**MODEL PREVENTION OF COVID-19 IN PREGNANT MOTHERS AND FAMILY BASED ON LOCAL WISDOM IN SONOAGENG VILLAGE**

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**Abstrak**

*Local Wisdom* merupakan sikap dan tindakan seseorang dalam menanggapi perubahan lingkungan fisik dan budaya, sehingga sikap dan tindakan tersebut menjadi kebiasaan baru yang harus dijalankan. Model pencegahan Covid-19 berbasis *Local Wisdom* merupakan suatu pemanfaatan kearifan lokal sebagai upaya pencegahan Covid-19 dan sebagai proteksi diri. Ibu hamil menjadi sasaran utama dalam pencegahan Covid-19 karena perubahan imunitas yang terjadi pada kehamilan dapat mengakibatkan ibu hamil lebih rentan terhadap gangguan kesehatan salah satunya yaitu paparan dari *Coronavirus.* Tujuan penelitian ini untuk mengetahui Model Pencegahan Covid 19 pada Ibu Hamil dan Keluarga Berbasis *Local Wisdom* di Desa Sonoageng Dusun Banyurip Kecamatan Prambon Kabupaten Nganjuk. Desain penelitian adalah *Deskriptif,* dengan variabel penelitian model pencegahan Covid-19 berbasis *Local Wisdom.* Populasi dan sampel sejumlah 30 responden dengan tehnik *“Purposive Sampling”.* Instrumen penelitian berupa kuesioner , penelitian dilakukan pada tanggal 14 Februari-15 Maret 2022, data dianalisa dengan presentase dan diintepretasikan secara kuantitatif. Hasil Penelitian didapatkan bahwa 30 responden sebagian kecil responden berpengetahuan baik dengan sebanyak 4 responden (13%), berpengetahuan cukup sebanyak 7 responden (23%), dan sebagian besar responden berpengetahuan kurang sebanayak 19 responden (64%). Pengetahuan responden tentang model pencegahan Covid-19 berbasis *Local Wisdom* dipengaruhi oleh beberapa faktor yaitu, usia, pendidikan, pekerjan, dan sumber informasi. Diharapkan masyarakat khususnya ibu hamil lebih banyak dan aktif lagi untuk mencari informasi dari tim medis atau tim kesehatan maupun media elektronik tentang pencegahan Covid-19 berbasis *Local wisdom* serta mengikuti kebijakan dari pemerintah agar dapat memutus rantai penularan Covid-19 sehingga menjadikan berkurangnya angka pasien ibu hamil yang positif Covid-19.

**Kata kunci : *Local Wisdom*, Covid-19, Kehamilan**

***Abstract***

Local wisdom is a person's attitudes and actions in response to changes in the physical and cultural environment, so that these attitudes and actions become new habits that must be carried out. The Local Wisdom-based Covid-19 prevention model is the use of local wisdom as an effort to prevent Covid-19 and as self-protection. Pregnant women are the main targets in preventing Covid-19 because changes in immunity that occur during pregnancy can make pregnant women more vulnerable to health problems, one of which is exposure to the Coronavirus. The purpose of this study was to determine the Covid 19 Prevention Model in Pregnant Women and Families Based on Local Wisdom in Sonoageng Village, Banyurip Hamlet, Prambon District, Nganjuk Regency.The research design is descriptive, with the research variable being the Covid-19 prevention model based on Local Wisdom. The population and sample are 30 respondents using the "Purposive Sampling" technique. The research instrument is a questionnaire, the research was conducted on February 14-15 March 2022, the data were analyzed by percentage and interpreted quantitatively.The results of the study found that 30 respondents, a small number of respondents had good knowledge with as many as 4 respondents (13%), with sufficient knowledge as many as 7 respondents (23%), and most respondents with less knowledge as many as 19 respondents (64%).Respondents' knowledge about the Local Wisdom-based Covid-19 prevention model is influenced by several factors, namely, age, education, occupation, and sources of information.It is hoped that the community, especially pregnant women, will be more active and more active in seeking information from the medical team or health team as well as electronic media about Covid-19 prevention based on local wisdom and following government policies so that they can break the chain of transmission of Covid-19 so as to reduce the number of pregnant women patients. positive for Covid-19.

