

ORIGINAL ARTICLE

Youth Compliance Level in Covid-19 Prevention Efforts in Bangkalan Regency

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ABSTRACT

Introduction: The covid-19 disease can be prevented, including by knowledge and public compliance, especially with adolescents in efforts to prevent Covid-19 disease. A preliminary survey of 40 adolescents showed that 30% of teenagers are knowledgeable and 60% of teenagers in Bangkalan are non-compliant in covid-19 prevention efforts. This study aimed to determine the level of compliance to prevent Covid-19. **Methods:** This research was conducted using a quantitative descriptive survey method. The population and sample were taken by simple random sampling, namely, all adolescents aged 14-21 years in Bangkalan as many as 200 respondents. The instrument uses a questionnaire about Covid-19 prevention efforts. Quantitative data analysis by calculating the frequency of values in a variable. **Results:** The results showed that 66% of adolescents washed their hands, 95.5% stated that they already knew how to wash their hands properly, and 96.5% used clean water and soap to wash their hands. All adolescents still leave the house, 46% avoid crowds and 97% have kept their distance. 96.5% of adolescents used masks when leaving the house. 84.5% of respondents exercised during a pandemic. 64% of respondents consume nutritious food, exercise, and add vitamins to maintain their immunity, and 59% wear masks, wash their hands and keep a suitable distance health protocol as an effort to prevent Covid-19. **Conclusion:** The level of adolescent adherence is very good in terms of all aspects of the efforts to prevent Covid-19 except for the physical distancing aspect, so there is a need for increased socialization to eliminate the stigma about physical distancing.

Keywords: Youth; Compliance level; Covid-19; Covid-19 prevention; Effort

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INTRODUCTION

The World Health Organization has declared the Coronavirus or better known as Covid-19 a pandemic in the world. More than 213 countries have confirmed cases of Covid-19 and more than 1,995,983 have been confirmed positive. Indonesia delivered the findings of the first case on March 2, 2020, and more than 5000 people have been confirmed positive for COVID-19. (1) Bangkalan Regency is one of the regencies in East Java that is also affected by covid-19, as of June 2020 there have been 253 Bangkalan residents who have been confirmed positive for covid-19 (2).

The impact of COVID-19 has affected people's lives around the world. The morbidity and mortality rates due to COVID-19 are increasing. Even the world

economy is also experiencing disruption due to various policies to prevent the spread of COVID-19.

Efforts to prevent COVID-19 have been massively educated by the government. These prevention efforts include physical distancing, using masks for both healthy and sick residents, clean and healthy living behavior, one of which is diligent handwashing according to WHO standards, keeping emotions calm and happy, and maintaining body immunity by consuming balanced nutrition and exercise. This concept explains that to be able to reduce or even break the chain of Covid-19 infection, a person must maintain a safe distance from other humans at least 2 meters, not make direct contact with other people, avoid mass gatherings, and always apply healthy lifestyle behaviors by always washing hands, wear a mask, maintain emotions and eat a balanced diet. But many people do not respond to this well, for example, the government has given a leave of absence for students and students from attending school or school or working at home, but this condition is used by many people to take a vacation

because they are bored at home.

One of the community groups that play a role in this prevention effort is the youth group. Adolescents are one of the groups that are considered strong enough to have immunity so the incidence of COVID-19 in adolescents is relatively less.

However, this does not mean that adolescents can be free from the rules or efforts to prevent COVID-19, because they also live with vulnerable groups including parents, especially those with comorbidities. A preliminary survey of 40 adolescents showed that 30% of teenagers are knowledgeable and 60% of teenagers in Bangkalan are non-compliant in covid-19 prevention efforts. Therefore, it is deemed necessary to determine the level of adolescent compliance in efforts to prevent COVID-19.

