



## WALUYA THE INTERNATIONAL SCIENCE OF HEALTH JOURNAL

# The Effect of Counseling on Changes in Attitudes and Actions in Containing Covid-19 Vaccination in the Elderly at Unaaha Health Center, Konawe Regency

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### ARTICLE INFO

#### Article history

Received : December 15<sup>th</sup>, 2022  
Revised : December 26<sup>th</sup>, 2022  
Accepted : December 27<sup>th</sup>, 2022

#### Keywords

Counseling,  
Attitude,  
Action.

### ABSTRACT

**Introduction:** Based on December 2021 data, the Public Health Center with the lowest COVID-19 vaccination coverage for the elderly was Unaaha Health Center which had a target of 2088 elderly people who had to be vaccinated with the coverage of the first dose of vaccination only 277 (16.1%) and the second dose of 119 vaccination (6,9%). This is what attracted researchers to conduct research on the Effect of Counseling on Changes in Attitudes and Actions in Conducting Covid-19 Vaccinations in the Elderly at the Unaaha Health Center, Konawe Regency.

**Method:** This type of research is Pre Experiment, the research design that will be used is One Group Pretest-Posttest Design. This research was conducted in the working area of the Unaaha Public Health Center, Konawe Regency, Southeast Sulawesi Province, carried out in March 2022. While the sample used was 92 respondents.

**Result:** Based on statistical tests, it is known that the exact sig (2-tailed) value shows a value of 0.000 < 0.05 which means that there is a significant effect of counseling with the simulation method on changes in the attitude of the elderly and the exact sig (2-tailed) value shows a value of 0.000 < 0.05 which means This means that there is a significant effect of counseling with the simulation method on changes in the actions of the elderly in carrying out Covid-19 vaccinations in the work area of the Unaaha Health Center.

**Conclusion:** There is a significant effect between counseling with the simulation method on changes in the attitudes and actions of the elderly in carrying out Covid-19 vaccinations in the work area of the Unaaha Health Center.

## Introduction

COVID-19 or Coronavirus Disease 19 is an epidemic that is currently engulfing the world. COVID-19 is a contagious outbreak caused by the latest corona virus and prior to the outbreak of the epidemic in Wuhan, People's Republic of China in December 2019, the disease was completely unknown. This is caused by the corona virus which is a virus that can cause disease in animals to humans. Several coronaviruses are known to cause respiratory infections ranging from the common cold, to more severe illnesses in humans. COVID-19 can be transmitted from splashes or droplets that come out of an infected person through talking, coughing, or sneezing.<sup>[1]</sup>

Various efforts have been made to reduce the transmission of COVID-19. The implementation of health protocols as short-term measures began to be implemented. Starting from tightening hygiene, wearing masks and maintaining social distance to quarantine and other short-term measures taken to contain the detrimental effects of the virus attack but not without the aim of strengthening the immune system. The so-called tactical treatments that have been tested include EIDD 2801, remdesivir, favipiravir, chloroquine, hydroxychloroquine, a combination of lopinavir and ritonavir, tocilizumab, losartan, and others.<sup>[2]</sup>

The government has so far determined 6 (six) types of COVID-19 vaccines to be used in Indonesia, namely AstraZeneca-Oxford, Sinovac, Bio Farma, Sinopharm, Pfizer-BioNTech and Moderna. Vaccination is urgently needed to overcome the COVID-19 pandemic. Vaccines are urgently needed to make people immune from the threat of the corona virus and Indonesia can achieve herd immunity. Herd immunity is a condition when a large proportion of the population has immunity to certain infectious diseases which in the end can provide indirect protection or provide group immunity to those who do not have immunity to these highly infectious diseases. To achieve herd immunity, it usually takes 70% to 90% of the population to be vaccinated.

