

## Effect of Emotional and Informational Family Support on COVID-19 Prevention Measures in Deli Serdang Regency

Eka Lestari Sitepu<sup>1</sup>, R. Kintoko Rochadi<sup>2</sup>, Namora Lumongga Lubis<sup>3</sup>

<sup>1,2,3</sup>University of Sumatera, Indonesia

[ekasitepu95@gmail.com](mailto:ekasitepu95@gmail.com)

### Abstract

*This study aims to determine the effect of emotional and informational family support on Coronavirus Disease 2019 (COVID-19) prevention measures in Deli Serdang Regency. This type of research is quantitative with a cross-sectional design. The total population in this study was 452,676 people. The sampling technique used is voluntary sampling. The number of samples is 270 respondents. The instrument in this study used a questionnaire in the form of a google form. The data obtained in this study were analyzed by bivariate. The results showed that there is a significant effect of emotional family support on COVID-19 prevention measures in Deli Serdang Regency. There is a significant effect of informational family support on COVID-19 prevention measures in Deli Serdang Regency.*

### Keywords

emotional; informational; family support; COVID-19



## I. Introduction

The Coronavirus Disease 2019 (COVID-19) pandemic still coexists with humans to this day. Therefore, in suppressing the spread of this virus, the COVID-19 health protocol must be implemented. It is known that the emergence of the COVID-19 disease originated from pneumonia in Wuhan, China at the end of 2019 (World Health Organization, 2019). The spread of this virus has infected 227 countries around the world, one of which is in Indonesia (World Health Organization, 2021). This virus has also become a major topic in the timeline through mass media and social media that must be watched out for every day.

Globally, the World Health Organization reports as many as 267 million confirmed cases of COVID-19 through the polymerase chain reaction (PCR) swab test applicable in their respective countries. This virus has also resulted in 5.2 million people died worldwide. According to World Health Organization (2021) data, the countries that have confirmed the most cases of COVID-19 are the US, India, Russia and London. These countries also report the highest mortality rates worldwide. Then, Indonesia itself reported the first case of COVID-19 on March 2, 2020 through a live broadcast on television. It is known that on December 12, 2021, Indonesia reported 4,259,143 positive cases of COVID-19. As for the death toll from COVID-19 as many as 143,936 people from 34 provinces in Indonesia (Kementerian Kesehatan, 2021).

Indonesia has 34 provinces, each of which has a significant zoning for the spread of COVID-19. One of the provinces that is quite a concern for the spread of COVID-19 in Indonesia is North Sumatra Province. Where according to data from the Republic of Indonesia Task Force (Satgas RI) this province was included in the red zone in the beginning of the year until mid 2021. The Health Office of North Sumatra Province on December 12, 2021, reported 105,641 positive cases of COVID-19. Then there were 2889 cases of death due to COVID-19 (Dinas Kesehatan, 2021). Of the 33 regencies/cities in North Sumatra, it is

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known that the largest contributors to this spread are Medan City (48,198 cases), Deli Serdang Regency (16,596 cases), Pematang Siantar City (3,978 cases), Binjai City (2,193 cases), Simalungun Regency (3,189 cases), and Langkat Regency (2,331 cases). From this data, it is known that the first district that contributed to cases in North Sumatra was Deli Serdang Regency. It is known that several sub-districts of Deli Serdang Regency are adjacent to the capital city of Medan and the city of Binjai which have high cases of spread (Dinas Kesehatan, 2021).

The Indonesian government has actually taken preventive measures to stop the spread of COVID-19. At the beginning of the pandemic, Indonesia did not implement a lockdown system, but implemented large-scale social restrictions (PSBB). The application of this regulation is first proposed by the respective regions and decisions are made by the central government. As for the PSBB regulations, all community activities are limited, then temporary closures of schools, offices, airports and shopping centers are carried out.

Then the nearly two-year journey of COVID-19 side by side with the community, now the government is providing space to be able to socialize and do activities outside the home. Currently, the government applies levels four to one for areas that are already under control and not yet under control. Deli Serdang Regency was once included in level 3, meaning that there were 50 to 100 positive cases of COVID-19 per 100,000 population per week. Then the death rate is 2 to 5 five per 100,000 population.

The Indonesian government is currently implementing the enforcement of restrictions on community activities (PPKM). This activity is aimed at the lowest levels of government such as hamlets, sub-districts and villages. The goal is to control the spread of COVID-19 from the lowest levels of society. Throughout 2021 the PPKM was held at its peak in early July, where President Joko Widodo through a press release announced that the emergency PPKM was effective. This policy will be implemented from 3 to 20 July 2021, especially on the islands of Java and Bali. This is one of the efforts to suppress such as pulling the emergency brake on COVID-19 cases in Indonesia (Kementerian Kesehatan, 2021).

