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Gambaran Perilaku Gerakan Masyarakat Hidup Sehat (GERMAS) dalam Upaya Pencegahan Covid-19 di Kecamatan Pringsurat

ABSTRAK

Latar Belakang : Kasus *Coronavirus Disease* 2019 setiap harinya semakin meningkat. Penyebaran virus *Coronavirus Disease* 2019 terus bertambah dimana penyebaran virus tersebut terjadi meskipun telah dikeluarkannya perintah serta anjuran tentang berbagai upaya pencegahan *Coronavirus Disease* 2019. Salah satu upaya pencegahan yang dapat dilakukan adalah menerapkan perilaku Gerakan Masyarakat Hidup Sehat (GERMAS). Tujuan penelitian ini adalah untuk mengetahui Gambaran Perilaku Gerakan Masyarakat Hidup Sehat (GERMAS) dalam Upaya Pencegahan Covid-19 di Kecamatan Pringsurat Kabupaten Temanggung.

Metode: Penelitian ini adalah kuantitatif dengan pendekatan studi cross sectional bersifat deskriptif. Sampel pada penelitian ini berjumlah 400 orang dengan menggunakan teknik sampling *quota sampling*. Instrumen yang digunakan adalah kuesioner. Analisis data menggunakan analisis univariat.

Hasil: Perilaku cuci tangan pakai sabun pada responden didapatkan dengan kategori kurang sebanyak 333 orang (83,2%). Perilaku mengonsumsi gizi seimbang yaitu perilaku kurang sebanyak 261 orang (65,2%). Perilaku aktifitas fisik dalam kategori kurang yaitu sebanyak 250 orang (62,5%). Perilaku merokok sebanyak 333 orang (83,2%). Perilaku memakai masker dengan kategori kurang sebanyak 207 orang (51,8%). Etika batuk dan bersin kategori kurang sebanyak 261 orang (65,2%). **Simpulan:** Masyarakat di Kecamatan Pringsurat Kabupaten Temanggung mempunyai perilaku Gerakan Masyarakat Hidup Sehat (GERMAS) dalam upaya pencegahan Covid-19 dengan kategori kurang sebanyak 207 orang (51,8%) lebih banyak dibandingkan dengan kategori baik sebanyak 193 orang (48,2%).

Kata Kunci : Covid-19, Perilaku, Gerakan Masyarakat Hidup Sehat (GERMAS).

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Description of Community Action Behavior in Efforts to Prevent Covid19 in Pringsurat Subdistrict

ABSTRACT

Background: Cases of *Coronavirus Disease 2019* are increasing every day. The spread of the *Coronavirus Disease 2019* continues to increase where the spread of the virus occurs despite the issuance of orders and recommendations regarding various efforts to prevent *Coronavirus Disease 2019*. One of the preventive efforts that can be done is implement the behavior of the healthy living community movement in Covid-19. Prevention Efforts in the in Pringsurat Subdistrict, Temanggung Regency.

The purpose of this study was to determine the Description of Behavior of the Community Action in Covid-19 Prevention Efforts.

Methods: This research is quantitative with a descriptive cross sectional study approach. The sample in this study amounted to 400 people using quota sampling technique. The instrument used was a questionnaire. Data analysis using univariate analysis.

Results: The behavior of washing hands with soap on respondents was found in the less category as many as 333 people (83,2%). The behavior of consuming balanced nutrition is less behavior as many as 261 people (65.2%). Physical activity behavior in the less category was 250 people (62.5%). Smoking behavior was 333 people (83,2%). The behavior of wearing masks with a poor category of 207 people (51,8%). Ethics of cough and sneeze in the poor category as many as 261 people (65,2%).

Conclusion: People in Pringsurat Subdistrict, Temanggung Regency, have the behavior of the Community Action in an effort to prevent Covid-19 with a less category of 207 people (51.8%) compared to the good category of 193 people (48.2%).

Keywords: Covid19, Behavior, Community Action.