In Southeast Sulawesi Province, based on data from the Southeast Sulawesi Response to Corona (2021), the number of COVID-19 cases up to January was 21.109 positive confirmations, with 19.511 recoveries, and 527 deaths due to COVID-

19, from 17 regencies and cities in Southeast Sulawesi Province 5 (five) The order of regencies and cities with the most positive confirmations was Kendari City (7.714 cases), Bau-bau City (2.208 cases), Kolaka Regency (2.010 cases), Konawe Regency (1.643 cases) and North Kolaka Regency (1.213 cases).<sup>[3]</sup>

The first time the case of COVID-19 in Southeast Sulawesi Province was found in March 2020 in Konawe Regency from a cluster of Umrah participants. Until January 2022 positive confirmations in Konawe Regency had reached 1643 cases with 75 deaths. To prevent an increasingly massive spread, due to population mobility and the large number of mining industry workers who come from abroad, especially from China, it is appropriate for local governments to accelerate vaccination so that herd immunity is immediately achieved.<sup>[3]</sup>

In Konawe Regency, the target for vaccination is 199.127 people. Based on data in December 2021, the total population of Konawe Regency who had carried out the first stage of vaccination reached 152359 people (27.94%), while those who had undergone the second stage of vaccination were 35,015 people (76.51%). From this data, it can be seen that the coverage of the people of Konawe Regency who have undergone the vaccine has reached the standard to achieve herd immunity, but that number is still below the national coverage figure that has been carried out by the government.<sup>[4]</sup>

Looking at the distribution of vaccines based on the data that has been obtained, the center of this research is the elderly group, because of the target as many as 16.261 people, only 8.172 people (50.26%) had their first vaccination, and 2.250 people (13.84) % who had the second vaccination.

Based on the preliminary survey, it is necessary to conduct research to determine the interest of the elderly in vaccinating COVID-19, namely with the title "The Effect of Counseling on Changes in Attitudes and Actions in Conducting COVID-19 Vaccinations in the Elderly in the Work Area of the Unaaha Health Center, Konawe Regency".

## Method

This type of research is a pre-experimental type of research, namely research that uses all subjects in the study group (intact group) to be given treatment (treatments) with the aim of knowing an effect that arises, as a result of certain treatment, and using the help of a questionnaire instrument (questionnaire). The research design that will be used is the One Group Pretest-Posttest Design, namely the existence of a pretest before the treatment is given. Because of the pretest, the group equivalence study design was taken into account. Pretest is used for statistical control and can also be used to see the effect of treatment on score achievement, and after counseling a posttest is given.<sup>[5]</sup>

This research was conducted in the working area of the Unaaha Health Center, Konawe Regency, Southeast Sulawesi Province, carried out in March 2022. The population in this study was the elderly (>60 years) who had not vaccinated against COVID-19 in the entire work area of the Unaaha Health Center, Konawe Regency, but were actually the target COVID-19 vaccination with a total of 1.811 people, while the sample used was 92 respondents.

In this study, the extension method used was the simulation method accompanied by an explanation display of each stage of the vaccination implementation either through oral or through a slide show, then continued by simulating a snake and ladder game with a projector.

## Result

**Table 1** states that before treatment with the snake and ladder simulation method, there were 66 respondents with a positive attitude, while 26 respondents with a negative attitude. Furthermore, after being treated with the snake and ladder simulation method, respondents who previously had a positive attitude were still in the category of positive attitudes as many as 66 respondents, while respondents who previously had a negative attitude, a total of 26 respondents had a positive attitude.

**Table 2** states that before treatment with a simulation using the snake and ladder method, there were 46 respondents with sufficient action, while 46 respondents with less action. Furthermore, after being treated with the snake and ladder simulation method, 46 respondents who previously had sufficient action still had sufficient action, while 43 respondents who previously had insufficient action turned into sufficient action, while the remaining 3 respondents still had less action.

**Table 3** states that the exact sig (2-tailed) value shows a value of 0.000 <0.05, which means that there is a significant effect of counseling with the simulation method on changes in the attitude of the elderly in carrying out Covid-19 vaccination in the work area of the Unaaha Health Center.

