

# Community Empowerment Against Efforts to Prevent the Transmission of the Covid-19 Virus Through Socialization of The Implementation of the 3M Movement at the University of Muhammadiyah North Maluku Campus

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## *Abstract.*

*The COVID-19 pandemic is an event of the spread of Coronavirus Disease 2019 (English: Coronavirus disease 2019, abbreviated as COVID-19) throughout the world for all countries. This disease is caused by a new type of corona virus called SARS-CoV-2. The COVID-19 outbreak was first detected in Wuhan City, Hubei, China on December 1, 2019, and was designated a pandemic by the World Health Organization (WHO) on March 11, 2020. The purpose of IbM activities is to increase community participation in preventing transmission of Covid-19 through the application of the 3M movement. The method of this activity is to visit residents' homes, lectures, questions and answers, FGDs and assistive devices, namely laptops, stickers, posters and masks by involving the community, namely the campus community (Fikes students), the Gambesi Village community and the Sasa village community. The results of the IbM activity are (1) the public can understand the application of the 3M movement to prevent the transmission of covid-19. (2) the public realizes that the application of 3M can reduce the risk of transmission of covid-19. With the implementation of the IbM activity, it can be concluded that the public has a higher understanding and awareness of the efforts to implement the 3M movement to prevent the spread of the Covid-19 virus on the North Maluku Muhammadiyah University campus. From IbM activities, it is suggested to the public to always apply health protocols through the 3M movement, namely wearing masks, washing hands and keeping a distance when doing activities.*

**Keywords:** *Community Empowerment, Prevention of Covid-19, Socialization of the 3M Movement*

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## 1. INTRODUCTION

Coronavirus Disease 2019 (Covid-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-Cov-2). SARS-Cov-2 is a new type of coronavirus that has never been defined before in humans. This disease began with the emergence of pneumonia cases of unknown etiology in Wuhan, China at the end of December 2019 [1]. Based on scientific evidence, Covid-19 can be transmitted

from human to human through coughing/sneezing droplets (droplets). People who are most at risk of contracting this disease are people who are in close contact with Covid-19 patients, including those who treat COVID-19 patients [2]

The 2019 Coronavirus Disease (Covid-19) was first reported in Wuhan, China in December 2019 and shortly thereafter, it was transmitting widely throughout the world. In 2020, the World Health Organization (WHO) declared the status of Covid-19 as an international pandemic [3]. Indonesia declared the Covid-19 disease a national disaster since March 14, 2020. Based on data from the Indonesian Government, the total number of cases was 25,216 patients. positive for Covid-19. In Indonesia the first case of Covid-19 was announced on March 2, 2020 [4].

The addition of daily Covid-19 cases in Indonesia has again broken records. Today there are additional cases of the corona virus as many as 21,807 cases. This number is the highest daily number of new cases during the pandemic in Indonesia. The addition of new cases brings the total number of Covid-19 cases in Indonesia to 2,178,272 cases, from the previous 2,156,465 cases. This was recorded on the official Twitter account of the Indonesian Ministry of Health on Wednesday afternoon at 15:55 WIB. The good news is that 10,807 Covid-19 patients have recovered. The number of recovered patients is known to have increased to 1,880,413 from the previous 1,869,606 patients. Meanwhile, the number of patients who died from Covid-19 increased by 467 patients. Thus, the total number of patients who died from Covid-19 became 58,491 from the previous 58,024 patients. The encroachment of positive cases of Covid-19 spread to all provinces in Indonesia.

