

REVIEW ARTICLE

**SURVEY OF PUBLIC KNOWLEDGE ABOUT NEW NORMAL BEHAVIOR AFTER COVID-19**

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**ABSTRACT**

**Background::** Coronavirus virus disease pandemic 2019 (Covid-19) has not shown improved health conditions, it is necessary to conduct an in-depth survey of public knowledge in carrying out healthy living behaviors after the Covid-19 pandemic. Clean and healthy living behavior is one of the efforts in maintaining personal and environmental hygiene. The purpose of the study was to conduct an analysis of public knowledge about clean and healthy living behaviors after the covid-19 pandemic.

**Methods:** Design used in qualitative research with explanatory survey approach. The technique of sampling snowballs over the internet online, an anonymous online instrument was developed using google form. Questionnaire links were sent via email, WhatsApp, and other social networks through researchers. The instrument packaged in structured questioner form (included as an additional file) consists of questions covering several fields: (1) sociodemographic data (age, gender and level of education), (2) New normal behavior habits include wearing a mask, washing hands with soap or hand sanitizer, social distancing. Do not a crowd with many people, keep the environment around the residence always clean and healthy, packaged in google form. Data recapitulation and processing are carried out with the help of IT, then qualitative analysis.

**Results:** In this study, we conducted explorations related to sociodemographic, environmental hygiene around the place, healthy behavior habits including, wearing masks, hand washing, *social distancing*, availability of facilities for hand washing with hand sanitizer or hand washing with running water. The results showed that the community has carried out *new normal behavior* with awareness without any compulsion from anywhere. Thus *new normal behavior* includes, wearing masks, washing hands with running water or hand sanitizer and social distancing has become a new habit in order to break the chain of spread of 'covid 19.

**Conclusion:** With a better understanding of *the new normal behavior*, people are able to break the indirect chain of transmission of COVID-19 in everyday life

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**Introduction**

The new coronavirus (SARS-CoV-2) is causing concern in the medical community, as it spreads globally.<sup>1-2</sup> The fact that people without symptoms is a potential source of

infection justifies a thorough analysis of the dynamics of current outbreak transmission.<sup>3</sup>

The virus is mainly transmitted by direct or indirect contact with the mucous membranes of the eyes, nose or mouth or hands.<sup>4</sup> Hygiene is

considered an important step to prevent the transmission of pathogens in health care facilities, and it is proven that improving hand hygiene compliance significantly reduces infections acquired from health care.<sup>5</sup> Therefore, hand hygiene is recommended as an important strategy to help prevent the spread of COVID-19 in hospitals. possible spread of COVID-19. There is evidence that daily hygiene measures are an important part of infection prevention, which is important in the prevention of transmission and transmission.<sup>6</sup> There is evidence that daily hygiene measures are an important part of infection prevention and important in preventing transmission and transmission of infections.<sup>4</sup> Cross-rationing to others who live together, body hygiene habits, care control behaviors and disinfection in the environment.<sup>7</sup> Basic hygiene such as washing hands with soap and clean water is the most effective and economical way to prevent various infections of the digestive tract, digestion, and skin.<sup>8</sup> Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SAR-CoV-2).<sup>9</sup> This pandemic has strengthened the need for changes in new normal behavior, namely frequent hand washing with hand sanitizer or with soap and running water, wearing masks, social distancing, avoiding crowds. The use of masks is very important to prevent pathogens from being inhaled and cause airway infections can

result in low immunity and susceptible to the covid-19 virus.<sup>10</sup> Efforts made in improving personal hygiene are as follows; provide CTPS hygiene tools in public or home, bring hand sanitizer and wet wipes when out, use masks, cultivating new normal behavior.<sup>11</sup> The purpose of the study is to explore public knowledge about clean and healthy living behaviors after Covid 19.