**Keywords: Local Wisdom, Covid-19, Pregnancy**

**INTRODUCTION**

The World Health Organization (WHO) China Country Office reported a new type of pneumonia case at the end of 2019 with an unclear etiology (causes) in Wuhan City, Hubei Province, China. Pregnant women and fetuses are one of the most vulnerable and high-risk populations during the pandemic. This is directly related to changes in body physiology and decreased immune response mechanisms (Nurdianto, AR, Aryati, Suryokusumo MG, Mufasirin, 2020, WHO, 2020). It is known that pregnant women starting from the first trimester can become infectious agents of Covid-19 with the risk of affecting organogenesis and fetal development so that the risk of miscarriage in pregnant women with Covid-19 is high (Brief et al, 2020). Therefore, it is necessary to have a preventive measure that is right on target. Local wisdom-based preventive alternatives are considered optimal to implement considering that this model utilizes the existing culture in the area.

Local wisdom is a person's attitudes and actions in response to changes in the physical and cultural environment, so that these attitudes and actions become new habits that must be carried out (F.N Iswati, 2016). Prevention of Covid-19 based on Local Wisdom or Local Wisdom is basically how the community continues to pay attention to health protocols or government policies that have been set. In addition, he invites the whole community to always maintain their health, and to take advantage of TOGA ingredients or spices that are in the area.

As of 30 November 2020, WHO reported confirmed cases with 1,464,721 deaths worldwide (Case Fatality Rate / CFR 2.8%). While in Indonesia the Ministry of Health reported 538,883 confirmed cases of Covid-19 with 16,945 deaths (CFR 3.1%), and on September 1, 2021, there were 218 million Covid-19 patients, 195 million patients had recovered and 4,532,166 people died. world. For now, in the United States in November 2020 there were 38 thousand cases of pregnant women with Covid-19 and 51 deaths (X et al. 2020) in (Marpaung, Chandra, and Suwanto, 2020). While data from the Covid-19 task force in Indonesia, pregnant women infected with Covid-19 amounted to 7.1% of all cases with 0.3% death (Task Task Force, 2020). The latest update from the Indonesian Obstetrics and Gynecology Association (POGI) noted that 536 pregnant women tested positive for COVID-19 over the past year. This virus can infect humans of all ages, gender, and comorbid conditions, including those who are susceptible to illness.

Based on research from (Lilik Nur, 2021) regarding "Prevention of the Transmission of Covid 19 to Pregnant Women" the level of knowledge of pregnant women in the Ngargoyoso sub-district is mostly in the less category (47.6%), while the attitude is in the positive category (52.4%), pariety in the low category (77.1%), the support of health workers and family support in the good category (63.8%) and (50.5%), some pregnant women were exposed to information about covid19 (98.1%) and maternal behavior pregnant mostly good (57.1%).

Based on research from (Siti Rumilah, 2020) regarding "Local Wisdom of the Javanese Community in Facing a Pandemic" in dealing with pandemic outbreaks at this time the Javanese people tend to revive the advice of their ancestors. Local Javanese wisdom in this case seems to understand the term tetengger or patterned natural characters, and the use of herbal medicine is a cultural mechanism that has been passed down from generation to generation. The value of local wisdom can be understood as a means to improve and defend oneself both with nature and with His creator, the situation during the current Covid-19 pandemic must be responded wisely.

Based on research from (I Made Agus Sunadi, 2021) regarding "Education on the Use of Toga to Increase Immunity in the Covid-19 Pandemic Period in Kesiman Petilan Village" community knowledge in Kesiman Petilan Village about the use of Toga plants to increase body immunity increased after the socialization which was proven with an increase in the percentage of the correct number of results from the pretest as much as 75% to 92% in the percentage of the posttest results.

The Covid-19 virus can be transmitted through small droplets released from the respiratory tract when a person coughs or sneezes. Efforts recommended in preventing the spread of this disease are by applying coughing and sneezing etiquette, using masks, washing hands with soap and running water, maintaining distance, and avoiding close contact with someone who has symptoms of respiratory disease (Kemenkes RI, 2020). Based on data from the Center for Disease Control and Prevention of Coronavirus Disease (2019), changes in immunity that occur during pregnancy can make pregnant women more vulnerable to health problems, one of which is exposure to Coronavirus (Nurdianto, 2020). However, the health of pregnant women must continue to be monitored to receive antenatal care, which is currently recommended for at least 6 examinations for pregnant women.