MATERIALS AND METHODS

This research was descriptive research that describes an event. The population in this study were adolescent aged 14-21 years in the Bangkalan Regency area. A sample of 200 people, they were taken by simple random sampling in some school and university in Bangkalan. This data collection uses a questionnaire developed from Covid 19 prevention indicators to determine the level of compliance in efforts to prevent COVID-19.

The variables studied in this study were efforts to prevent Covid-19 which included hand washing, physical distancing, wearing masks, exercise, balanced diet, and stress. Data collection uses a questionnaire/questionnaire to determine the level of adolescent compliance in efforts to prevent Covid-19 which is submitted through a questionnaire. Data analysis was carried out descriptively by looking at the frequency distribution of the level of adolescent compliance with several aspects of the covid-19 prevention effort. This research was conducted in Bangkalan Regency and data collection was carried out starting August - September 2020. This research has received an ethical certificate from KEPK Poltekkes Ministry of Health Surabaya with the number EA/359/KEPK-Poltekkes_Sby/V/2020 dated October 22, 2020

Study Design

The design of this research is descriptive, that is, it describes an event

Population, Samples, and Sampling

In this study, the population is teenagers with an age range of 14-21 years in the Bangkalan district. The sample in this study was some teenagers with an age range of 14-21 years in the some school and university in Bangkalan district, taken by simple random sampling with sample was 200 people.

Instruments

Data collection used a questionnaire to determine the level of adolescent compliance in efforts to prevent Covid-19 which was submitted through a questionnaire. Data analysis was carried out descriptively by looking at the frequency distribution of the level of adolescent compliance with several aspects of the covid-19 prevention effort.

Data Analysis

The data were analyzed descriptively by looking at the percentage of the level of adolescent compliance with the prevention of covid-19.

Ethical Clearance

Before conducting the research, the researcher applied for a research permit from the head of the Bangkalan Regency BAKESBANGPOL, a copy of which was sent to the Head of the Bangkalan Regency Education Office. Researchers selected respondents according to the inclusion criteria, then respondents were given information on how to fill out a questionnaire which included; procedures, risks, benefits, volunteering to take part in the study, guarantees for respondent confidentiality, difficulties, or even compensation to replace the time when responding and filling out the questionnaire. Researchers also provide an address or telephone number that can be contacted regarding this research.

The procedure or procedure that needs to be explained to the respondent is if the respondent who is willing to be the subject of the study through a letter of approval becomes a respondent, then a questionnaire is given to be filled out by the respondent. Confidentiality will be maintained because the questionnaire is made anonymously. The data function in this study was only used when compiling the protocol and access was limited to researchers, supervisors, and the research ethics committee. Respondents were also explained that the results of this study would not affect the value of the lesson, to eliminate worry from the answers written in the questionnaire.

The discomfort and risk that will be felt by the respondent are not physically present and will take up little time when filling out the questionnaire when the respondent is in school. The time used to answer the questionnaire was deemed sufficient, so that the respondent felt comfortable and was not in a hurry in filling out the questionnaire. The comfort of the respondent was very concerning to the researcher. allowed to resign as a respondent in this study.

The entire cost of the research is borne by the researcher. Respondents will be given souvenirs or souvenirs as indirect financial compensation so

that respondents feel appreciated for the time taken when filling out the questionnaire. If there are difficulties in answering the questionnaire statement, the respondent is allowed to contact the researcher at any time. This research has received a certificate of ethics from the KEPK Poltekkes Ministry of Health Surabaya with the number EA/359/KEPK-Poltekkes_Sby/V/2020 dated October 22, 2020.

RESULTS

Characteristics of Respondents

Based on the results of the study, the characteristics of the respondents in this study can be described in the following table I:

Based on table I, it can be seen that 47% of respondents are in their early teens, namely at the age of 15-18 years, with the current level of education being undertaken at the Senior High School and higher education, and 63% is female.

Table I : Characteristics of Respondents.