## Methods

The research design used in this study is qualitative with the explanatory survey approach that is attempt data collection is specifically designed to avoid contact person to person. The explanatory survey was conducted online, and only participants with Internet access were able to participate in the study. The sampling technique using snowball samples and online questioner was developed using Google forms with consent forms. Questionnaire links are sent via email, WhatsApp, and other social networks owned by researchers. Participants are encouraged to complete surveys covering sociodemographic (age, gender and education level), (2) daily behavior of family members that allows the transmission of covid 19 (hand washing with soap or hand sanitizer, change clothes after traveling, immediately bathe and clean yourself after from outside the house) with the format of the response carried out through the dichotomous question (yes =1/ not =0), (3)

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Personal hygiene habits are also supporting questions including; oral self-hygiene during a period of self-isolation (brushing 2 or more times per day, flossing once a day, gargling once a day, brushing the tongue once a day). Responses from respondents were assessed on a 5-point Likert scale ranging from 1 to 5, with "Never"=1, "Almost never"=2, "Sometimes 3," "Almost always 4 and "Always"

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### **Results and Discussion**

To our knowledge, as we know, *new normal behavior* today has become a habit of everyday people in running a clean and healthy lifestyle.<sup>12</sup> However, in this study, it has not been able to see further the different effects of each member of the public in carrying out *new normal behavior* habits, because researchers have not made direct observations in the study subjects group.<sup>13</sup> The situation and conditions on the ground have not fully supported the data retrieval activities directly to respondents.

In this study, we explored sociodemographic, environmental hygiene around the place, healthy behavior habits including, wearing masks, hand washing, *social distancing*, availability of facilities for hand washing with hand sanitizer or hand washing with running water.<sup>14</sup> The results showed that the community has carried out *new normal behavior* with awareness without any compulsion from anywhere. Thus *new normal behavior* including, wearing masks, washing

hands with running water or hand sanitizer and social distancing has become a new habit in order to break the chain of spread of 'covid 19'.<sup>15</sup>

Changes in thinking and changes in people's insights about the impact of this pandemic on hand hygiene prevent the spread of COVID-19, it is very important to comply with all measures of the Health protocol established by the government (RI, 2020) In addition, it will be interesting to know the different effects depending on the number of people in the household. Improper use of measures in indirect transmission of COVID-19 between people living together.<sup>16</sup>

In descriptive sociodemographic data, the cleanliness of the environment around the place, healthy behavior habits include, wearing masks, hand washing, *social distancing*, the availability of facilities for hand washing with hand sanitizer or hand washing with running water. The results showed that the community has carried out *new normal behavior* with awareness without any compulsion from anywhere. Thus *new normal behavior* including, wearing masks, washing hands with running water or hand sanitizer and social distancing has become a new habit in order to break the chain of spread of 'covid 19'.<sup>17-18</sup>

In the results of the study related to individual data respondents obtained result that highlights personal hygiene, considering sharing toothbrushes, toothpaste, the same

container for brushes, closing the toilet lid before flushing and replacing the brush after the virus process can be a cross-contamination path COVID-19.<sup>13</sup> However, when studying oral hygiene habits, there is no significant difference so it is less able to provide information about personal *hygiene*. These results can be interpreted to show that personal hygiene exerts a considerable influence in breaking the chain of spread of COVID-19.<sup>11</sup> Some respondents provided information related to factors that might contribute in efforts to break the chain of transmission and spread of covid'19 through increased knowledge and understanding of personal hygiene and the environment around the residence.<sup>19</sup> The main thing in efforts to increase people's knowledge and understanding to always run *new normal behavior* becomes a habit of living a clean and healthy life.<sup>20</sup> The main thing in efforts to increase people's knowledge and understanding to always run *new normal behavior* becomes a habit of living a clean and healthy life.<sup>20</sup>

The results also provide information that, effectively, clean and healthy living behaviors, hygiene at home and in daily life have the potential to reduce infection rates and antibiotic consumption, thereby reducing selective pressure for further development and spread of resistance <sup>21</sup> As noted in this *new normal behavior* effort to contain the SARS-

CoV-2 virus and slow the spread of COVID 19, hygiene practices including hand washing, are the first line of defense to reduce the transmission of infection and spread of the coronavirus.<sup>22</sup>

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## Conclusion

The study concluded that most of the study subjects had good knowledge of the spread, transmission and disconnection of the COVID-19 chain, but there were gaps in understanding new normal *behavior*. The following research is recommended to conduct a study on *health belief models* related to compliance with carrying out clean and healthy living behaviors.

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## Conflict of Interest

The author stated there is no conflict of interest

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