

Counseling on The Use of Health Protocols to Prevent The Spread of COVID-19 to Children Through Animated Videos

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Abstract—Through this counseling, the author tries to provide understanding to children about the importance of using health protocols during the COVID-19 pandemic. This counseling is delivered through animated video shows. The author chose this media because animated video shows are liked by children. Through counseling using animated videos, it is hoped that children will be interested in watching shows and understand the importance of implementing health protocols. After watching the video, several questions were asked as feedback on the counseling that had been delivered. Based on the feedback, 97 percent of the children said they liked the animated video that was displayed. 89 percent of children remember video content, 93 percent know COVID-19, and 84 percent understand the importance of following health protocols during the COVID-19 pandemic.

Keywords—*Health Protocols; COVID-19; Pandemic; Children; Animated Videos.*

I. INTRODUCTION

It is not easy to halt the spread and transmission of COVID-19 around the world [1]-[3]. Experts and the global population are continuing to make efforts to eliminate the threat of coronavirus transmission. The COVID-19 pandemic necessitates that people always practice clean and healthy lifestyles in their daily lives [4]. Clean and healthy living behavior can be started by yourself and your family. Implementing a health protocol is one example of implementing a healthy lifestyle. The government of several countries, including Indonesia, has issued guidelines and health protocols to deal with COVID-19 [5]. TABLE I shows the five points of the Indonesian health protocol:

TABLE I. HEALTH PROTOCOLS

No	Health Protocol	Description
1	Washing hands	Hand washing is one of the most effective health protocols for preventing the spread of Covid-19. Wash your hands for at least 20 seconds and several times per day for the best results.
2	Wearing a mask	The World Health Organization (WHO) stated at the start of the COVID-19 pandemic in 2020 that the use of masks was only recommended for sick people, not

		healthy people [6]. However, because the SARS-CoV-2 coronavirus is brand new, health protocols may evolve over time [7]. WHO issued an appeal some time ago, urging everyone (healthy or sick) to always wear a mask when activities outside the home [8].
3	Keep the distance	Another health protocol that must be followed is social distancing. This health protocol is contained in the "Health Protocol for the Community in Public Places and Public Facilities in the Context of Prevention and Control of Covid-19" Decree of the Minister of Health of the Republic of Indonesia. This protocol recommends keeping a minimum of one meter away from other people to avoid being exposed to droplets from people who are talking, coughing, or sneezing, as well as avoiding crowds, crowds, and crowds. If keeping a safe distance is not possible, various administrative and technical engineering measures can be implemented.
4	Stay away from the crowd	Aside from the three protocols listed above, staying away from crowds is a health protocol that must be followed. People are advised to avoid crowds when leaving their homes, according to the Ministry of Health of the Republic of Indonesia. The more and more frequently you meet people, the more likely you are to become infected with the coronavirus.
5	Reduced the mobility	The coronavirus, which causes Covid-19, can be found almost anywhere [9][10]. As a result, the more time you spend outside, the more vulnerable you are to this virus. As a result, if there is no pressing need, stay at home. According to the Ministry of Health, even if you are healthy and have no symptoms of illness, you may return home with the same condition because the coronavirus can attach to a person without causing symptoms [11][12].

(By implementing these five health protocols, it is expected to reduce or stop the spread of COVID-19 in the community. The five protocols presented are very easy to understand and implement by adults, but different for children. Counseling for children requires a mechanism that they like and can generate interest in continuing to see and implement what is being conveyed. In this activity, the author uses animated videos as a medium for counseling the implementation of health protocols to prevent COVID-19 disease. Animated video shows are very popular with children and are expected to provide an understanding of the application of health protocols among children when they are outside the home.