As previously reported by *Tribunnew.com*, the government noted that the number of Covid-19 cases for the January period had jumped to 176,000, but slowly decreased until mid-May 2021. President Joko Widodo (Jokowi) said the number of Covid-19 cases had fallen in mid-May 18 to 87. thousand, then doubled after that. In 4 months it fell to 87 thousand. However, after the Eid holiday yesterday was added with a new variant, today (the number of cases) jumped more than doubled, he said at the opening of the Indonesian Chamber of Commerce and Industry's VIII National Conference, Wednesday (30/6/2021). Therefore, Jokowi assesses that all elements of society must be careful about the spike in the number of cases to more than 200 thousand. Up to 228,000 cases [5]

Coronavirus Disease 2019 (COVID-19) is a new type of disease that has never been previously identified in humans. The virus that causes COVID-19 is called Sars-CoV-2. Corona virus is zoonotic (transmitted between animals and humans). According to WHO, COVID-19 is a health problem of global concern. With various control efforts carried out by all countries to reduce the number of deaths that cause the virus itself, now there are 5,406,282 confirmed cases of COVID-19 worldwide and there are 5,406,282 positive people for COVID-19 and 343,562 deaths, the highest from January to 22 May. 2020 [6]

Positive active cases of Corona in 10 Regencies/Cities of North Maluku Province in the past week have continued to increase. Data from the North Maluku

Provincial Health Office recorded the number of active cases as of June 30, 2021, reaching 594 people. Of this number, the most came from North Halmahera Regency 284 cases, Ternate City 188 cases, South Halmahera Regency 46 cases, Morotai Island Regency 22 cases, Sula Islands Regency 21 cases, Tidore Islands City 15 cases, West Halmahera Regency 9 cases, Halmahera Regency East 4 cases, Taliabu Regency 3 cases, and Central Halmahera Regency 2 cases [7]

The government has taken firm steps by inviting the public to do 3M (maintaining distance, washing hands and wearing masks) to reduce the spread of the Covid-19 virus. Maintaining a distance or social distancing is the most important 3M application with a minimum distance of 1 meter, including avoiding crowds. If this is done, it will be able to minimize the risk of spreading Covid-19 by up to 85%. Hand washing is the next 3M step to reduce the risk of Covid-19 transmission by 35% [8].

In order to fight the increase in Covid-19 cases, various preventive measures must absolutely be implemented, both by the government and the community. Preventive efforts are so far the best practice to reduce the impact of the Covid-19 pandemic, given that there is no treatment that is considered effective against the SARS-CoV-2 virus. Currently, there is no vaccine for SARS-CoV-2 available and it has met various phases of clinical trials, so the best preventive effort is to avoid exposure to the virus through socialization, it is hoped that there will be awareness to maintain personal hygiene and also follow protocols. health during Covid-19, namely 3M (wearing masks, maintaining distance, washing hands thoroughly) [9]. To improve the health status of the community is very important to achieve a better standard of living. One strategy to achieve the degree of public health is to provide understanding and awareness to implement a clean lifestyle starting from the family or household level, school environment, workplace, public places to the wider community. Because with understanding and awareness, changing people's behavior into a better and healthier behavior, is very important and useful for preventing disease, their well-being and quality of life [10].

Until now, PHBS has become a special concern for the government. This can be seen from the placement of PHBS as an indicator of the achievement of improving health in the 2015-2030 Sustainable Development Goals (SDGs) program. In the SDGs, PHBS is a prevention strategy with a short-term impact on improving health in three areas of school, family and community [11]. Seeing the important role of prevention which is preventive in nature and needs to be implemented early on, it seems necessary that there is a need for a comprehensive delivery of 3M's disciplinary behavior which includes being echoed through continuous socialization to suppress the spread of the Covid-19 virus. in the midst of the current pandemic situation. Then the application of 3M can be done by carrying out at least 3 (three) disciplinary behaviors, namely: wearing masks, washing hands, and keeping a distance, if this is done it will be able to minimize the risk of spreading Covid-19.

As an effort to break the chain of the spread of Covid-19, the IbM Team carried out socialization related to preventing the spread of COVID-19 through the 3M

Movement. The term 3M is the main strategy that must be implemented by all levels of society, without exception. The presence of the IbM Team in the midst of the community in the North Maluku University of Muhammadiyah Campus is one of the pillars of the Tri Dharma of Higher Education as evidence of concern and service to the community. This is to prevent the emergence of new clusters and suppress the spread rate, which is currently still high.