**Table 4** states that the exact sig (2-tailed) value shows a value of 0.000 <0.05, which means that there is a significant effect of counseling with the simulation method on changes in the actions of the elderly in carrying out Covid-19 vaccinations in the work area of the Unaaha Health Center.

**Table 1**  
**Attitudes in Conducting Covid-19 Vaccinations for the Elderly in the Work Area of the Unaaha Health Center Before and After Counseling**

| Attitude Before Counseling | Attitude After Counseling |          |
|----------------------------|---------------------------|----------|
|                            | Positive                  | Negative |
| Positive                   | 66                        | 0        |
| Negative                   | 26                        | 0        |

**Table 2**  
**Actions in Conducting Covid-19 Vaccination in the Elderly in the Unaaha Health Center Work Area Before and After Counseling**

| Action Before Counseling | Action After Counseling |            |
|--------------------------|-------------------------|------------|
|                          | Enough                  | Not enough |
| Enough                   | 46                      | 0          |
| Not enough               | 43                      | 3          |

**Table 3**  
**The Effect of Counseling Using the Snake Ladder Simulation Method on Attitudes in Conducting Covid-19 Vaccinations in the Elderly**

| Attitude Before Counseling | Attitude After Counseling |          | Sig. (2-tailed) |
|----------------------------|---------------------------|----------|-----------------|
|                            | Positive                  | Negative |                 |
| Positive                   | 66                        | 0        | .000            |
| Negative                   | 26                        | 0        |                 |

**Table 4**  
**The Effect of Counseling Using the Snake Ladder Simulation Method on Actions in Conducting Covid 19 Vaccinations in the Elderly**

| Action Before Counseling | Action After Counseling |            | Sig. (2-tailed) |
|--------------------------|-------------------------|------------|-----------------|
|                          | Enough                  | Not enough |                 |
| Enough                   | 46                      | 0          | .000            |
| Not enough               | 43                      | 3          |                 |

## Discussion

### Attitudes of the Elderly in Conducting Covid-19 Vaccinations in the Work Area of the Unaaha Health Center

The results showed that there was an effect of snake and ladder simulation on attitudes. This change in attitude may be in line with the theory put forward by Kelman, based on the theory of three processes of Kelman's change, namely compliance, identification, and internalization. Here, there is a willingness of respondents to change their attitude when socialized. Respondents imitate the behavior or attitudes of other individuals or groups because the identification process is in accordance with what they perceive as a form of comfortable relationship. Individuals accept and act on influence because their attitudes are in accordance with the value factors that are maintained between him and others that are

considered important for the environment and the influence of others.<sup>[6]</sup>

The focus of the concept of health education is on efforts to change the behavior of the subject towards healthy behavior, especially on the cognitive aspect (knowledge and understanding of the subject), so that knowledge about the subject is reflected in counseling. Will be done. In this case, if the snake used and the ladder simulation method are in accordance with the expectations of the health instructor, the next extension process will be carried out according to the planned program.

Effendy explained that health education is an educational activity that spreads messages and builds trust, and that people recognize, understand and understand health-related recommendations, and do what they want. Based on the theory, efforts to provide information with training and education can increase knowledge, then increase

awareness, and ultimately practice what they know, even though one takes a long time.<sup>[7]</sup> Attitude is a proactive response to something that tends to act on purpose. Attitude may be a point of view, but in this case it is still different from the knowledge that people have. Knowledge of an object is not the same as his attitude towards that object. Knowledge is not the only driving force, nor is attitude. Knowing about a new object is an attitude towards that object if that knowledge is motivated to action.<sup>[8]</sup>

Attitudes are expected to change, as they did after the conversation. In this case the snake and ladder simulation is associated with the theory of communication effectiveness.<sup>[6]</sup> In general, face-to-face communication is more effective. Research has shown that an effective method of communication is to express the communication conclusion clearly to the subject who changes attitudes by repeating the discussion that supports the attitude in question, and the optimal number of repetitions of the message is three times. In this study, the delivery of messages is carried out through a snake and ladder simulation which is carried out once for each respondent, but alternately and then watched by respondents who have done the simulation or who are waiting for their turn so that it can be in accordance with the theory that it can change attitudes based on what is being said. expected.