II. METHOD

This counseling is carried out offline, in an open space by implementing strict health protocols. The time and number of counseling participants are limited, to avoid crowds and fatigue. The arrangement of these counseling activities is shown in TABLE II:

TABLE II. COUNSELING SCHEDULE

No	Activities	Person
1	Short introduction	Parent's Representative
2	Opening speech	Author (Team)
3	Animated video shows	Participants (Children)
4	Feedback (Question-Answers)	Author & Participants
5	Closing	Author (Team)

Counseling begins with a short introduction delivered by a parent's representative, followed by a speech delivered by the author. The author conveys the purpose and objectives of the counseling activities. The next schedule is for the participants (children) to watch animated videos showing the implementation of health protocols during the COVID-19 pandemic. The next activity is feedback from participants who have seen animated video shows. Feedback is obtained by asking some questions to the participants. Some of the questions used in this activity are shown in TABLE III:

TABLE III. QUESTION FOR FEEDBACK

No	Random Questions
1	Is the animated video is shown interesting?
2	Do you want to repeat the animated video that was shown?
3	What is the content in the video show?
4	Is it important to wear a mask when leaving the house?
5	What are the benefits of washing hands?
6	Why must away from the crowd?
7	Why should you play at home, not outside?
8	What is COVID-19?
9	How to avoid contracting COVID-19?

Questions are given randomly by looking at the age (above 5 years old and below 13 years old.) and communication ability of the participants, so not all questions are asked to each participant. The counseling event ended with a closing delivered by the author. The author also thanks to the participants who have taken the time to attend the counseling event on the importance of implementing health protocols during the COVID-19 pandemic.

III. RESULT AND DISCUSSION

Based on the answers obtained during counseling, the feedback is visualized as shown in Fig. 1:

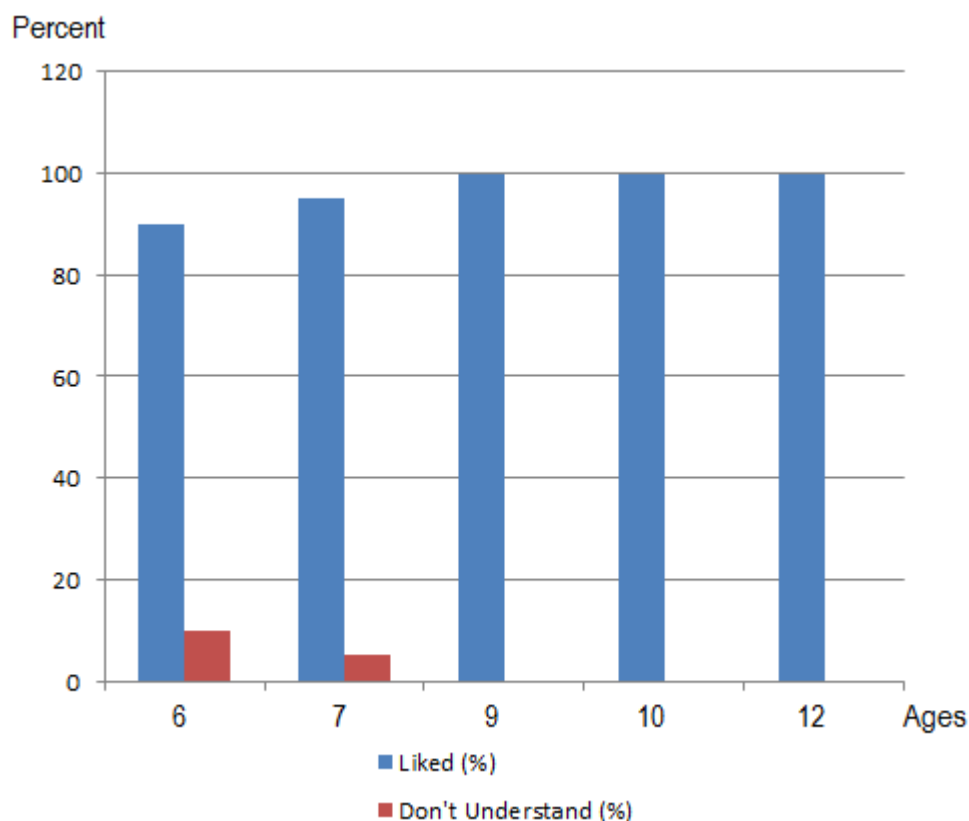


Fig. 1. Number of children who liked the video

Fig. 1 shows 90 percent of 6-year-olds like animated videos, and 10 percent don't understand the videos shown. 95 percent of 7-year-olds liked the video, and 5 percent said they didn't understand. 100 percent of children aged 9-12 years like animated videos that are shown.