## II. METHODS

The implementation of the Socialization of the Implementation of the 3M Movement during the Pandemic to prevent the spread of the Covid-19 Virus which lasted for 3 days starting from 8 to 10 July 2021. As the target group of IbM activities, the community in the Muhammadiyah University Campus, North Maluku, consisted of:

1. The target group of the campus community is students of the Public Health Study Program, the method used is Focus Discussion Group (FGD). In the FGD method the IbM Team gave an explanation of the 3M application and after finishing explaining the topic of discussion, the IbM team began to exchange opinions from each audience regarding the application of 3M in order to increase the understanding, awareness and vigilance of the medical school students themselves in carrying out their daily activities. . Awareness that comes from knowledge will enable students to apply health protocols. Therefore, the IbM Team used the FGD method in order to provide information to each other regarding the 3M Movement. The socialization activity for the 3M Movement (Wearing Masks, Washing Hands and Keeping Distance) was held on Thursday, July 8, 2021, at 09.00-10.00 Wit at the Fikes Room 2. The media used were leaflets.
2. The target group of the Sasa Village community is the method used is visiting residents' homes, lectures and questions and answers. This was followed by distributing brochures containing the importance of preventing Covid-19. held on Friday 09 July 2021 at 09.00-10.00 WIT
3. The target group of the Gambesi Village community is visiting residents' houses, giving lectures and Q&A, Leptops, and distributing masks for free to people in the neighborhood. This activity will be held on Saturday 10 July 2021 at 09.00-10.00 WIT

## III. RESULT AND DISCUSSION

Socialization activities for the implementation of the 3M movement during the pandemic as an effort to prevent the spread of the Covid-19 Virus at the Muhammadiyah University of North Maluku, in order to support government programs, in this case the Covid-19 task force. The following are the results of a series of activities resulting from the socialization of the application of the 3M movement (Wearing Masks, Washing Hands and Keeping Distance) as follows:

1. *Socialization of the implementation of the 3M movement in the Health Care Room 2, North Maluku University of Muhammadiyah Campus Thursday, July 8, 2021, 09.00-10.00 Wit.*



**Fig 1.** Situation of the Socialization of the Implementation of the 3M Movement in the UMMU Medical School Room

2. *Socialization of the implementation of the 3M movement at Kos Pury Nayla Kel. Sasa Friday, July 9, 2021, 09.00-10.00 WIT.*



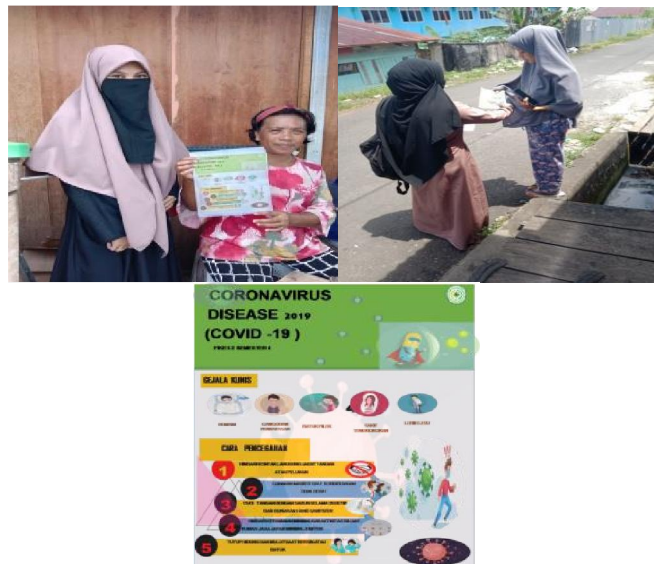
**Fig 2.** Situation of the socialization of the implementation of the 3M movement, followed by the distribution of masks at Kos Pury Nayla

3. *Socialization of the implementation of the 3M movement at the Residents' Houses Ex. Sasa Friday 09 July 2021 09.00-10.00 WIT*