With the results of the calculation of the curve of Covid-19 sufferers, which continues to increase until now, in addition to medical approaches and policies from the government, the basis of local wisdom from Javanese culture in the form of TOGA spices can be utilized. This has been proven by Prasetyo (2019) that local wisdom in traditional communities in Indonesia is an alternative in preventing a problem or handling disasters, so that local wisdom has an important role in the area. So people in remote areas can take advantage of the values ​​of local wisdom as a step in dealing with problems, for example during the current pandemic.

Sonoageng Village, the majority of the community has a yard in front of and behind the house which is quite large, so that the community, especially pregnant women and families can use the land for TOGA cultivation. People who use TOGA by planting it in their yards have quite a lot of impacts, for example, people, especially pregnant women and families, have alternative options that can be used to prevent Covid-19 by utilizing spices from the TOGA plant, which can increase body immunity or endurance. body, and if the land planted is large enough then some of the harvest can be sold and can increase income or the needs for the family. So, if pregnant women and their families can or want to take advantage of and use local wisdom from herbs or plants that are around the house, the productivity or health status of pregnant women and families can increase, but this is rarely done.

Pregnant women who experience a lack of knowledge about the importance of carrying out health protocols during the Covid-19 pandemic, especially regarding the use of local wisdom in efforts to prevent Covid-19 will have a negative impact, where pregnant women become more vulnerable to being exposed to Covid-19. This is because they do not understand the benefits of local wisdom as self-protection, so this condition will hinder the termination of the Covid-19 chain of transmission.

To increase the knowledge of pregnant women and their families, it can be done by providing counseling and education about the importance of preventing Covid 19 based on Local Wisdom, especially for pregnant women, fetuses, and their families. With this local wisdom, pregnant women and their families can take advantage of plants around the house that can be used to increase the body's immune system so that it can prevent the transmission of the Covid 19 virus. Examples of ingredients or spices that can increase endurance are such as lime, honey, ginger, turmeric, young coconut water, kaffir lime, essential oil on betel leaf, lemon grass, honey, dates, black cumin, warm water and salt.

Based on the description of the background above, the researchers are interested in conducting research on "Covid 19 Prevention Models for Pregnant Women and Families Based on Local Wisdom in Sonoageng Village, Banyurip Hamlet, Prambon District, Nganjuk Regency".

**RESEARCH METHODS**

The most important part of a study is a research design. Research design is how to record a plan of thinking and design a strategy to find something. In this research, the method used is descriptive method. Descriptive method is a research used to describe or describe a phenomenon that occurs in society. In this study, we will describe the Covid 19 Prevention Model for Pregnant Women and Families Based on Local Wisdom in Sonoageng Village, Banyurip Hamlet, Prambon District, Nganjuk Regency.

**RESULTS AND DISCUSSION**

Based on the results of research on the Covid-19 Prevention Model for Pregnant Women and Families Based on Local Wisdom in Sonoageng Village on 14 February – 15 March 2022, there were 30 respondents. Based on the research, the results showed that a small part of the respondents had good knowledge criteria about the Covid-19 prevention model based on local wisdom as many as 4 respondents (13%), who had sufficient knowledge criteria as many as 7 respondents (23%), and most of the respondents had lack of knowledge criteria as many as 19 respondents (64%).

The Local Wisdom-based Covid-19 prevention model is the use of local wisdom in several remote areas in an effort to prevent Covid-19. In dealing with the current pandemic outbreak, Javanese people tend to revive the advice of their ancestors. Local Javanese wisdom in this case can be seen by understanding the patterned nature of nature, and the use of herbal medicine is a Javanese cultural mechanism that has been passed down from generation to generation from their ancestors. The noble value of Javanese local wisdom can be understood as a means to improve and defend oneself both with nature and with His creator, because in the current pandemic situation it must be responded to wisely.

From the results of this study, it shows that most of the respondents as many as 19 respondents (64%) have the criteria of lack of knowledge about the Covid-19 prevention model based on Local Wisdom. Pregnant women who have knowledge criteria are less likely because they do not know the scientific benefits of TOGA plants in an effort to prevent Covid-19 and only know the benefits of TOGA plants in general. This is in line with research from Lilik Nur (2021) regarding the level of knowledge of pregnant women in the Ngargoyoso sub-district mostly in the less category (47.6%), while the attitude is in the positive category (52.4%), pariety is in the low category (77.1 %). There are also things that can affect one of them, namely work and information factors.