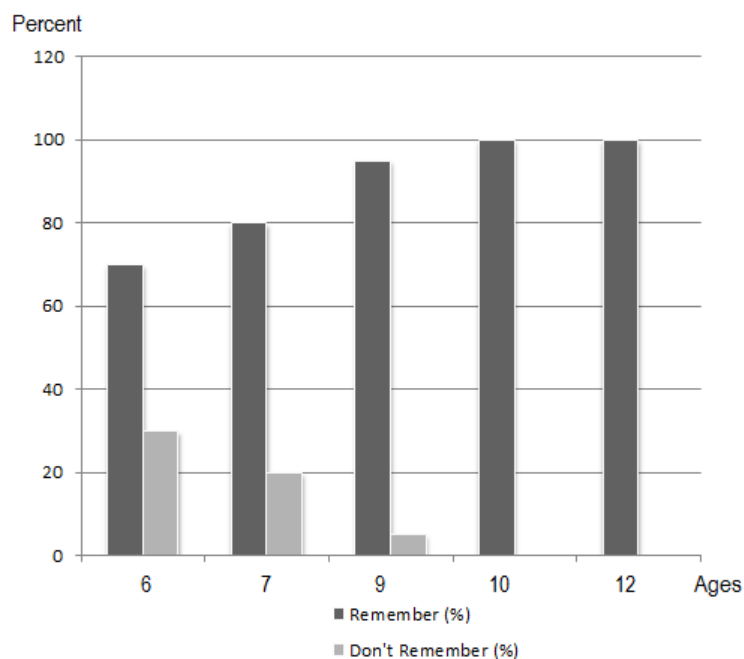


Fig. 2. Number of children who remember video content

Fig. 2 shows 70 percent of 6-year-olds remember video content, and 30 percent don't remember content of video. 80 percent of 7-year-olds remember video content, and 20 percent said they didn't remember. 95 percent of 9-year-olds remember video content, and 5 percent said they didn't remember. 100 percent of children aged 10-12 years remember video content that are shown.

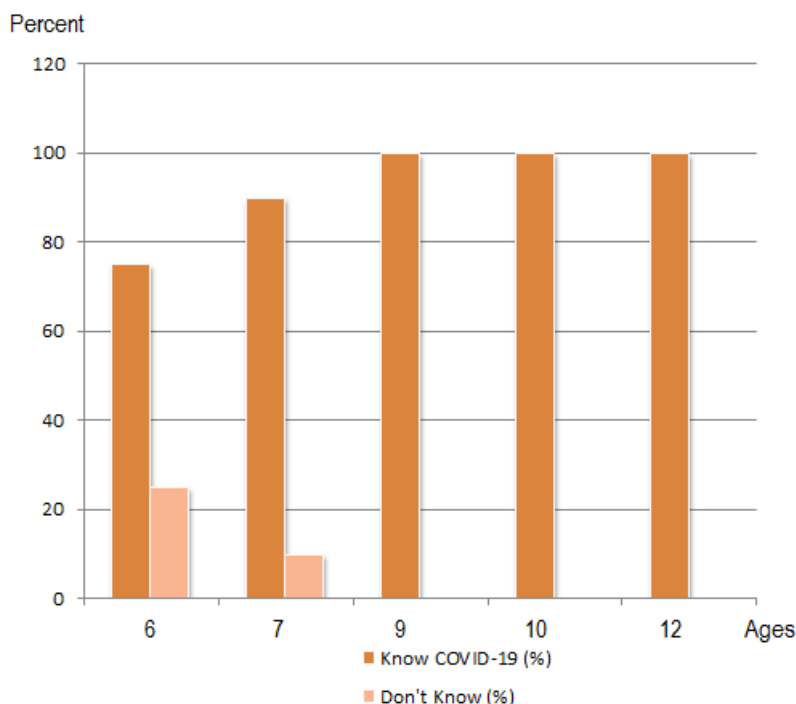


Fig. 3. Number of children who know COVID-19 (After watching the video)

Fig. 3 shows 75 percent of 6-year-olds know COVID-19 after watching the video, and 25 percent don't know COVID-19. 90 percent of 7-year-olds know COVID-19 (After watching the video), and 10 percent said they didn't know COVID-19. 100 percent of children aged 9-12 years know COVID-19 after watching the video.