The PPKM currently in effect in Indonesia is prepared in detail for all groups and sectors. The goal is none other than to stop the chain of spreading the corona virus which is increasingly rampant. Several studies have found that there are still people who violate PPKM rules in their area. According to Wulandari et al. (2020) there are still many people traveling during the effective emergency PPKM. Then ignoring health protocols such as taking off masks carelessly when outside the house, it's difficult to keep your distance from the crowd and the most difficult thing is to hold gatherings.

Friedman (1998) explains that family support is the behavior of the family in providing informational, assessment, emotional and instrumental support to accept or come to terms with an illness. Family support can help patients increase their self-confidence to overcome their illness (Misgiyanto, 2018).

Prevention of the spread of COVID-19 through the support of family and closest people is highly expected for everyone in the surrounding environment. An initial field survey of 30 respondents, it is known that family members still feel emotional panic when facing this virus, which is 43.7 percent. Then only 31.5 percent of family members received informational support, namely through various offline and online media platforms in the prevention of COVID-19. Likewise, instrumentally in providing hand sanitizer to clean hands instantly as much as 37 percent. The results of the researchers' own observations, there are still many people who do not follow the COVID-19 health protocol, judging by the various activities of residents and local customs, for example wedding parties, always shaking hands when meeting, ignoring the use of masks/using chin masks, the close distance between the staff and the lack of handwashing in supermarkets. This situation always occurs when

residents buy food in traditional markets, it is known that residents always hold hands during transactions. What is worrying is that young people gather in groups in various public places without wearing masks.

In the face of behavioral changes, citizen feedback seems to vary. There are residents who are willing to comply with government regulations. Sihombing (2020) state that Covid-19 pandemic caused everyone to behave beyond normal limits as usual. The outbreak of this virus has an impact especially on the economy of a nation and Globally (Ningrum, 2020). The problems posed by the Covid-19 pandemic which have become a global problem have the potential to trigger a new social order or reconstruction (Bara, 2021). However, there are also some residents who do not care about government regulations regarding behavior change. If this condition is not given an understanding, there can be a risk of contracting COVID-19 as well as areas with red or black zones, so it is important to do family-based research in preventing COVID-19 disease when doing activities outside the home.

Zhang and Ma (2020) research in China regarding the direct impact of COVID-19 on mental health there is an increase in family support during the pandemic. The support from family members in feeling and caring increased by 57.8 percent. Then the above research is in line with Nurul (2020) in Indonesia regarding the relationship of family support to the prevention of COVID-19. The results of the multivariate analysis show that family support has a significant relationship with COVID-19 prevention behavior in Jakarta-Bogor-Depok-Tangerang-Bekasi (Jabodetabek).

The more widespread the spread of the corona virus in various parts of the country and beloved country, the family is a small social group in the general public which includes a husband and wife, or father and child, or mother and child, or husband and wife and children. Noting that the family environment is the first one of the family members. The meaning will be more when the family becomes a place to chat, talk to each other, share and know each other's conditions (Friedman, 1998).

The seriousness of each family member in Indonesia to avoid and prevent COVID-19 as the main cause of this corona disease, must be taken seriously consistently so that it can help the government break the chain of spread. We can all be sure that the results of all this will be seen more quickly in the controlled form of the widespread spread, then the government and all of us can eradicate the disease to zero point. So that all family members, citizens and all people around the world will return to real lives that are safe, comfortable, and peaceful.

This study aims to determine the effect of emotional and informational family support on Coronavirus Disease 2019 (COVID-19) prevention measures in Deli Serdang Regency.

## **II. Research Methods**

This type of research is quantitative with a cross-sectional design. Quantitative research is a systematic scientific study of the parts and phenomena and the causality of their relationships (Octiva et al., 2018). The purpose of quantitative research is to develop and use mathematical models, theories and/or hypotheses related to natural phenomena (Pandiangan, 2015). Cross-sectional design which is a research in which measurements or observations are made at the same time on the data of the independent and dependent variables (one time) so that it can be analyzed any factors that influence (Pandiangan et al., 2021).

The total population in this study was 452,676 people. The sampling technique used is voluntary sampling. Voluntary sampling is only eligible individuals (having an android phone or the like with internet available) and willing to fill out an online questionnaire were the respondents in this study (Pandiangan, 2018). The number of samples is 270 respondents.

Research instruments are tools that are needed or used to collect data. This means, using these tools data is collected (Pandiangan et al., 2018). The instrument in this study used a questionnaire in the form of a google form.

The data obtained in this study were analyzed by bivariate. This analysis was used to see the relationship between each independent variable and the dependent variables, accompanied by a statistical significance test with the chi-square test (kai squared) with a 95% confidence level (Tobing et al., 2018).