Judging from the general data, the work factor is almost all of the respondents as many as 27 respondents (90%) do not work or as housewives and a small part of the respondents as many as 2 respondents (7%) work as entrepreneurs, and a small half of the respondents as much as 1 respondent ( 3%) work as civil servants. This is in accordance with the theory that one of the factors that affect the level of knowledge is socio-economic, in this case what is meant is a work factor related to the way a person provides information facilities, if the lower socio-economic level, the less information he gets because of the lack of knowledge to obtain information. the source of the information (Nursalam, 2014). It can also be seen from the results of general data in the study that most respondents do not work or are only housewives where pregnant women only socialize with their families or with neighbors who may have the same job as them.

In this study, almost all respondents get information sources from electronic media as many as 24 respondents (80%). Information is one of the factors that most influence a person's knowledge, because information is the ease with which a person can get new information quickly. As a means of communication, various forms of mass media such as radio, television, mobile phones, and others have a great influence, because they can add new information so as to provide new understanding for the community. The development of media technology at this time will have a lot of impact on a person, because the presence of mass media technology will add insight into public knowledge about the importance of preventing Covid-19 in their self-protection efforts (Nursalam, 2014). Sources of information obtained from these various media can also have a negative impact on oneself if someone only swallows the information raw, causing errors in understanding the information obtained.

The results showed that respondents who had a good level of knowledge criteria were 4 respondents (13%), the possibility of people thinking that there were many people who were confirmed to be Covid-19 and that a new variant of Covid-19 had appeared, making some people, especially pregnant women aware of the importance of implementing health protocols as a protect themselves, because complying with government policies is considered not enough, so some people who understand or understand the scientific benefits of TOGA will use it to increase the body's immune system. Other factors that influence the good criteria are age, education, and sources of information.

From the results of research in general data there are 10 respondents aged 15-25 years (33%). A total of 14 respondents aged 25-35 years (47%), and 6 respondents aged 35-45 years (20%). A person's age also affects a person's grasping power and mindset, the older he gets, the more his grasping power and mindset develop, so that the knowledge gained is getting better (Nursalam, 2014). As a person's memory increases, the person's memory will be sharper where the person is able to remember what he has done or what has been obtained in the activities he does. Age not only makes a person remember but is also able to make a person to sort out the good and the bad in terms of knowledge.

Education level is one of the factors that affect a person's level of knowledge, in this study seen from general data, a small half of the respondents as many as 7 respondents (23%) had the last education level of junior high school, most of the respondents as many as 19 respondents (64%) had the latest high school education and a small half of the respondents as much as 1 respondent (3%) have the latest education academic or college, and a small part of the respondents as many as 3 respondents (10%) have an elementary education level. The difference in the level of education in the low and high respondents is very significant, it can be seen from the emotional problems of the respondents and the problem solving faced by a person. It can be interpreted that the level of education greatly affects all aspects of a person's life (Barbareschi, 2011). Where the current level of education is very important to use when we obtain information because the higher a person's education, the wider the information he gets.

In this study, all respondents had received information about COVID-19 and almost all of the respondents received information from electronic media as many as 24 respondents (80%). Information is one of the factors that most influence a person's knowledge, because with this information it will add insight to people's knowledge (Nursalam, 2014). Information can also be one thing that will continue to grow along with developments in the world. Therefore choosing and understanding the information we get is very important in order to prevent negative news or hoax news.

From the results of the study, it was found that a small number of respondents had a sufficient level of knowledge, namely as many as 7 respondents. This is probably because people do not understand the information obtained about the scientific efficacy of TOGA and the benefits of TOGA in an effort to increase their body's immunity and as their self-protection. Many people ignore the importance of implementing health protocols or policies from the government, possibly because the sources of information they get cannot be filtered so that the information is only considered as information that is not clear.

**CONCLUSIONS AND SUGGESTIONS**

Based on the results of research on the Covid-19 Prevention Model in Pregnant Women and Families Based on Local Wisdom in Sonoageng Village, Banyurip Subdistrict, Prambon District, Nganjuk Regency which was carried out on February 14 - March 15, 2022, it can be concluded that most of the respondents have a lack of knowledge criteria. As useful information about the Covid-19 prevention model based on Local Wisdom or utilizing local wisdom in the effort to prevent Covid-19. With the installation of banners in the village, it will provide many benefits for the community where it will add insight and knowledge about the use of TOGA in efforts to prevent Covid-19.

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