Characteristics		Frequency	Persentase
Age	15 -18 years	106	53
	18 - 21 years	94	47
	Total	200	100
Education	Junior High School	4	2
	Senior High School	100	50
	Higher Education	96	48
Gender	Male	74	37
	Female	126	63
	Total	200	100

Table II : Frequency Distribution of youth Compliance with Covid-19 prevention efforts.

Characteristics	Obey		Not Obey	
	Frequency	Persentase	Frequency	Persentase
Washing Hand				
The time of washing hand	189	94,5	11	5,5
How to Wash Hands	191	95,5	9	4,5
Materials used for washing hands	197	98,5	3	1,5
Physichal distancing				
Last time out of the house	0	0	200	100
Follow activities with a crowd	92	46	108	54
Keep the distance	194	97	6	3
Use of Mask				
Use a mask when leaving the house	193	96,5	7	3,5
Where to wear a mask	62	31	138	69
Eat a balanced diet				
Type of food consumed	147	73,5	53	26,5

Frequency Distribution of youth Compliance with Covid-19 prevention

a. Washing hands

The distribution of the frequency of youth compliance in efforts to prevent COVID-19 from the aspect of washing hands can be seen in the following table II:

The table shows that 94% of respondents are obedient in washing their hands, 95.5% are obedient to the

correct way of washing their hands, and 98.5% are obedient to the use of materials for washing hands.

b. Physical distancing

The distribution of the frequency of adolescent compliance in efforts to prevent COVID-19 from the physical distancing aspect is shown in table II. Based on the table, it can be seen that all respondents are still out of the house to carry out activities the last

time leaving the house was yesterday, 46% avoided crowds and 97% kept their distance.

c. Use of masks

The distribution of the frequency of adolescent compliance in efforts to prevent COVID-19 from the aspect of using masks is shown in the following table II. Based on table II, it can be seen that 96.5% of respondents have used masks when leaving the house and 69% only used masks when traveling.

d. Eat a balanced diet

The distribution of the frequency of adolescent compliance in efforts to prevent COVID-19 from the aspect of eating a balanced diet is shown in the following table II. Based on the table above, it can be seen that 73.5% of respondents are obedient to consuming a balanced diet and have added supplements to their food consumption.

e. Physical Activity

The distribution of the frequency of adolescent compliance in efforts to prevent COVID-19 from the sports aspect is shown in the following table III:

Table III : Distribution of the frequency of adolescent compliance in efforts to prevent COVID-19 from the aspect of physical activity.

Physical Activity		
Exercising during a pandemic		
Obey	169	84,5
Not obey	31	15,5
Total	200	100
Exercise Type		
No Exercising	31	15.3
Running	105	52.2
Cycling	37	18.7
Gymnastics/ Yoga	25	12.8
Sunbathe / warm up first	2	1.0
Total	200	100.0

Based on table III, it can be seen that 84.5% of respondents exercised during the pandemic, and the type of exercise that was done by 52.5% was running.

f. Managing Stress

The distribution of the frequency of adolescent compliance in efforts to prevent COVID-19 from the aspect of managing stress is shown in the following table IV:

Table IV: Table of distribution of the frequency of adolescent compliance in efforts to prevent covid-19 from the aspect of managing stress.

Managing Stress		
How to keep emotions		
Silent, sleep	48	24
Think and do positive things	49	24,5
Remember God, be patient	66	33
Relaxation, refreshing	36	18
Eat	1	0,5
Total	200	100
Emotions you feel when you're outside		
Average	97	48,5
Fear	103	51,5
Total	200	100
How to get rid of boredom		
Lying down	13	6,5
Activity as usual	24	12
Helping parents (cleaning)	27	13,5
Learn online	72	36
Exercise	50	25
Activities at home and outside as usual	14	7
Total	200	100

Based on table IV, it can be seen that 33% of respondents remember God and are patient to maintain their emotions, 51.5% feel afraid when outside the house and 36% do online learning to relieve boredom.

g. Efforts to prevent Covid-19

The distribution of the frequency of adolescent compliance in efforts to prevent covid-19 from the aspect of prevention efforts carried out is shown in the following table V:

Based on table V, it can be seen that 64% of respondents consume nutritious food, exercise, and additional vitamins to maintain their immunity, and 59% wear masks, wash their hands and keep a distance according to health protocols as an effort to prevent covid-19.

