Correlation of Public Self-Awareness with Behaviour in Suppressing the Spread of COVID-19 at Parombunan Sub Disctric Zone VI Sibolga City in 2021

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ABSTRACT
Self-awareness is a concern for oneself and readiness to recognize oneself for what is done. Self-awareness is a must-have behavior to prevent transmission COVID-19. This study aims to determine the correlation of public self-awareness with behavior in suppressing the spread of COVID-19 at parombunan sub disctric zone VI sibolga city in 2021. The type of research design used is correlational with research design cross sectional with the sampling method is accidental sampling as many as 77 respondents at parombunan sub disctric zone VI sibolga city in 2021. The instrument used in data collection is a questionnaire sheet. Data analysis using alternative test Fisher exact. The results showed that 70 people have good self-awareness and 70 people (90.9%) have a good behavior. The results of the test Fisher exact obtained p-value = 0.014 (p > 0.05). This shows that there is a relationship between community self-awareness and behavior in suppressing the spread of COVID-19 at parombunan sub disctric zone VI sibolga city in 2021. The conclusion of this study is there is a correlation of Public Self-Awareness with Behaviour in Suppressing the Spread of COVID-19 at Parombunan Sub Disctric Zone VI Sibolga City in 2021. It is hoped that the respondents can improve their self-awareness so that they can better implement behaviors in suppressing the spread of COVID-19 at parombunan sub disctric zone VI sibolga city in 2021.

INTRODUCTION
The world health problem that is currently in the spotlight and needs attention from health scientists and the general public is a disease caused by Corona Virus Disease 19. The corona virus is a disease that first occurred in China and spread very quickly and widely to cause a global pandemic that lasted until now. (Natalia, Malinti, & Elon, 2020). WHO and the World Health Organization as a Public Health Emergency of Concern for the World (KMMID) have determined that COVID-19 was a pandemic on March 11, 2020. And up to August 25, 2020, there were as many as 157,859 cases of COVID-19 have occurred in Indonesia (Yuningsih, 2020).
Corona virus or severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a virus that attacks the respiratory system (Ausrianti, et al 2020). The virus is very small at 120-160nm which mainly infects animals, and animals are the source of transmission of COVID-19 until this report was made, it is still unknown (Yatimah, et. all, 2020). In general, transmission of COVID-19 occurs through droplets or body fluids splashed on people or objects around 1-2 meters away through coughing and sneezing (Karo, 2020). The Indonesian Ministry of Health (2020) states that 75% of the transmission of the COVID-19 virus occurs through splashing saliva on objects (Purnamasari & Raharyani, 2020). Common signs and symptoms associated with COVID-19 infection include: acute respiratory disorders, both mild and severe which include fever, cough, shortness of breath, fatigue, runny nose, sore throat and diarrhea (Yatimah, et. all, 2020). The best way to prevent the spread of COVID-19 is to break the chain of the disease through the cooperation of all elements including the role of the community and not only the responsibility of the government. Efforts to spread the COVID-19 chain break must require good behavior from the community (Purnamasari & Raharyani, 2020).

Benjamin Bloom (1908) in Karo (2020), suggests that behavior is an individual’s response to a stimulant or an action that can be observed and has a specific frequency, duration and purpose, whether based or not (Karo, 2020). Robert Kwick in Purnamasari & Raharyani, (2020) states that behavior is part of a person’s actions that can be studied and observed (Purnamasari & Raharyani, 2020). Behavior is divided into 3 domains, namely knowledge, attitude, and practice or action behavior (Karo, 2020). Individual behavior owned by the community can be seen from various components, including perceptions of disease susceptibility, perceptions of obstacles in prevention efforts, as well as individual perceptions of their abilities to make prevention efforts (Purnamasari & Raharyani, 2020).

In prevention efforts, if every community plays an active role, the pandemic will be successfully controlled (Rosidin, et al, 2020). Good behavior possessed by the community can be an effort to prevent the transmission of COVID-19 (Audria, 2019).