The increase in attitudes that occurred among respondents may have occurred after respondents gained knowledge that could stimulate understanding and belief in their needs as respondents who really needed behavior (knowledge, attitudes, behavior) about Covid-19 vaccination. In addition, changes in the attitudes of interviewees after the intervention easy to understand and enjoyable because the counseling method adopted not only affects the increase in knowledge but also the attitude of the interviewee. From this it can be concluded that the attitude towards the Covid19 vaccination of respondents was influential based on counseling with the learning game method.

Based on the description above, the attitude that should be changed in this study is related to issues that have a very relevant purpose for individuals, namely with regard to vaccination for individuals themselves. According to the theory of communication effectiveness, it is not easy, but

possible, to change attitudes when the individual is deeply involved, because the boundaries of rejection widen and the boundaries of accommodation narrow.

### **Actions for the Elderly in Conducting Covid-19 Vaccinations in the Work Area of the Unaaha Health Center**

Counseling is a series of systematic and systematic activities carried out by actively involving individuals and groups in order to change human behavior itself and solve local problems.<sup>[9]</sup>

In general, behavior is a continuing process after knowledge and attitudes that begins when someone knows something, how that person reacts to it, or how they act or practice what they know. factors that cause people to simply ignore their knowledge so they don't act alone. Attitudes do not always appear automatically in behavior. This means that respondents with good attitudes and positive reactions are usually unable to translate what they react to actual behavior.

The use of the Snakes and Ladders Educational Game method is one of the factors that changes the behavior of respondents, but the Snakes and Ladders Educational Game not only reads, listens and remembers, but also moves the respondents directly. The provision of information in an interesting game of snakes and ladders and a comfortable social atmosphere made it easier for respondents to accept the information provided. This game is quite fun in accordance with the purpose of this study where the majority of the respondents are aged 60 years and over who are in the elderly stage who are already in the category of bored with the monotonous routine of life.<sup>[10]</sup>

This finding is also supported by research conducted by using the game of snakes and ladders to improve the practice (behavior) of brushing teeth properly and correctly. The results showed that the improvement in dental and oral health habits (actions) was higher in the snake and ladder game media intervention group than in the picture story media group.<sup>[11]</sup>

Another research that has been conducted using the Game Matching Text with Pictures and Videos on Increasing Knowledge, Attitudes and Behaviors Regarding Scabies Disease in Class VII and VIII Students of Darul Mukhlisin Islamic Boarding School, Kendari City. The results

showed that educational games and videos about scabies had a significant effect on increasing knowledge, attitudes, and behavior in the experimental group. This is evidenced by the difference in knowledge (0.001), attitude (0.002), and behavior (0.001) of respondents before and after being given educational games for 21 days.<sup>[12]</sup>

The results of this study strengthen the results of previous studies which state that counseling with educational game methods such as snakes and ladders can improve and increase respondents' actions towards positive behavior, in this case the interest of elderly respondents to vaccinate Covid-19. However, it is necessary to provide routine health socialization and assistance, so that respondents can be confident to vaccinate against Covid-19. Surveys conducted by WHO and health education experts show that general knowledge about health is high, but practice is still low. That is, the change or increase in general knowledge about health is often not in accordance with the increase or change in their behavior.<sup>[7]</sup>

## Conclusion

There is a significant effect between counseling with the simulation method on changes in the attitudes and actions of the elderly in carrying out Covid-19 vaccinations in the work area of the Unaaha Health Center. So it is hoped that health extension workers will use a similar method in socializing the Covid-19 vaccination to the community, especially the elderly to attract more interest in the elderly in obtaining important information.

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