

PREVENT DISEASE TRANSMISSION BY INTRODUCING COUGH ETHICS TO AISYIYAH BUSTANUL ATHIFAL 29 KINDERGARTEN STUDENTS

Yurida Olviani ¹, Nasrullah ², Devy Sfitry, Aulia Resty Anggeraeni ⁴, Fajar Aliscia ⁵, Annisa ⁶

^{1,2,3,4,5,6} Muhammadiyah University, Banjarmasin, 70122 Indonesia

ABSTRACT

Still, infectious disease has become one of the world's health problems, including in developing countries, one of which is Indonesia. The environment and culture of this beloved country are also very influential in infection prevalence. Cough is a mechanism of defence body on the channel breathing and is a symptom disease or response body against irritation throat caused by sputum or phlegm, food, dust, smoke, etc. Cough is also a symptom of the most common respiratory diseases, such as asthma, bronchitis, and obstructive lung disease (COPD). Not coughing can be dangerous and deadly for health because it can be the first symptom of cough disease and facilitate physician diagnosis. Diffusing cough through infection can be dangerous for the human body and debilitate the system immunity body, making it easy for disease to enter the human body and infect. The objective implementation of the cough tag is to prevent the deployment of airborne disease open or through dupe and guide people around. Droplets can contain infectious bacteria that can be spread through the air to other people around them. So civilized cough must be applied to children early so they know adab cough properly so as not to infect other people around them.

Keywords: ethics, cough, infection, contagion

INTRODUCTION

Cough is the response of the experience body to excrete matter and particles from inside the channel inhalation so as not to enter the channel and breath down. Tangorokan and lungs produce A little slime to keep the humidity channel breathing. So, frequent coughs happen occasionally, relatively normally, because they help move slime on duty guard humidity channel breathing. Diverse things can cause a cough response, one of which is the mucus in the ducts breathing. Infectious diseases in developing countries Still become an unresolved health problem. Indonesia has one condition environment and culture, which is the reason for the high incidence of infection. Reflect cough often happens in life every day.

This can be said to be normal. However, if you are unaware of or know the problems caused by coughing, said own abnormal effects can issue mouth spores. Important to know ethics must cough obeyed every time you cough. Age children early often characterized by a risk of urinary tract infections and more breathing tall than in adulthood. Because of system defence, a young child's respiratory system is immature immunity. Their body continues to develop until school age Infection

of Highly contagious and contagious droplet respiratory infection is more likely in preschoolers, who have a level of physical activity and group taller As a disease, the most common infectious disease in this age group, influenza accounts for 49% of infections transmitted through a droplet and respiratory viral infections I responsible for 30% to 50% of all inpatients road age preschool As method prevention major cause of respiratory infections. (KIM and Oh) 2 Sneezes are discharged semi-autonomous airflow that occurs violently through the nose and mouth.

This air can reach a speed of 70 m/ sec (250 km/h). Sneezing can spread disease through infected water droplets whose diameter is between 0.5 to 5 µm. About 40,000 of these droplets can be produced in one sneeze. Disease without being aware that it can easily infect the air. Therefore, do not cough or sneeze haphazardly. There are several necessary ethics recognized it becomes for the prevention of disease transmission. Sneezing etiquette According to Health, sneezing is Also known as sternutation. Sneezing is the mechanism used by the body to clean the nose. The nose responds to cleaning itself when things foreign bodies such as dirt, pollen, smoke, or dust get into the holes nose. When layers of fine nose

experience the first tinge of a foreign substance, it sends electricity to the brain. This signal alerts the brain that the nose needs cleaning. The brain signals to the body that it's time to sneeze. The body then responds by preparing for the upcoming contraction. In most cases, eyes are forced to close, tongue move up to the sky mouth, and muscles withhold sneeze.

All of this happened in just a few moments seconds. Ethics for coughing and sneezing is method good and correct cough by closing the nose and mouth with a sleeve or tissue to prevent bacteria from spreading through the air and infecting others. Cough etiquette is for people who cough or sneeze. As we know, coughing or sneezing can spread thousands of bacteria, even millions of air. At the same time, the people around him inhale the air that already contains bacteria from coughing or sneezing. Therefore, to avoid the matter, The etiquette of coughing and sneezing must be applied every day.