The Director General of P2P of the Indonesian Ministry of Health (2020) stated that the best way to prevent COVID-19 disease is to break the chain of the spread of COVID-19 through early isolation for those who experience symptoms, early detection and basic protection, namely protecting themselves and others by washing frequently, hands with running water and soap or using a hand sanitizer, using a mask and not touching the face area before washing hands, and applying good coughing and sneezing etiquette (Purnamasari & Raharyani, 2020). Jaji (2020) stated that observations made in accordance with phenomena in the field are still found in many people in several settings such as many public places who do not prevent COVID-19 or comply with health protocols, especially the most obvious is not wearing masks.

Lopez-Pen, et. all (2020) stated that based on the results of a survey conducted on people in the world, 41.2% - 38.6% of respondents had bad behavior in avoiding COVID-19 infection (Lopez-Pena, Davis C., Mobarak A. , & Achievements, 2020). Niu, et. All (2020) also stated that as many as 44.7% of the 2,949 community respondents in China had bad behavior towards involvement in the prevention of COVID-19. And more than 84% only do one behavior in an effort to prevent the spread of COVID-19 (Niu, Wang, Hu, Mei, & Tang, 2020).

Yanti, Wahyudi, & et.all (2020) stated that based on the results of the case study he got, there are still 7% of people in Indonesia who do not have good behavior towards preventing COVID-19 (Yanti, Wahyudi, & et.all, 2020). Based on the results of research Lestari, et. all (2020) also stated that as many as 61.8% of community behavior was not good in preventing the COVID-19 protocol (Lestari, et all, 2020).Indra, et. All (2020) stated that as many as (33.3%) people have bad behavior towards preventing COVID-19 (Indra, et. all, 2020). The bad behavior referred to in the study is behavior in preventing COVID-19 such as not applying hand washing behavior with soap or hand sanitizer, not maintaining distance, not carrying out calls to stay at home, not avoiding crowds and physical and social distancing. (Purnamasari & Raharyani, 2020).

Based on the results of researchers’ observations on the community in the Aek Parombunan Environment VI Village, Sibolga City, it was also found that many people did not apply good behavior in suppressing the spread of COVID-19. Many people ignore health protocols, such as not using masks.
Correlation of Public Self-Awareness with Behaviour in Suppressing the Spread of COVID-19 at Parombunan Sub Distric Zone VI Sibolga City in 2021 (Samfriati Sinurat, et al.)

when doing activities outside the home, seeing crowds of people in public places and without keeping their distance and rarely washing their hands.

Tentama (2018) suggests that the behavior of each individual must be based on awareness from the community, because many people actually already know various knowledge related to the COVID-19 prevention health protocol but cannot implement it properly in their daily lives (Tentama, 2018). On that basis, with this data, it is self-awareness from the community that is a supporting factor for success in fighting COVID-19 (Sabriana & Indrawan, 2020).

Goleman (2009) in Alvian & Laudry (2020) Self-awareness is a concern for oneself, or a readiness to recognize oneself for what one is doing, and an understanding of the environment around us (Alvian & Laudry, 2020). Self-awareness is an important raw material for showing clarity and understanding about one’s own behavior. Self-awareness is something that can enable others to be able to observe themselves and distinguish themselves from the world (others), and which allows others to be able to position themselves from a time and situation (Maharani & Mustika, 2016). Self-awareness from the community is the main key in efforts to break the chain of spread of the COVID-19 disease. Whatever the concept is done, such as lockdown, social distancing or anything else, if people cannot be disciplined and do not have high self-awareness, it will never work (Yatimah, Kustandi, Maulidina, & Irnawan, 2020). On that basis, it is self-awareness from the community that is a success in fighting and suppressing the spread of COVID-19 so that in the end the community will be able to voluntarily behave well in maintaining their own security as a form of support and cooperation against the threat of COVID-19 (Sabriana & Indrawan, 2020). This study aims to identify the correlation Public Self-Awareness and Behavior in Suppressing the Spread of COVID-19 At Parombunan Sub Distric Zone VI Sibolga City In 2021.