Table V : Table of distribution of the frequency of adolescent compliance in efforts to prevent covid-19 from the aspect of prevention efforts carried out

Efforts to prevent covid-19		
Maintain immunity		
Eat	1	0,5
Eat nutritious, exercise & vitamins	128	64
Exercise	48	24
Consuming vitamin	10	5
Adequate sleep	5	2,5
Drink enough water	4	2
Protecting the environment	4	2
Total	200	100
What to do to prevent Covid-19		
Stay home	20	10
Wear a mask	20	10
Washing hands	14	7
Keep distance	16	8
Wear a mask, wash your hands, keep your distance according to health protocol	118	59
Maintaining health (exercise, eating nutritious)	12	6
Total	200	100

h. Attitudes and behavior toward the prevention of covid-19

The distribution of the frequency of adolescent compliance in efforts to prevent covid-19 from the aspect of attitude and behavior toward preventing COVID-19 is shown in the following table VI:

Table VI : Table of distribution of the frequency of adolescent compliance in efforts to prevent covid-19 from the aspect of attitude and behavior towards preventing covid-19

Based on table VI, it can be seen that 80.8% of respondents refused when invited to shake hands, 86.5% were reminded if there was a health protocol violation, and 77% carried out activities on cellphones, watching movies, and doing hobbies during a pandemic.

Table VI : Table of distribution of the frequency of adolescent compliance in efforts to prevent covid-19 from the aspect of attitude and behavior towards preventing covid-19

Attitude towards prevention of covid-19		
Shake hands		
Received	38	19.2
Reject it	162	80.8
Total	200	100.0
Health Protokol violator		
Let	6	3
Reminds him	173	86,5
Stay away from it	21	10,5
Total	200	100
Behavior during a pandemic		
Sleep	10	5
Playing handpone, watching Movies, doing hobbies	154	77
Playing handpone, go out with friends	9	4,5
Doing positif activities at home	16	8
Activities with family at home	7	3,5
Out of the house	4	2
Total	200	100

DISCUSSION

Adolescent compliance in efforts to prevent covid-19 is seen from the aspect of washing hands

The results showed that 94.5% of adolescents complied with the recommendation to wash their hands. They wash their hands before and after activities, in public places, and after activities. As many as 95.5% of adolescents adhere to how to wash their hands properly, and 96.5% adhere to materials for washing hands, namely using clean water and soap to wash hands or hand sanitizer.

The amount of exposure to information about handwashing can improve people’s behaviour in implementing clean and healthy living behaviour’s, especially washing hands properly (3). This is also supported by the availability of handwashing facilities in various public places by the guidelines for changing behaviour in handling COVID-19.

Washing hands is one of the 3 M prevention of covid-19, washing hands using 6 steps is done as often as possible, using soap or hand sanitizer for a minimum of 20 seconds to ensure the virus dies (4). The results of this study are in accordance with the research of Susilaningrum which states that washing hands can reduce the number of microorganisms contained in the hands, and washing hands using soap and running water is more effective to use than washing hands using hand sanitizer (5).

This shows that the level of adolescent compliance with efforts to prevent COVID-19 seen from the aspect of handwashing is very good. However, from the aspect of handwashing time, not all teenagers do it as often as possible. Compliance with washing hands in 5 moments is something that needs to be improved again. This is in accordance with the results of Suoud Jemal's research which states that health workers have good knowledge about washing hands, but have a poor practice about handwashing (6). This is due to the incessant promotion of handwashing as an effort to prevent COVID-19 through various media, especially social media because, during the pandemic, teenagers spend more of their time playing with gadgets. Apart from being one of the important problem solving in order to prevent the transmission of infection both in hospitals and in public places, hand washing is one of the efforts to prevent the occurrence of resistance to the use of antibiotics (7).

