

## Explanation of the extent to which people in a district comply with wearing masks during the pandemic

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**Abstract:** *This study aims to explain the level of community compliance in a district in wearing masks during the pandemic. Through surveys and observations, behavioral patterns of mask use are identified and factors influencing them are explored. The findings of this study provide valuable insight into the level of public compliance with pandemic health protocols, as well as their relevance in efforts to control the spread of the virus.*

**Keywords:** *Explanation, Compliance, Wearing Masks*

### INTRODUCTION

Gorontalo Province is the last area where COVID-19 spread in Indonesia. Gorontalo itself is also one of the areas with the highest rate of spread of COVID-19. According to data from the Health Service in Gorontalo Province, 5,353 people have been confirmed positive for COVID-19, this has caused Gorontalo Province to rank 32nd of the total cases in Indonesia. Gorontalo City is an area with a total of 2,323 infections and 164 deaths. As is the case in Kota Tengah District, there have been 490 confirmed cases of COVID-19, with 9 deaths and this has become a research site. This should be a concern not only for the government but also for us as a society, because the figures mentioned are not small. Therefore, there is a need for awareness among the people of Gorontalo, especially the people of Central City, to overcome the spread of COVID-19.

Currently, the number of people spreading COVID-19 in Gorontalo Province has reached 6,306 people with 190 deaths. A significant increase in just 3 months has increased by around 1000 people. The level of distribution is very large in Gorontalo. Meanwhile, Kota Tengah District, which is the red zone in Gorontalo City, has reached 545 confirmed deaths and 10 deaths. This can be a concern not only for the government and officials, but the community also needs to take part in stopping the transmission of COVID-19.

The United States Centers for Disease Control and Prevention (*CDC*) and *WHO* (*World Health Organization*) have recommended wearing masks for the general public, this has been followed by various countries including Indonesia. While the use of masks in public is much more prevalent in many Asian countries, which have had longer experience with novel coronavirus epidemics, mask use has been reported to be effective in limiting the spread of COVID-19 with relative success in Taiwan. Masks are recommended as a method to limit community transmission by asymptomatic carriers or at least clinically undetected infected persons who may be the main driver of rapid transmission of COVID-19.

The increase in COVID-19 cases in Indonesia is still caused by many problems. One of the problems in society is the lack of public concern, awareness and knowledge about the dangers of COVID-19. This is proven by the lack of public awareness in using masks to protect themselves from

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COVID-19. People who do not wear masks when going out of the house are still often found in various environments. This needs to be paid attention to in order to reduce the spread of COVID-19.

As a Muslim, it would be better to avoid the COVID-19 pandemic instead of opposing it. As in the hadith below:

لا عدوة ولا ثياره وحماه ولا شوفار (جعل شهر الشوفار شهرًا سيئ الحظ) هرب من الجذام وأنت تهرب من أسد

Meaning: "There is no adwa (infectious disease), no thiyarah and hammah (leaning fate on birds), and no shofar (making the month of shofar a bad month) and run away from disease as you run from the pursuit of a lion (HR. Bukhori No . 5707).

## RESEARCH METHODS

The research design used in this study used *quantitative descriptive research methods* and used a *cross sectional design* , to determine the picture of compliance with mask use among the community in Kota Tengah District. The population in this study was the entire population of Kota Tengah District, Gorontalo City, totaling 28,837 people . The sample for this study was taken from the population using a *cluster random sampling technique* namely sampling where researchers divided samples from each sub-district in Kota Tengah District which were chosen randomly. The sample in this study was the people of Kota Tengah District, and the sample size in this study was 100 respondents who were determined using the Isaac and Michael formula.

## RESULTS

### Respondent Characteristics

Table 1. Based on Community Age in Kota Tengah District

No	Age	Frequency	Percentage
	≤20 Years	30	30%
1	21-30	52	52%
2	Years	18	18%
3	31-40 Years		
<b>Total</b>		<b>100</b>	<b>100%</b>

Based on table 1 above, the age frequency distribution of respondents with the highest age in this study was 21-30 years, namely 52 respondents (52%), and the least was 31-40 years, namely 18 respondents (18%)

Table 2. Based on Community Gender in Kota Tengah District

No	Gender	Frequenc y	Percentage
1	Woman	41	41%
2	Man	59	59%
<b>Total</b>		<b>100</b>	<b>100%</b>

Based on table 2 above, the gender frequency distribution of the most respondents in this study was male, namely 59 respondents (59%), and the least was female, namely 41 respondents (41%).

