

**PREVENTIONS RELATED TO COVID19
BETWEEN PHYSICAL DISTANCING AND SOCIAL DISTANCING
(Case Study : STMIK Royal Kisaran)**

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ABSTRACT

Thus research raises the issue regarding the cover measure to prevent COVID-19 Virus which is the current global pandemic by physical and social distancing. This study used a survey instrument that was shown to STMIK Royal Kisaran student freshman. With this research, the researchers want to know to what extent the knowledge of STMIK Royal Kisaran student about physical and social distancing also what prevention act they take to deal with COVID-19 Virus. Finally, the author can suggest this research to be utilized and developed in providing knowledge about COVID-19 Virus to be more efficient and effective, and also it can be used as knowledge for the community in dealing with COVID-19 Virus.

INTRODUCTION

COVID-19 or coronavirus disease 2019 is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 [1] (SARS-co-2) according to Mayo Clinic: 2020. This disease attacked respiratory with the symptoms include fever, cough, fatigue, shortness of breath and loss of smell and taste according to Hopkins, Claire: 2020. While the majority of progress cases had pneumonia, multi-organ failure or cytokine storm according to US Centers for Disease Control and Prevention: 2020. It was first identified in December 2019 in Wuhan, the capital of China's Hubei province and has been spread globally as an ongoing pandemic according to Hui DS, I Azhar E, Madani TA, Ntoumi F, Kock R, Dar O, et al: 2020. As of 4th May 2020, more than 3.58 million cases have been reported across 187 countries and territories, resulting in more than 251.000 deaths and more than 1.16 million people have recovered according to John Hopkins University: 2020. In Indonesia, 800 more cases recorded deaths and 1.900 more has recorded recovered. While in North Sumatera, 13 cases reported deaths and 41 cases reported recovered according to Gugus Tugas Percepatan

Penanganan COVID-19: 2020. The virus spread between people during close contact, [2] often from small droplets of coughing, sneezing, talking or even breathing. People may also infect by touching a contaminated surface and then touching their face.

Social distancing, also called physical distancing is a set of non-pharmaceutical interventions or measures taken to prevent the spread of a contagious disease by maintaining physical distances between people and reducing the number of times people come into close contact with each other according to Harris, Margaret; Adhanom Ghebreyesus, Tedros; Liu, Tu; Van Kerkhove, Maria; D, Diego; Foulkes, Imogen; Ondelam, Charles; Gretler, Corinne; Costas: 2020. Social distancing strategies aim to reduce contact of infected persons with large groups by closing schools and workplaces, restricting travel and cancelling large public gatherings according to LL, Maragakis: 2020. According to Parker-Pope T: 2020, distancing guidelines also include that people stay at least 6 feet (1.8m) apart. When the COVID-19 became global pandemic, the term social distancing is originally used first but in a briefing on March 2020, WHO [3] announced that the term become physical distancing. According to Kerkhove, Marie Van: 2020 physical distancing used because it's important to remain physically separate but socially connected, people should be looking after their mental health and that their loved ones during the pandemic. Physically staying away from others is one of the most effective ways right now to combat the spread of the coronavirus and social contact is vital for mental health, experts say.

According to Centers for Disease Control: 2019 preventive measures to reduce the chances of infection include staying at home, avoiding crowded places, keeping distance from others, washing hands with soap and water often and at least 20 seconds, practicing good respiratory [4] hygiene and avoiding touching the eyes, nose or mouth with unwashed hands. CDC has recommended covering the mouth and nose with a tissue when coughing or sneezing and proper hand hygiene after coughing or sneezing. According to WHO: [5] 2020, the use of masks is recommended only if a person is coughing or sneezing and when taking care of someone with a suspected infection.

The use of physical distancing and social distancing often puzzled and the prevention act has already announce by government and WHO then its' create some questions such:

1. What is physical distancing according to STMIK ROYAL KISARAN students?
2. What is social distancing according to STMIK ROYAL KISARAN students?
3. What are STMIK ROYAL KISARAN students prevention regarding COVID19?

THEORY

The theories used are as follows:

1. Mayo Clinic (2020) states COVID19 or coronavirus disease 2019 is an infectious disease caused by severe acute respiratory [6] syndrome coronavirus 2 (SARS-co-2). (Mayo Clinic. Coronavirus disease 2019 (COVID-19) – Symptoms and causes. 2020).