Adolescent compliance in efforts to prevent covid-19 is seen from the aspect of physical distancing

The results showed that all teenagers were still out of the house to carry out activities with the last time leaving the house was yesterday, 46% avoided crowds and 97% had kept their distance. Adolescents' adherence to the government's call to stay at home was not carried out, overall teenagers were still out of the house to carry out their activities. The results of this study are in accordance with Widyaningrum's research which states that 86.2% of people who do activities outside the home, mostly for work activities and to the supermarket (8). Gathering activities for teenagers are one of the self-actualizations of teenagers who feel interdependent with their friends and show how teenagers' social relationships are in an atmosphere of mutual support and togetherness (9).

While leaving the house, teenagers still cannot avoid crowds, especially with their friends. Stigma in the community still shows eastern customs where there is still reluctance, there are no symptoms of why you have to keep your distance, and so on (4). The results of the research by Adam et al showed that the physical distancing policy would be more effective if the provision of information about the risk of covid 19 was conveyed with local wisdom

(10). This shows that the policy of staying at home becomes a burden for adolescents because they cannot carry out activities to gather with their friends.

Adolescent compliance in efforts to prevent covid-19 is seen from the aspect of using masks

The results showed that 96.5% of adolescents had used masks when leaving the house and 69% only used masks when traveling. The use of masks is an effort to prevent the spread of COVID-19. Masks can protect teenagers from exposure to the Covid-19 virus and can prevent the teenager from transmitting it to other family members at home. The use of masks can reduce exposure or splashes when people talk, sneeze or cough. WHO recommends that masks be used according to their intended use, whether used by healthy people for prevention or by sick people to control the spread of infection. Care must be taken to determine whether the mask is only used when leaving the house or if the mask is used at all times, especially if the teenager is in a home environment that has family members who are at risk or have comorbid (11). The masks used can be cloth masks, N95 masks, surgical masks and a respirator facepiece (12). Surgical masks or MNP offers a greater protective effect since it was originally designed to decrease droplet elimination, therefore protecting the user's surroundings (13). The level of adolescent compliance with the use of masks when leaving the house is very good, although not all teenagers use masks when they are anywhere. In accordance with the research of Howard et al which states that if the compliance of wearing masks in public places is high, this is very effective in reducing the spread of covid-19 (14).

Adolescent compliance in efforts to prevent covid-19 is seen from the sports aspect

The results showed that 84.5% of adolescents exercised during the pandemic, and the type of exercise that was carried out by 52.5% was running. Sport or physical activity is one of the efforts to increase the body's immunity in addition to consuming a balanced diet. The type of exercise that is carried out does not need to be too heavy. What is important is that the body does physical activity regularly, with light, moderate, and weight training, using a barbell every day. For 30 – 80 minutes start and end with stretching. During a pandemic, exercise can be done around the house by running, gardening, doing physical activities at home, or watching sports videos. WHO recommends that while staying at home, adolescents can exercise 60 minutes a day of moderate to vigorous-intensity physical activity, including exercise to strengthen bones and muscles at least once every 3 weeks(15). Regular exercise can reduce stress hormones in the body thereby increasing the immune system in the body, well

being, healthy lifestyle and long term health improvement (16)(17). This shows that youth efforts are very good in preventing covid in the sports aspect. Tello's results show that someone who actively exercises for more than 10 minutes per week has a lower risk of covid-19 severity (18).