RESEARCH METHOD

The type of research design used in this study is a relationshipal research design using a cross sectional approach. A cross sectional approach is a type of research that emphasizes the time of measurement/observation of independent and dependent variable data only once at a time (Nursalam, 2020). The population in this study is the community at parombunan sub distric zone VI sibolga city in 2021. Sampling was done by accidental sampling technique. The sample size in this study was determined by the Vincent Gaspersz formula. The sample in this study were 77 people.

The research instrument was conducted to obtain information from respondents, and researchers used a data collection tool in the form of a questionnaire. The questionnaire consists of a Self-Awareness questionnaire consisting of 20 statements and a Behavioral questionnaire adopted from research (Prihati, KW, & Supriyanti, 2020) which consists of 15 statements using a Likert scale with score categories: 4 = Always (S), 3 = Often (KK), 2 = Rarely (J), 1 = Never (TP). Data collection was carried out on March 30 – April 3, 2021 at parombunan sub distric zone VI sibolga city in 2021. Analysis of the data used in this study is an alternative fisher exact test. This analysis is useful for finding relationships and testing hypotheses between two or more variables.

RESULTS

With the current state of the COVID-19 pandemic, we all want this ended soon. All parties, especially the role of the community, really need commitment and consistency in implementing adaptation of new habits, so that they can act as role models to increase self-awareness and accelerate behavior change in complying with health protocols in all settings. The following are the results of research 2021 at parombunan sub distric zone VI sibolga city in 2021.
Table 1. Distribution of Frequency and Percentage of Respondents Based on Data on Age, Gender, and Occupation of the Community 2021 At Parombunan Sub District Zone VI Sibolga City in 2021 (n = 77)

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Frequency (f)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 – 16 years</td>
<td>5</td>
<td>6.5</td>
</tr>
<tr>
<td>17 – 25 years</td>
<td>34</td>
<td>44.2</td>
</tr>
<tr>
<td>26 – 35 years</td>
<td>15</td>
<td>19.5</td>
</tr>
<tr>
<td>36 - 45 years old</td>
<td>7</td>
<td>9.1</td>
</tr>
<tr>
<td>&gt;45 years old</td>
<td>16</td>
<td>20.8</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man</td>
<td>28</td>
<td>36.4</td>
</tr>
<tr>
<td>Women</td>
<td>49</td>
<td>63.6</td>
</tr>
<tr>
<td><strong>Profession</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>civil servant</td>
<td>6</td>
<td>7.8</td>
</tr>
<tr>
<td>TNI / POLRI</td>
<td>1</td>
<td>1.3</td>
</tr>
<tr>
<td>entrepreneur</td>
<td>6</td>
<td>7.8</td>
</tr>
<tr>
<td>Private employees</td>
<td>2</td>
<td>2.6</td>
</tr>
<tr>
<td>Housewife</td>
<td>10</td>
<td>3.0</td>
</tr>
<tr>
<td>Student / student</td>
<td>38</td>
<td>49.4</td>
</tr>
<tr>
<td>Others</td>
<td>14</td>
<td>18.2</td>
</tr>
</tbody>
</table>

Based on table 1 of the frequency distribution of respondents, from 77 respondents, data on the age of respondents, namely the age of 12-16 years as many as 5 people (6.5%), the majority aged 17-25 years as many as 34 people (44.2%), ages 26-35 years as many as 15 people (19.5%), minorities at the age of 36-45 years as many as 7 people (9.1%) and age> 45 years as many as 16 people (20.8%). Data on the sex of the respondents, the majority of women were 49 people (63.6%) and the minority of men were 28 people (36.4%). And the job data of the respondents were obtained as many as 6 civil servants (7.8%), entrepreneurs as many as 6 people (7.8%), private employees as many as 2 people (2.6%), housewives as many as 10 people (3.0%), other occupations are 14 people (18.2%), the majority of students/students are 38 people (49.4%) and the minority in TNI / POLRI jobs are 1 person (1.3%).