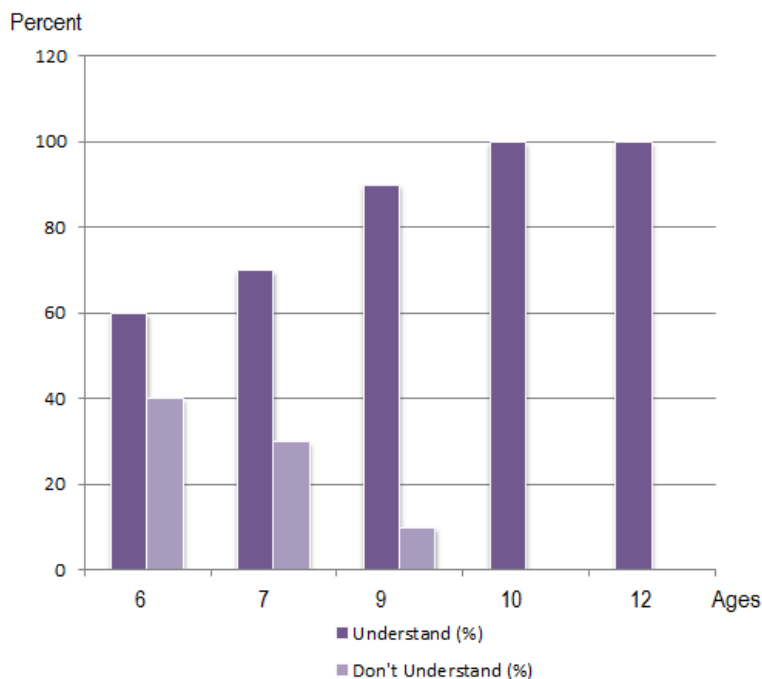


Fig. 4. Number of children who understand the importance of following health protocols

Fig. 4 shows 60 percent of 6-year-olds understand the importance of following health protocols, and 40 percent don't understand the importance of following health protocols. 70 percent of 7-year-olds understand the importance of following health protocols, and 30 percent said they didn't understand the importance of following health protocols. 90 percent of 9-year-olds understand the importance of following health protocols, and 10 percent said they didn't understand. 100 percent of children aged 10-12 years understand the importance of following health protocols.

Overall, the resume of feedback for counseling activities is shown in TABLE IV:

TABLE IV. OVERAL FEEDBACK

Feedback	Percentage
Number of children who liked the video	97%
Number of children who don't understand the video	3%
Number of children who remember video content	89%
Number of children who don't remember the video	11%
Number of children who know COVID-19	93%
Number of children who don't know COVID-19	7%
Number of children who understand the importance of following health protocols	84%
Number of children who don't understand the importance of following health protocols	16%

Overall, the number of children who liked the animated video is 97 percent, the number of children who remember video content is 89 percent, the number of children who know COVID-19 is 93 percent, and the number of children who understand the importance of following health protocols is 84 percent.

IV. CONCLUSION

Based on feedback on counseling activities on the use of health protocols to prevent the spread of COVID-19 through animated videos, it is known that the number of children who liked the animated video is 97 percent, the number of children who remember video content is 89 percent, the number of children who know COVID-19 is 93 percent, and the number of children who understand the importance of following health protocols is 84 percent. These results show that the use of animated videos as a media for counseling on the use of health protocols to prevent the spread of COVID-19 has proven to be effective in providing understanding to children the importance of implementing health protocols during the COVID-19 pandemic.

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