2. Hopkins, Claire (2020) states this disease attacked respiratory [7] with the symptoms include fever, cough, fatigue, shortness of breath and loss of smell and taste. (Hopkins, Claire. Loss of sense of smell as marker of COVID-19 infection. Ear, Nose and Throat surgery body of United Kingdom. 2020).
3. WHO (2020) state social distancing, also called physical distancing is a set of non-pharmaceutical interventions or measures taken to prevent the spread of a contagious disease by maintaining physical distances between people and reducing the number of times people come into close contact with each other. (Harris, Margaret; Adhanom Ghebreyesus, Tedros; Liu, Tu; Van Kerkhove, Maria; D, Diego; Foulkes, Imogen; Ondelam, Charles; Gretler, Corinne; Costas. 2020)
4. LL, Maragakis (2020) states social distancing [8] strategies aim to reduce contact of infected persons with large groups by closing schools and workplaces, restricting travel and cancelling large public gatherings. (Maragakis, LL. Coronavirus, Social Distancing and Self Quarantine. www.hopkinsmedicine.org. Johns Hopkins University. 2020)
5. Parker-Pope T (2020) state distancing guidelines also include that people stay at least 6 feet (1.8m) apart. (Parker-Pope T. Deciding How Much Distance You Should Keep. The New York Times. ISSN 0362-4331. 2020)
6. Kerkhove, Marie Van (2020) state physical distancing [9] used because it's important to remain physically separate but socially connected, people should be looking after their mental health and that their loved ones during the pandemic. (Kaur, Harmeet. CNN. www.amp.cnn.com/cnn/2020/04/15/world/social-distancing-language-change-trnd/index.html. Retrieved 05th may 2020.)
7. Centers for Disease Control (2019) states preventive measures to reduce the chances of infection include staying at home, avoiding crowded places, keeping distance from others, washing hands with soap and water often and at least 20 seconds, practicing good respiratory hygiene and avoiding touching the eyes, nose or mouth with unwashed hands. CDC has recommended covering the mouth and nose with a tissue when coughing or sneezing and proper hand hygiene after coughing or sneezing. (Centers for Disease Control. Coronavirus Disease 2019 (COVID-19): Prevention & Treatment. 2019)
8. WHO (2020) states the use of masks is recommended only if a person is coughing or sneezing and when taking care of someone with a suspected infection. (When and how to use masks. World Health Organization. 2020)

METHOD

The site of this study is STMIK Royal Kisaran which located in Kabupaten Asahan, North Sumatera province in Indonesia. The data consist of open survey from 29 samples. The steps of this research are: giving samples the surveys, collecting the surveys, analyze and identify the result, then categorize the result.

The instrumen of the research is survey that consist of 5 questions, they are :

1. What is physical distancing according to you? (Apa itu physical distancing menurut pendapat kalian)
2. What is social distancing according to you? (Apa itu social distancing menurut pendapat kalian)
3. What are the differencies between physical distancing and social distancing according to you? (Apa perbedaan physical distancing dan social distancing menurut kalian).
4. What is your act regarding physical distancing? (Apa tindakan/aksi kalian dalam melakukan physical distancing)
5. What is your act regarding social distancing? (Apa tindakan/aksi kalian dalam melakukan social distancing)

RESULT AND DISCUSSION

The survey consist of 4 questions about COVID-19, physical and social distancing and prevention acts of its. This survey was open survey where the respondent can answer freely regarding their knowledge and their answer was varies. This research was done to know how far STMIK Royal Kisaran students' knowledge regarding the physical and social distancing, also the preventions act of COVID-19 which become global pandemic. This survey was done by STMIK Royal Kisaran freshman.

From 27 respondents, there are 7 answers occur regarding what is physical distancing where all the answer pressing about keeping safe distances. In physical distancing, the answer 'keeping safe distances and staying indoor to prevent the spread of covid-19' become the majority by occurs 9 times and followed by 'limit or set the social contact by stay away from physical touch', 'do the physical distance not only in the crowd' and 'do the physical distance between one and another' occur 4 times. While 'physical distancing only limit the physical distance' occurs 3 times and 'physical distancing not only applied in public but also at home' occurs 2 times.

Regarding what is social distancing, the 27 respondents gave 6 answers where all the answer pressing about keeping social and restricted distances. 'Stay away from all of gatherings and outdoor activities involving lot of people' occurs 13 times and become the majority, it's followed by 'limit or a set of non-pharmaceutical interventions taken to prevent the spread of contagious disease' occurs 5 times. 'Stay at home' and 'do the social

distances' occur 3 times each and 'the distances between various groups in society' occurs 2 times, make 'keep the distance, do not done activities with the close one' occurs 1 time.

The preventions act regarding COVID-19 according to STMIK ROYAL KISARAN students are: in physical distancing, 'avoid physical contact' become majority by occurs 15 times and followed by 'washing hands' that occur 11 times. 'Stay at home' and 'limit the distances' occur 8 times and the last preventions act followed by 'use the tools to prevent the virus spread such as mask', 'cancel the show or event in the crowd and gathering' and 'using social media' occur 7 times.

The preventions act regarding COVID-19 according to STMIK ROYAL KISARAN students are: in social distancing, 'stay at home' become majority by occurs 17 times and followed by 'avoid gathering or crowded' occurs 16 times. 'Washing hands' and 'not visit public places such as market, office, school, etc.' occur 4 times while 'avoid physical contact' occurs 2 times and this preventions acts followed by 'keeping the distances' and 'used online social media' which occurs one each.

By the answer collected from STMIK ROYAL KISARAN students, researchers conclude that STMIK ROYAL KISARAN students have already had the general knowledge regarding COVID-19. Not only the physical and social distancing, but also the preventions act of this COVID-19 as global pandemic [10]. And with this knowledge they are expected to educate the surrounding environment so they can help to prevent the virus spread and become useful to society.

CONCLUTIONS

According to STMIK ROYAL KISARAN students, keeping safe distances is what physical distancing about. According to STMIK ROYAL KISARAN students, keeping social and restricted distances are what social distancing about. According to STMIK ROYAL KISARAN students, the prevention acts regarding COVID-19 are stay at home, cancel event in the crowds and avoid gathering, avoid physical contact, washing hands, limit or set the distances, use tools to prevent the virus spread and use social media.

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