Table 2. Distribution of Frequency and Percentage of Community Self-Awareness in Suppressing the Spread of COVID-19 2021 at Parombunan Sub District Zone VI Sibolga City In 2021

<table>
<thead>
<tr>
<th>Self-awareness</th>
<th>Public</th>
<th>Frequency (f)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>70</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Not good</td>
<td>7</td>
<td>9.1</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>77</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

Table 3. Distribution of Frequency and Percentage of Community Behavior in Suppressing the Spread of COVID-19 At Parombunan Sub District Zone VI Sibolga City In 2021 (n = 77)

<table>
<thead>
<tr>
<th>Community Behavior</th>
<th>Frequency (f)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>70</td>
<td>90.9</td>
</tr>
<tr>
<td>Not good</td>
<td>7</td>
<td>9.1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>77</td>
<td>100%</td>
</tr>
</tbody>
</table>

Based on table 3 distribution of frequency and percentage of community behavior in suppressing the spread of COVID-19 2021 at parombunan sub district zone VI sibolga city in 2021, the majority of people have good behavior in suppressing the spread of COVID-19 as many as 70 people (90.9%), and the minority is less good as many as 7 people (9.1%).

Table 5. Distribution of Frequency and Percentage of Community Behavior Domains in Suppressing the Spread of COVID-2021 At Parombunan Sub Distric Zone VI Sibolga City In 2021 (n = 77)
Correlation of Public Self-Awareness with Behaviour in Suppressing the Spread of COVID-19 at Parombunan Sub District Zone VI Sibolga City in 2021 (Samfriati Sinurat, et.al)

<table>
<thead>
<tr>
<th>Behavior Domain Domain</th>
<th>Score</th>
<th>Frequency (f)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>Good</td>
<td>63</td>
<td>82</td>
</tr>
<tr>
<td></td>
<td>Less</td>
<td>14</td>
<td>18</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>77</td>
<td>100</td>
</tr>
<tr>
<td>Attitude</td>
<td>Good</td>
<td>73</td>
<td>95</td>
</tr>
<tr>
<td></td>
<td>Less</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>77</td>
<td>100</td>
</tr>
<tr>
<td>Practice</td>
<td>Good</td>
<td>75</td>
<td>97</td>
</tr>
<tr>
<td></td>
<td>Less</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>77</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 5, distribution of frequencies and percentages of 3 domains of community behavior in suppressing the spread of COVID-19, data shows that the majority knowledge is in the good category as many as 63 people (82%) and the minority is lacking as many as 14 people (18%). The attitude of the majority of people in the good category is 73 people (95%) and the minority is not good as many as 4 people (5%). And the majority of community practices are in the good category as many as 75 people (97%) and the minority less well as many as 2 people (3%).

Table 6. Results on the Relationship of Community Self-Awareness with Behavior in Suppressing the Spread of COVID-19 2021 At Parombunan Sub Distric Zone VI Sibolga City In 2021 (n=77)

<table>
<thead>
<tr>
<th>Community self-awareness</th>
<th>Community Behavior</th>
<th>Total</th>
<th>p – value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Good</td>
<td>Less</td>
<td></td>
</tr>
<tr>
<td>f</td>
<td>%</td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>Good</td>
<td>66</td>
<td>94.3</td>
<td>4</td>
</tr>
<tr>
<td>Less</td>
<td>4</td>
<td>57.1</td>
<td>3</td>
</tr>
</tbody>
</table>

Based on table 6 the relationship of Public Self-Awareness with Behavior in Suppressing the Spread of COVID-19 at parombunan sub distric zone VI sibolga city in 2021 City it was found that there were 66 out of 70 (94.3%) good public self-awareness with good behavior and 3 out of 7 (42.9%) poor public self-awareness with bad behavior in suppressing the spread of COVID-19.