### III. Discussion

#### 3.1 Deli Serdang Regency Overview

Deli Serdang Regency is one of the 22 (thirty three) Regencies/Cities currently in North Sumatra Province. Based on its geographical location, Deli Serdang Regency is located in the Eastern Region of North Sumatra which is directly adjacent to the Malacca Strait. Geographically, Deli Serdang Regency is located between the coordinates of 2° 57" to 3° 16" North Latitude and 98 33" to 99° 27" East Longitude. Administratively, Deli Serdang Regency consists of 22 sub-districts, 14 sub-districts and 380 villages, with an area of 249,771 Ha (2,497.71 Km<sup>2</sup>). The sub-district with the largest area is Hamparan Perak District with an area of 23,015 ha or 9.21% of the total area of Deli Serdang Regency. Meanwhile, the sub-district that has the smallest area is Deli Tua District, which is only 936 ha or 0.37% of the Deli Serdang Regency area.

As for the administrative boundaries of Deli Serdang Regency, it can be described as follows:

North side: bordered by Langkat Regency and the Malacca Strait.

South side: bordered by Karo Regency and Simalungun Regency.

West side: bordered by Langkat Regency and Karo Regency.

East side: bordering Serdang Bedagai Regency.

#### 3.2 Overview of Research Sites

The research location is in Deli Serdang Regency. Locations for sampling are Sunggal District, Sibiru-biru District, Namorambe District and Pancur Batu District. The location of the research sample was taken through several stages and selected at simple random because the entire population had the same opportunity to become the research sample.

#### 3.3 Bivariate Analysis

The bivariate analysis in this study consisted of 2 variables, namely emotional and informational family support. The goal is to see the acquisition of the p-value of each variable. The results of the bivariate analysis using the chi-square test with the condition that if the value  $\leq 0.05$ , which means  $H_a$  is accepted and  $H_o$  is rejected. Thus, it can be concluded that there is a significant relationship. Then vice versa if  $> 0.05$  then it means  $H_a$  is rejected and  $H_o$  is accepted. The conclusion is that there is no significant relationship.

**Table 1.** Effect of Emotional and Informational Family Support on COVID-19 Prevention Measures in Deli Serdang Regency

Family Support	COVID-19 Prevention Measures					p-value
	n	Prevention Measures				
		Less	%	Good	%	
Emotional Family Support						
Less	49	42	15.6	7	2.6	0.001
Good	221	41	15.2	180	66.7	

Informational Family Support						
Less	72	57	21.1	15	5.6	0.001
Good	198	26	9.6	172	63.7	

The results showed that there is a significant effect of emotional family support on COVID-19 prevention measures in Deli Serdang Regency. Emotional support is usually done by giving emotional attention, everyone definitely needs affectionate help from others, this support is in the form of support for sympathy and empathy, love, trust and respect. Thus, a person who faces problems feels that he is not carrying his own burden but there are still others who pay attention, want to hear all his complaints, sympathize and empathize with the problems he faces. Even willing and able to help solve the problems he has faced so far, especially during the COVID-19 pandemic. As for the description of emotional support in this study that it is known to have been very good in maintaining emotional in the family that is equal to 81.9%. But there is still an unfavorable assessment of how families pay attention to the use of masks, there are still 20% of respondents who do not care about wearing masks. Whereas in accordance with the Decree of the Minister of Health of the Republic of Indonesia No. Hk.01.07/Menkes/381/2020 regarding the COVID-19 health protocol that one of the preventions of transmission of COVID-19 through human-to-human droplets is to use self-protection, namely a 3-layer mask.

There is a significant effect of informational family support on COVID-19 prevention measures in Deli Serdang Regency. Informational support is information assistance provided so that someone can use it in overcoming the problems at hand, including providing directive advice. Informational is the same as knowledge gained by respondents during the COVID-19 pandemic, how information is obtained to take preventive measures for COVID-19 according to applicable rules. Respondents are good in receiving information that is equal to 73.3%. The number of platforms, especially mass media and social media provided in the current era of technology 4.0, makes it easy for many people to access information related to updates and preventive measures for COVID-19. The data shows that there are still many respondents who think this virus is not real and only as material for political issues, which is 50%. This virus is real and must always be watched out for, therefore the government's efforts to accelerate vaccination have become a priority program with the aim of establishing herd immunity for the entire community.

#### IV. Conclusion

The results showed that there is a significant effect of emotional family support on COVID-19 prevention measures in Deli Serdang Regency. There is a significant effect of informational family support on COVID-19 prevention measures in Deli Serdang Regency.

From the day of the existing research, the suggestions given by the research are as follows:

1. To the Head of the Deli Serdang Regency to make a family-based work program for all related agencies, both in health and non-health. Because the impact of COVID-19 is not only talking about health, but all sectors and groups are no exception.
2. To the Health Office and other sectors, it is hoped that the various types of empowerment carried out by each sector will focus more on the smallest social, namely the family environment, especially the head of the family.
3. To the head of the family and other family members to keep updating accurate and selective information in choosing information regarding the prevention of COVID-19 and following the directions and COVID-19 health protocols that apply in Deli Serdang Regency.

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