Table 3. Based on Community Education in Kota Tengah District.

No	Education	Frequency	Percentage
1	elementary	6	6%
2	school	11	11%
3	JUNIOR	73	73%
4	HIGH SCHOOL SENIOR HIGH SCHOOL S1	10	10%
<b>Total</b>		<b>100</b>	<b>100%</b>

Based on table 3, the frequency distribution of respondents' education with the most education in this study was high school, namely 73 respondents (73%), and the least was elementary school, namely 6 respondents (6%).

Table 4. Based on Community Employment in Kota Tengah District

No	Education	Frequency	Percentage
1	Civil	4	4%
2	servant/honorary	20	20%
3	Private sector	33	33%
4	employee	12	12%
5	Student/Students	19	19%
6	Trader Motorbike taxi/driver Not working	12	12%
<b>Total</b>		<b>100</b>	<b>100%</b>

Based on table 4, the frequency distribution of respondents' occupations with the most jobs in this study were students as students, namely 33 respondents (33%), and the fewest were civil servants, namely 4 respondents (4%).

### Use of Masks

Table 5. Based on the Reasons People Rarely Use Masks in Kota Tengah District

No	Reason	Frequency	Percentage
1	Sometimes you feel uncomfortable breathing when using a mask Have it but lazy to use it	17	44.7%
2	We've run out of masks	10	26.4%
3	No need for a mask	9	23.7%
4	Don't have a mask because it's	1	2.6%
5	expensive	1	2.6%
<b>Total</b>		<b>38</b>	<b>100%</b>

Based on the data above, from a total of 39 respondents who did not use masks, the largest number of reasons was that they sometimes felt uncomfortable breathing when using a mask, there were 17 respondents (44.7%), while the fewest reasons were that they didn't need a mask and didn't have a mask because it was expensive. 1 respondent each (2.6%) .

## **Compliance with Mask Use**

Table 6. Based on Compliance with Mask Use in the Community of Kota Tengah District

No	Obedience	Frequency	Percentage
1	Obedient	62	62%
2	Not obey	38	38%
<b>Total</b>		<b>100</b>	<b>100%</b>

Based on the distribution table of respondents complying with the use of masks, the number of respondents who comply with using masks is 62 respondents (62%) while respondents who do not comply with using masks are 38 respondents (38%).

## **DISCUSSION**

### **Respondent Characteristics**

Based on the data from the research conducted, it was found that the majority of respondents were aged between 21-30 years amounting to 52 respondents (52%) with 30 respondents complying with wearing masks and 22 respondents not complying with using masks, 30 respondents aged  $\leq 20$  years (30%). ) those who complied with using masks were 22 respondents and those who did not comply with using masks were 8 respondents, while the fewest were aged 31-40 years amounting to 18 respondents (18%) who complied with using masks were 10 respondents and those who did not comply were 8 respondents.

Based on the research results, it was found that those who were most compliant with wearing masks were aged 21-30 years. This is in line with Pratiwi's (2020) research entitled description of the use of masks in the people of Muna Regency. It was found that the majority of respondents were aged between 21-30 years and were the largest age group who used masks. Sri Untari (2020) also found that early adulthood was the largest number of respondents in research with the title description of the use of masks in the Grobagan community.

The researcher's assumption is that age can influence compliance with mask use. The large number of respondents who were early adults was because in this study the samples were people from Kota Tengah District who were outside the home. If it is related to the theory that in early adulthood, humans are more likely to be outside the home for certain reasons, such as working or just hanging out. The reason that many early adults are obedient in wearing masks is due to the high frequency of respondents in early adulthood compared to other age groups and the more mature a person is, the more obedient they are in using masks .

Based on the research results, the majority of respondents were male with a total of 59 respondents (59%), who complied with wearing masks, there were 32 respondents, while those who did not comply, there were 27 respondents, while there were 41 respondents (41%) who complied with wearing masks. There were 11 respondents and those who did not comply.