Adolescent compliance in efforts to prevent COVID-19 is seen from the aspect of eating a balanced diet

The results showed that 73.5% of adolescents had added supplements to their diet, and added fruit, vegetables, and milk to their diet. The important thing for teenagers to do is to continue to consume foods with balanced nutrition, namely 3 main meals consisting of 4 healthy foods (carbohydrates, animal protein, vegetable protein, and vegetables) and 2 snacks. Maintaining a regular eating schedule can maintain nutritional intake by meeting >80% of daily nutritional needs. Several supplements are recommended to increase body resistance during a pandemic, namely Vitamin D, Vitamin C, Vitamin E, and Zinc and drinking water (16). Consumption of a balanced diet is one of the efforts to increase the body's immunity in preventing COVID-19. Consumption of healthy foods by avoiding the consumption of foods high in saturated fats and sugars, as well as increasing the consumption of fiber, whole grains, unsaturated fats and antioxidants can improve immune function and reduce the long-term risk of covid-19 (19). The results of the research of Merino et al state that a healthy diet provides a lower risk to the severity of Covid-19 (20).

Adolescent compliance in efforts to prevent covid-19 is seen from the aspect of managing stress

The efforts made by adolescents to manage stress can be seen in the table, namely, 33% of respondents remember God and are patient to maintain their emotions, 51.5% feel afraid when outside the house and 36% do online learning to relieve boredom. Efforts to manage stress carried out by adolescents are by the guidelines for changing behavior in handling COVID-19, namely diligently worshiping and not panicking. A calm mental condition due to the closeness of humans to their creator is a medicine for the heart that can maintain a person's mental endurance. In addition, maintaining good relations with the closest people around him, both with his family and the surrounding environment, needs to be improved. (4). The Covid-19 pandemic condition puts great pressure on teenagers, especially because there have been big changes in their daily activities. The government's policy that requires teenagers to stay at home by studying from home, learning online, and not being able to meet with friends creates a stressor for teenagers. In addition to the response to covid-19 which causes fear, for example, the fear of being infected, the fear of transmitting the fear

of the risk of death. This condition causes various anxiety/stress that can be experienced by teenagers. An individual's response to stress greatly affects their health condition. If a person is able to manage stress well, then his stress coping will be adaptive, while if coping stress is not adaptive it will cause problems in his health condition (21) (22).

Adolescent compliance in efforts to prevent covid-19 is seen from the aspect of Efforts to prevent Covid-19

Based on the table above, it can be seen that 64% of adolescents consume nutritious food, exercise, and additional vitamins to maintain their immunity, and 59% wear masks, wash their hands and keep their distance according to health protocols as an effort to prevent COVID-19. Compliance with the implementation of COVID-19 prevention efforts has an important role in suppressing the incidence of COVID-19. The role of adolescents as family members must be maximized to become agents of socialization with their families and peers. Peer education has proven to be effective as a means of health promotion to increase adolescent awareness in the health sector (23). The level of adolescent compliance in efforts to prevent COVID-19 has been quite good, to the health protocols and guidelines set by the COVID-19 task force.

Adolescent compliance in efforts to prevent covid-19 is seen from the aspect of attitude and behavior toward preventing covid-19

Based on the table above, it can be seen that 80.8% of teenagers refuse when invited to shake hands, 86.5% remind if there is a violation of health protocols, and 77% carry out activities by playing on cellphones, watching movies, and do hobbies during a pandemic. Adolescents are the agents of change, with the courage to refuse something or remind them that something is wrong, showing that youth can be empowered as a resource for improving public health in their area. (24). The attitude and behavior of teenagers towards the prevention of COVID-19 have been very good. Although the previous table shows that they are still unable to sit still at home, they have responded by refusing to shake hands and warned if there was a violation of health protocols.

CONCLUSION

The level of adolescent compliance with the Covid-19 prevention aspect is very good in washing hand, used masks, exercised during pandemic, consume healthy food and vitamins, although there are still some things that need to be improved, namely physical distancing, all adolescents still leave the house but they have kept their distance.

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