METHODS

Activity education was carried out on May 27 2023, at 10.00 to 10.15 WIB, which was conducted face to face. The total number of Aisiyyah Kindergarten students in Bustanul Athifal 29 around 29 people, and the school representatives were several teaching teachers. Method implementation education, namely: A. The service team public surveys the location and coordinates with the school when the activity will occur. Before implementation, a survey was to discover problems encountered at the point service. Preparation required for the service public is an extension tool (focus information and laptops), materials counselling, before and after questionnaires, gifts for students and souvenirs for schools. B. Execution guide begins with the opening teacher representative, then it is filled in the questionnaire, 10-minute pre-exam and Material delivered. Fill in the Material covers information about transmitted diseases through hand caused by viruses, bacteria and parasites, as well information about ethics correct cough. The material was shared through electronic media for approximately 15 minutes, followed by the session, ask answer and introduction ethics correct cough to measure change level knowledge students to know whether the instruction the effective or not. At the end of the event, perform gift appreciation for able students to answer question

RESULTS AND DISCUSSION

Activity counselling was conducted in Aisiyyah Kindergarten Bustanul Athifal 29, on Saturday, May 27 2023, from 10.15 to 11.30 WITA. Counselling was opened By the moderator of one of the group members, after opening followed by presentation material of the group members entitled Prevent

Transmission Diseases with the Introduction of Cough Ethics in Aisiyyah Kindergarten /I Students Bustanul Athifal 29. Principle implementation ethics cough and sneeze is to teach the student the ethics of coughing and sneezing properly and correctly so that the disease does not spread to other people.

Ethics for coughing and sneezing prevent the rapid spread of infection, which can cause deployment disease. Direct touch and shaking hands by people who do not know ethics correct coughing and sneezing can transmit bacteria without my knowledge. The objective of implementation ethics cough and sneeze is to prevent the deployment of disease through air or direct contact. Closed mouth, wash your hand after using it to close your mouth when coughing and sneezing, do not spit or sneeze anywhere, don't throw away or put used tissue anywhere, and use a mask when you have a cold or sneeze. Steps to prevent the spread of bacterial infection to other people.



Table 1. Distribution Frequency Pre-Test and Post-Test knowledge about ethics correct coughing and sneezing student Aisiyiah Bustanul Atifal 29.

Information	Category			
	Before		After	
	Correct	Wrong	Correct	Wrong
Understanding	5	24	25	4
The steps	2	27	27	2

From the table above, it can be seen that the results of the pre-test knowledge obtained as many as 24 students with the wrong answer and five students answered correctly, so it can be concluded from the table above that before doing devotion society on ethics cough and sneeze students at Aisiyiah Kindergarten Bustanul Athifal 29 students do not know the procedures correct coughing and sneezing. However, students can answer the post-test properly after finishing service public know ethics coughing and sneezing, and 27 students answer right and two wrong answers.

CONCLUSION

Based on the results of community service, it can be concluded that giving knowledge of ethics of correct coughing and sneezing is important to prevent transmission of flu and cough among children. In doing devotion, society is important to provide exemplary. For children, and in particular, for students, guidance related to explanation Guidance related to children - many children contribute to correcting cough and ternutisitas in the application to prevent the spread of infection in the school environment. 5.2 Suggestions

SUGGESTION

This guide also shows that children are very interested in understanding, and children need to be given guidance in this matter. Based on the conclusion above, the school community feels the need for additional counselling and role participant counselling that introduces and demands behaviour ethics to correct coughing and sneezing to prevent the spread of infection.

REFERENCES

- Eve Triani, Indana Eva Ajmala, Eka Arie Yuliani, Rika Hastuti Setyorini, Dody.
- Effendi, U., & Negara, C. K. (2022). Health Management For Elementary School Students. *JOURNAL of MANAGEMENT*, 1(1).
- Handito. (2021). Edukasi Dan Praktik Etika Batuk Yang Benar Sebagai Upaya Pencegahan Penyakit Menular Pada Siswa Sekolah Dasar Di Pesisir Pantai, 5.
- Jongsun Kim, Sangeun Oh. (2021). The relationship

between mother knowledge and practice level of cough etiquette and their children's practice level in South Korea, 10.

- Kholisah Nasution, M. Azharry Rully Sjahrullah, Kartika Erida Brohet, Krishna Adi Wibisana, M. Ramdhani Yassien, Lenora Mohd. Ishak, Liza Pratiwi, Corrie Wawolumaja, Bernie Endyarni. (2009). Infeksi Saluran Napas Akut pada Balita di Daerah Urban Jakarta.
- Tamsuri Anas. (2008). Klien gangguan pernapasan. Jakarta: EGC. Vivien Dwi Purnamasari, Dianti Ias Oktaviasari, MM. Riyaniarti Estri Wuryandari. (2020). Edukasi Etika Batuk Yang Benar Dalam Pencegahan Kasus ISPA Pada Anak SD, 6.
- Wahyunita Do Toka. (2022). Pengabbian Masyarakat. Edukasi Dini Etika Batuk Sebagai Upaya Penanggulangan Penyakit Menular Pada Siswa PAUDdi Kota Ternate, 6.