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Skripsi, Maret 2021
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“Gambaran *Physical and Social Distancing* dalam Upaya Pencegahan
Coronavirus Disease (COVID-19)”

ABSTRAK

Latar Belakang : *Coronavirus disease* sudah menyebabkan banyak kematian bagi penderitanya tetapi belum ditemukan anti virusnya. Pemerintah hanya dapat menggalakkan isolasi mandiri, melakukan tes massal atau *rapid test* serta *physical* dan *social distancing* untuk mencegah penyebaran COVID-19.

Tujuan : Mengetahui gambaran *physical and social distancing* dalam upaya pencegahan *Coronavirus Disease* (COVID-19).

Metode : Desain penelitian ini *deskriptif* dengan pendekatan *cross sectional*. Populasi penelitian ini masyarakat di Kelurahan Candirejo Kecamatan Ungaran Barat Kabupaten Semarang dengan jumlah sampel 97 orang yang diambil dengan teknik *accidental sampling*. Alat pengambilan data menggunakan kuesioner. Analisis data diolah menggunakan rumus distribusi frekuensi.

Hasil : Masyarakat melaksanakan *physical distancing* dalam upaya pencegahan *coronavirus disease* di masa pandemik COVID-19 yaitu menjaga jarak ketika berdekatan dengan orang lain dikeramaian (87,6%) dan menggunakan masker (88,7%), namun mereka masih bersalaman ketika berjumpa dengan orang lain (84,5%). Masyarakat melaksanakan *social distancing* dalam upaya pencegahan *Coronavirus Disease* di masa pandemik COVID-19 yaitu tetap tinggal dirumah selama pandemic (88,7%) meskipun masih ada yang melaksanakan ibadah mingguan (11,3%).

Simpulan : Masyarakat telah melaksanakan sebagian besar protokol *physical and social Distancing* dalam upaya pencegahan *coronavirus disease* di masa pandemik COVID-19 sesuai ajuran pemerintah.

Saran : Sebaiknya masyarakat meningkatkan pemahaman terhadap perilaku pencegahan COVID-19 dengan aktif menggali informasi dari berbagai sumber sehingga kesadaran mereka untuk mematuhi protokol yang telah disusun meningkat yang pada akhirnya mempercepat berakhirnya pandemik ini

Kata Kunci : *physical and social distancing*, upaya pencegahan, COVID-19
Kepustakaan : 73 (2015-2020)

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Thesis, March 2021
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**"Description of Physical and Social Distancing in Efforts to Prevent
Coronavirus Disease (COVID-19)"**

ABSTRACT

Background: Coronavirus disease has caused many deaths for sufferers but no anti-virus has been found. The government can only promote self-isolation, carry out mass tests or rapid tests as well as physical and social distancing to prevent the spread of COVID-19.

Objective: Knowing the description of physical and social distancing in efforts to prevent Coronavirus Disease (COVID-19).

Method: This research design is descriptive with cross sectional approach. The population of this research is people in Candirejo Village, West Ungaran District, Semarang Regency with a total sample of 97 people who were taken using accidental sampling technique. The data collection tool uses a questionnaire. The data analysis was processed using the frequency distribution formula.

Results: The community carried out physical distancing in an effort to prevent coronavirus disease during the COVID-19 pandemic, namely monitoring distance when connected to other people in a crowd (87,6%) and using masks (88,7%), but they still shook hands when meeting other people (84,5%). The community implements social distancing in an effort to prevent Coronavirus during the COVID-19 pandemic, namely staying at home during the pandemic (88,7%) even though there are still some who carry out weekly worship (11,3%).

Conclusion: The community has implemented most of the physical and social distancing protocols in an effort to prevent coronavirus disease during the COVID-19 pandemic as recommended by the government.

Suggestion: The public should increase their understanding of COVID-19 prevention behavior by actively seeking information from various sources so that their awareness to comply with the protocols that have been prepared increases which in turn accelerates the end of this pandemic.

Keywords : physical and social distancing, prevention efforts, COVID-19

Bibliography : 73 (2015-2020)