This is in line with research by Irfan & Delfriana (2020) , that the majority of respondents from their research were men and most often used masks. Another study conducted by Jibrán (2020) found

that most of the respondents in his research were men. According to Susilo (2015) men have responsibility for the family economy. Another opinion from Notoadmojo (2017), is that men are human beings who are full of many responsibilities and spend more time outside, whereas according to Steve (2016) men have a habit of going outside the house because they want to look for crowds for their own pleasure, be it their children, young and adults.

The researcher's assumption is that there are many male respondents because men have duties and responsibilities in earning a living which of course are often outside the home. Not just working, men also prefer to hang out or just gather with friends. A man's responsibility is not just to make a living, maintaining the health of himself and his family so as not to be exposed to COVID-19 is also a very important responsibility for men. Therefore, most of them wear masks so that when they go home and return to their families, the risk of exposure to the virus is reduced.

Based on the results of the research, the majority of respondents had a high school education with a total of 73 respondents (73%), 46 respondents complied with wearing masks, while 27 respondents did not comply, 11 respondents from junior high school (11%) with 4 respondents complying with wearing masks and 4 respondents who complied with wearing masks. There were 7 respondents who did not comply, 10 respondents and all of them complied with wearing masks, with the least SD being 6 respondents (6%) with 2 respondents complying with using masks while 4 respondents who did not comply.

This is in line with research by Pratiwi (2020), in her research that the majority of respondents with high school education were obedient to wearing masks. Another opinion from Siyoto (2017) in his research is that urban communities prioritize education more than other things. This is caused by city people who have a mindset and perception of city people who are more inclined towards the future rather than prioritizing the present and also city people who are classified as capable people, both financially and willing to continue their education.

The researcher's assumption is why many respondents have a high school education because the respondents in this study are urban residents who have the will and ability to continue their education. Those in the city think more about their future and are also proud when they are not educated because living in the city it is very difficult to find work because all job vacancies have special requirements, namely a high school education.

Based on the research results, it was found that the majority of respondents were students, namely 33 respondents (33%) with 26 respondents complying with wearing masks and 7 respondents not complying with using masks, 20 respondents (20%) private employees. There are 13 respondents who comply with using masks and 7 respondents who do not comply with using masks. There are 12 respondents (12%) who do not comply with using masks. 5 respondents who do not comply with using masks. 9 respondents and those who did not comply with using masks, 19 respondents for motorcycle taxis/drivers (19%) complied with using masks, 11 respondents and those who did not comply were 8 respondents and the least were civil servants/honorary 4 respondents (4%). This is in

line with with research conducted by Pratiwi (2020), that most of the respondents met were students.

According to Susilo (2015), a person's obedience will increase when he is in a place where he feels he has to obey something. According to Pratiwi (2020), work and the learning process can influence a person's compliance in using a mask because the environmental conditions in which they work are the main factors.

The reason why students and students are mostly found in the field is because the Kota Tengah area is in the education zone, namely there are campuses such as STIKES Mandiri, UNG, IKSAN and there are several schools that are included in Kota Tengah District. The researcher's assumption is that the conditions of a person's work environment that require wearing a mask are the main factor. Just like students who are currently attending school or college and have to meet lots of people, it is possible for them to maintain their health and reduce the risk of exposure to the virus.

Based on the research results, the majority of respondents adhered to using medical masks with 74 respondents (74%) rather than using N95 masks with 5 respondents (5%) and cloth masks with 21 respondents (21%). According to Pratiwi (2020), medical masks are the masks that are most popular with many people. This is also in line with research conducted by Irfan & Delfriana (2020) , that most people use medical masks as an alternative to inhibit the transmission of COVID-19.

Medical masks are a type of mask that is widely used because they are relatively cheap, unlike N95s which are expensive, easy to obtain, and most importantly, more effective in reducing the risk of virus transmission compared to cloth masks. People prefer masks that are cheap but effective in preventing transmission of the virus. So, the right mask is a medical mask or surgical mask. Currently, medical masks are easy to get at cheap prices, and there are even people selling medical masks along the roads which are said to be more effective than cloth masks. N95s cannot be found cheaply, so people rarely use them.