**Fig 3.** Situation of the socialization of the implementation of the 3M movement, followed by the distribution of posters in Kel. Sasa

*4. Socialization of the application of the 3M movement in Ex. Gambesi Saturday, July 10, 2021 09.00-100 WIT*



**Fig 4.** The situation of socialization of the application of the 3M movement, followed by the distribution of brochures in RT/RW 8/4 Kel. Gambesi

Community Empowerment Activities Against Efforts to Prevent the Transmission of the Covid-19 Virus Through Socialization of the Implementation of the 3M Movement in the North Maluku University Muhammadiyah Campus. Positive Campaign for the Prevention of the Covid-19 Pandemic through posters. This poster contains the slogan for changing people's behavior, namely wearing masks, washing hands and keeping a distance which is abbreviated as 3M. So this is in order to encourage public awareness to care about the dangers of the new type of corona virus being the cause of covid 19, so that this activity was held by the Ibm team campaigning for a healthy lifestyle to avoid the transmission of covid-19 to the community in the North Maluku Muhammadiyah University campus environment [12].

In order to jointly support the government's efforts to prevent and reduce the transmission rate of Covid-19 in Ternate City, it is necessary to promote the 3M Movement Socialization to the community whose daily activities often interact with many people. For this activity, the IbM Team chose the North Maluku University Muhammadiyah Campus Environment because people whose activities are often in contact with many people, so it is very possible for Covid-19 transmission to occur. The series of socialization activities for the 3M movement during the pandemic started from 8 to 10 July 2021. This activity was to provide socialization to the public about the importance of complying with 3M, namely wearing masks, maintaining distance and washing hands with soap. Even though the public has obtained a lot of information through various social media, it is hoped that the direct information provided will make the public understand more about the importance of implementing health protocols

Covid-19 is a newly discovered disease, therefore related to prevention is still limited. The key to prevention includes breaking the chain of transmission by isolation, early detection, and carrying out basic protection including 3M, namely using masks, washing hands with soap, and maintaining a minimum distance of 1 meter [13]. In order to develop healthy living behavior for the community, it is necessary to pay attention in the form of services and delivery of correct information as well as a mutual understanding of the importance of the 3M movement so that it can assist them in implementing health protocols in their daily lives [14].

The government continues to carry out the campaign to prevent the spread of the Covid-19 outbreak considering the massive number of Covid-19 transmissions in Indonesia. Efforts to foster citizen awareness are carried out with various socializations to use masks, diligently wash hands, and maintain social distance in the community [15]. According to Sutaryo et al (2020), the application of 3M can be done by carrying out at least 3 (three) disciplinary behaviors, namely wearing masks, washing hands and keeping a distance [16].

The IbM activity has included medical students, the Gambesi village community and the Sasa village community, in this activity, the IbM Team has carried out socialization to the campus community, namely health care students in the Fikes 2 room, after that the Ibm team visited the houses of the residents of Gambesi and Sasa villages to provide socialization and continued by distributing brochures, stickers containing the importance of the 3M movement to prevent the spread of the Covid-19 Virus, besides that the IBM Team also distributed masks for free to the community. From this activity, it is hoped that the public will understand and have good knowledge about the most effective efforts in preventing the transmission of the Covid-19 Virus, and public awareness in implementing the 3M movement will be higher. By

increasingly understanding and having high knowledge and awareness by the community in the North Maluku University Muhammadiyah campus environment, it will encourage them to always comply with health protocols in order to jointly support the Task Force's efforts to prevent and reduce the transmission rate of the Covid-19 Virus in the City of Ternate, which is contaminated, sick

#### IV. CONCLUSION

Through the socialization activities of the 3M Movement during the pandemic, people have more understanding and high awareness of the efforts to implement the 3M movement to prevent the spread of the Covid-19 virus, so that people can care about their own health and that of others in the Muhammadiyah University North Maluku campus.

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