Based on the results of alternative statistical tests fisher exact obtained p-value 0.014 (p<0.05) that Ha is accepted there is a relationship between public self-awareness and behavior in suppressing the spread of COVID-19 2021 at parombunan sub distric zone VI sibolga city in 2021

DISCUSSIONS

Community Self-Awareness in Suppressing the Spread of COVID-19 2021 At Parombunan Sub Distric Zone VI Sibolga City In 2021

From the results of the study, it was found that the self-awareness of the community in ward of Aek Parombunan Environment VI Sibolga City in suppressing the spread of COVID-19 is said to be good. Generally, the researcher assume that, since the increase in public self-awareness in an effort to suppress the spread of COVID-19, respondents have become more active in thinking and motivated after knowing the dangers of COVID-19 transmission. It also illustrates that respondents can accept and implement health protocol regulations that have been made by the government, such as wearing masks, washing hands, maintaining distance, avoiding crowds, and reducing mobility.

On the other hand, things that are often found in the field that support the implementation of increasing public self-awareness to go well are caused by the role of the government, the head of the area where the community lives, and medical personnel. The role of the government is to provide a firm strategy in urging its people to continue to carry out health protocols. This firm strategy has been implemented through the assistance of the COVID-19 Task Force in conducting health protocol raids.
The above data is supported by research by Larasati (2020) which states that to increase public self-awareness, it is necessary to have socialization and education about the dangers of COVID-19 and how to apply the correct health protocol in the new normal era and the other study was founded by Yatimah (2021) that she conducted by found that public awareness is the main key in efforts to break the chain of spread the deadly infectious disease. Beside that there are still many people who ignore the existence of the COVID-19 virus, so that education and outreach are very effective in increasing public awareness about the dangers of COVID-19. The results of the data survey he obtained also showed that the level of public awareness in efforts to prevent COVID-19 through the Google Form questionnaire, the public had high and good awareness in fighting the spread of COVID-19 (Larasati, 2020).

Elgaputra, et. All (2020) also stated that in increasing self-awareness of the community it is necessary to have assistance from the government and the participation of figures or medical personnel to carry out socialization of the importance of preventing the spread of COVID-19 virus transmission evenly and at the same time facilitating the surrounding community in providing PPE (Elgaputra & all, 2020). Increasing public self-awareness is a goal that must be achieved by the government and other figures, because it will have a major influence on the number of cases of COVID-19 in Indonesia. Thus, the government and other figures must be able to work together to organize socialization, provide education and a firm strategy in urging the public to conduct raids on health protocols in various regions during the COVID-19 pandemic.

**Community Behavior in Suppressing the Spread of COVID-19 2021 At Parombun Sub Distric Zone VI Sibolga City In 2021**

From the results of the study, it was found that the behavior of the 2021 at parombunan sub distric zone VI sibolga city in suppressing the spread of COVID-19 is said to be good. Researchers assume that in general, almost all of the respondents have been able to comply with the health protocol rules and carry out the 5M behavior made by the government well in suppressing the spread of COVID-19. The behavior of the community in suppressing the spread of COVID-19 will determine the number of cases of COVID-19 in Indonesia. The results of this study show that the community is able to take responsibility for maintaining their health by implementing good behavior. People who already know about certain information, then they will be able to determine and make decisions on how to deal with it.

The data above is supported by research Karo (2020) stated that The behavior of each individual is divided into 3 domains, namely knowledge/knowledge, attitude/attitude, and practice or action/overt behavior (Karo, 2020). In line with research by Liu et al, (2016) in Purnamasari (2020) which states that the essential factor that can change a person’s behavior change is knowledge. Each individual can gain knowledge and skills in behavior obtained through the learning process. Unfavorable community behavior can be changed by seeking learning activities through education by the authorized parties. The education in question is a health forum that can play a role in efforts to improve community behavior for the better (Purnamasari & Raharyani, 2020).

