).
- Gale, R. (2020). *Is 'physical distancing better than "social distancing"?* The Washington Post. <https://www.washingtonpost.com/lifestyle/wellness/social-distancing->

[coronavirus-physical-distancing/2020/03/25/a4d4b8bc-6ecf-11ea-aa80-c2470c6b2034_story.html](https://doi.org/10.24198/focus.v3i1.28123)

Hasni, H., Nurdin, N. Y., Biomed, M., & Edward, Z. (2012). *Hubungan Pengetahuan dan Tingkat Pendidikan Kepala Keluarga Terhadap Perilaku Hidup Bersih dan Sehat Keluarga di Kelurahan Limau Manis Selatan*. file:///C:/Users/user/Downloads/daftar_pustaka_hasni_hidayatul_2012.pdf

Ilpaj, S. M., & Nurwati, N. (2020). Analisis Pengaruh Tingkat Kematian Akibat Covid-19 Terhadap Kesehatan Mental Masyarakat Di Indonesia. *Focus: Jurnal Pekerjaan Sosial*, 3(1), 16–28. <https://doi.org/10.24198/focus.v3i1.28123>

Karuniawati, B., & Putrianti, B. (2020). Gambaran Perilaku Hidup Bersih dan Sehat (PHBS) Dalam Pencegahan Penularan COVID-19. *Jurnal Kesehatan Karya Husada*, 2(8), 112–131. <http://jurnal.poltekkeskhjogja.ac.id/index.php/jkhh/article/view/411/257>

Kementerian Kesehatan RI. (2011). Pedoman Pembinaan Perilaku Hidup Bersih dan Sehat (PHBS). *Peraturan Menteri Kesehatan No. 2406 TAHUN 2011 Tentang Pedoman Umum Penggunaan Antibiotik*, 1–76. https://promkes.kemkes.go.id/download/jsg/files13583Pedoman_umum_PHBS.pdf

Law, S., Leung, A. W., & Xu, C. (2020). Severe acute respiratory syndrome (SARS) and coronavirus disease-2019 (COVID-19): From causes to preventions in Hong Kong. *International Journal of Infectious Diseases*, 94(94), 156–163. <https://doi.org/10.1016/j.ijid.2020.03.059>

Purnamasari, I., & Raharyani, A. E. (2020). Tingkat Pengetahuan Dan Perilaku Masyarakat Kabupaten Wonosobo Tentang Covid -19. *Jurnal Ilmiah Kesehatan*, 3(1), 33–42. <https://ojs.unsiq.ac.id/index.php/jik/article/view/1311>

Setiati, S., & Azwar, M. K. (2020). COVID-19 and Indonesia. *Acta Medica Indonesia*, 52(1), 84–89. https://www.researchgate.net/publication/340645813_COVID-19_and_Indonesia?enrichId=rgreq-d3699940b76054c6432c9e6af01924bd-XXX&enrichSource=Y292ZXJQYWdlOzM0MDY0NTgxMztBUzo4ODA0ODkzNDI3MjYxNDRAMTU4NjkzNjQyNjA0Ng%3D%3D&el=1_x_2&esc=publicationCoverPdf

Shereen, M. A., Khan, S., Kazmi, A., Bashir, N., & Siddique, R. (2020). COVID-19 infection: Origin, transmission, and characteristics of human coronaviruses. *Journal of Advanced Research*, 24(March), 91–98. <https://doi.org/10.1016/j.jare.2020.03.005>

Sinaga, L. R. V., Munthe, S. A., & Bangun, H. A. (2020). Sosialisasi Perilaku Cuci Tangan Pakai Sabun Di Desa Sawo Sebagai - Bentuk Kepedulian Terhadap Masyarakat Ditengah Mewabahnya Virus Covid-19. *Jurnal Abdimas Mutiara*,

- 1(2), 19–28. <http://e-journal.sari-mutiara.ac.id/index.php/JAM/article/view/1307/1082>
- Tiffany, K. (2020). *The Dos and Don'ts of 'Social Distancing*. The Atlantic. <https://www.theatlantic.com/family/archive/2020/03/coronavirus-what-does-social-distancing-mean/607927/>
- Untari, S., & Kodyah, N. (2020). Gambaran Penggunaan Masker di Masa Pandemi COVID-19 pada Masyarakat di Kabupaten Grobogan. *Journal of TSJKeb*, 5(2), 20–26. <http://ejournal.annurpurwodadi.ac.id/index.php/TSCBid>
- Wei, W. E., Li, Z., Chiew, C. J., Yong, S. E., Toh, M. P., & Lee, V. J. (2020). Presymptomatic Transmission of SARS-CoV-2-Singapore. *Morbidity and Mortality Weekly Report*, 69(14), 411–415. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7147908/pdf/mm6914e1.pdf>