Based on the research results, of the 100 respondents found, there were 39 people who did not wear masks for various reasons. Most of the respondents said that they sometimes felt uncomfortable breathing when using a mask, totaling 17 respondents (44.7%), the most common being 9 respondents aged 21-30 years, 10 respondents male, 13 respondents with a high school education, and 13 respondents. private sector as many as 5 respondents. There were 10 respondents (26.4%) arguing that they were lazy to use, the most were 6 respondents aged 21-30 years, 7 respondents were men, 6 were high school respondents, and 4 were traders. 9 respondents (23.7%) had run out of masks, the most were 5 respondents aged 21-30 years, 9 respondents for men, 7 respondents for high school students and 4 motorbike taxi drivers/drivers. There was 1 respondent who argued that they didn't need a mask, namely 21-30 years old, male, high school, working as a private employee. and not having a mask because it is expensive amounted to 1 respondent each (2.6%). This means that the majority of respondents who did not use masks felt uncomfortable breathing when using a mask or felt short of breath when using a mask.

Comfort is a trigger factor for someone not to comply with wearing a mask. We know that

people feel uncomfortable breathing when using a mask because there is a lack of oxygen entering the nose due to the mask covering the nose and mouth. When a little air comes in, someone will feel short of breath, so they prefer not to use a mask. Because of this inconvenience, we often find people not wearing masks. As the researchers found, almost all of them said they felt short of breath when wearing a mask for a long time.

Based on the research results, it was found that the majority of respondents complied with wearing masks, namely 62 respondents (62%). So it can be said that the awareness of the people of Central City in using masks is quite good. This is because city residents are easily exposed to information about the dangers of COVID-19. The government always provides advice to the public using both print and electronic media.

Currently, the development of information technology is getting bigger. People's use of the internet is also increasing. Since the first case of Covid-19 was discovered in Indonesia, all mass media have provided health messages to avoid exposure to COVID-19. The internet, as a mass media that is widely used by the public, can provide information related to COVID-19.

The results of research conducted by Pratiwi (2020) in Muna Regency show that the majority of people in Muna Regency always wear masks because of mass media exposure to the dangers of COVID-19. Then research conducted by Sri Untari and Nurul (2020) stated that the majority of the people of Grobongan Regency were wearing masks when leaving the house, this was due to the government's appeal to the public when they were outside the house to pay attention to health protocols.

The researcher's assumption is that the role of the Kota Tengah District government in conveying outreach through various media is the trigger for why most of the people in Tengah Kota wear masks when leaving the house. The Central City Government always conveys to its people the importance of breaking the chain of transmission of COVID-19. Supported by the Gorontalo City government which often provides appeals in the form of posters and advertisements posted on print and electronic media. Electronic media is the most effective medium for delivering notifications.

Meanwhile, there were 38 respondents (38%) who did not comply with wearing masks, this was because there were still people in Central City who did not have the awareness and mindset about how dangerous COVID-19 was. A small portion of the people of Central City ignore the government's appeal even though this is in the common interest. Another influencing factor is that people are bored with using masks because they feel uncomfortable.

The researcher's assumption is that the reason why Central City residents rarely use them is because in the last year wearing masks has become a mandatory habit when leaving the house. Various reasons were given, ranging from feeling short of breath to no longer wanting to wear a mask due to the discomfort that always occurs. This is the trigger for why people don't wear masks. A small portion of the people of Central City ignore the government's appeal even though this is in the common interest. Another influencing factor is that people are bored with using masks because they

feel uncomfortable.

## **CLOSING**

### **Conclusion**

Based on the results of research regarding the relationship between the role of health cadres and teacher cadres with the implementation of MR immunization in the Talaga Jaya Health Center Working Area, Gorontalo Regency, it can be concluded as follows:

Of the 100 respondents who complied with the use of masks, there were 62 respondents (62%) while those who did not comply with the use of masks were 38 respondents (38%). Then, of the 62 respondents who complied with wearing masks, there were 30 respondents aged 21-30 years, 32 respondents were male, 56 respondents had a high school education and 26 respondents were students. The majority of respondents used medical masks, 74%, and of the 39 people who rarely used masks, 17 respondents said they sometimes felt uncomfortable breathing when using a mask, 9 respondents aged 21-30 years, 10 respondents male, education Lastly there were 13 respondents from high schools, and 5 respondents from private sector employees.

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