Purnamasari (2020) shows that as many as 95.8% of the people in Wonosobo have good behavior in preventing the spread of COVID-19, the forms of behavior shown include compliance with using masks when outside the house, washing hands with soap or hand sanitizer frequently, avoid crowds and maintain social or physical distancing. Hand washing is an effective way to kill germs, it is known that the COVID-19 virus can stick to body parts, especially hands that touch objects that have been infected by droplets. The Ministry of Health stated that 75% of COVID-19 transmission is through splashing saliva on objects (Ministry of Health, 2020). Therefore, in Purnamasari’s (2020) research, (Purnamasari & Raharyani, 2020).

Mujiburrahman, et al (2020) also showed that as many as 45 respondents (43.4%) have behavior in the good category in preventing the spread of COVID-19. The forms of behavior shown include obedience in maintaining distance when outside the house, always washing hands with soap or hand sanitizer before entering the house, shops/minimarkets, ATMs and other facilities, obeying
the use of masks when traveling and not touching or shaking hands with other people. (Mujiburrahman, Riyadi, & Ningsih, 2020).

Changing one's behavior for the better in fighting the spread of COVID-19 is a goal that must be achieved by all elements including the role of the community and government. Thus, during the COVID-19 pandemic, the government and the community must continue to work together to fight the spread of COVID-19 by implementing the health protocol behavior according to the guidelines given by the government properly.

The Relationship of Public Self-Awareness with Behavior in Suppressing the Spread of COVID-19 At Parombunan Sub Distric Zone VI Sibolga City In 2021

The results of alternative statistical tests using the Fisher exact test showed that from 77 respondents, obtained a p-value of 0.014 (p < 0.05). Thus Ha is accepted which means there is a significant relationship between the relationship between public self-awareness and behavior in suppressing the spread of COVID-19 2021 at parombunan sub distric zone VI sibolga city in 2021.

Researchers assume that in general, A person’s self-awareness is an important raw material to show clarity and understanding of how a person behaves both good and bad. Self-awareness is the main key in how respondents behave in an effort to break the chain of the spread of COVID-19. It also illustrates, the behavior of each individual is based on awareness. If each respondent (the community) has good self-awareness, then the respondent will be able to remain positive about the situation and circumstances that occur and be able to apply their behavior properly according to the guidelines provided by the government in preventing the spread of COVID-19.

The Ministry of Health (2016) in Rosidin, et al (2020) research suggests that the behavior possessed by each individual is based on self-awareness (Rosidin, Rahayuwati, & Herawati, 2020). Sabriana & Indrawan, (2020) also stated that if the general public is aware of and able to maintain their resilience and security in the face of a pandemic, it will be a tangible manifestation of their contribution in suppressing the spread of COVID-19. And if the community is able to develop self-awareness by staying positive and in line with government regulations as a form of maintaining the sustainability of state resilience and security. On that basis, it is self-awareness from the community that is a success in fighting and suppressing the spread of COVID-19 so that in the end the community will be able to voluntarily behave well in maintaining their own security as a form of support and cooperation against the threat of COVID-19 (Sabriana & Indrawan, 2020). And if the community is able to develop self-awareness by staying positive and in line with government regulations as a form of maintaining the sustainability of state resilience and security. On that basis, it is self-awareness from the community that is a success in fighting and suppressing the spread of COVID-19 so that in the end the community will be able to voluntarily behave well in maintaining their own security as a form of support and cooperation against the threat of COVID-19 (Sabriana & Indrawan, 2020).

CONCLUSION

The behavior of the majority of the people is good in suppressing the spread of COVID-19 and there is a significant relationship between public self-awareness and behavior in suppressing the spread of COVID-19 2021 at parombunan sub distric zone VI sibolga city in 2021.

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