JURNAL FARMASI SAINS DAN KOMUNITAS
Journal of Pharmaceutical Sciences & Community

p-ISSN 1693-5683; e-ISSN 2527-7146

Vol. 19, No. 2, November 2022, pp.78-86

Research Article

Preparation of a Questionnaire for Clean and Healthy Behavior and Multivitamins to Measure Knowledge, Attitudes and Behavior as Prevention Efforts During the COVID-19 Pandemic

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https://doi.org/10.24071/jpsc.003736

J. Pharm. Sci. Community, 2022, 19(2), 78-86

Article Info

Received: 30-09-2021
Revised: 19-07-2022
Accepted: 21-07-2022

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Keywords:
Clean and Healthy Behavior Program; COVID-19; multivitamins; reliability; validity

ABSTRACT

Clean and Healthy Behavior (PHBS) is a movement that aims to improve the quality of the life and health of a person and society. One way to prevent the spread of COVID-19 is to live a clean and healthy lifestyle and increasing a person's endurance can be done by taking multivitamins. This study aims to develop a PHBS and Multivitamins questionnaire that can be used to evaluate the knowledge, attitudes and behavior of Pelita Bangsa Health Vocational School students. This quantitative research was conducted in two stages. The first stage aimed to develop the PHBS and Multivitamin questionnaire's framework, and the second stage was to test the validity and reliability. The questionnaire was made in three parts, including knowledge, attitude and behavior. The knowledge parts used the Guttman scale, while the attitude and behavior parts used a Likert scale. Questionnaire statements were considered valid by experts' judgment. From the results of the validity and reliability tests of the questionnaire using Cronbach's alpha analysis, the results of the questionnaire were declared valid and reliable with a value above 0.60. The resulting questionnaire consists of 25 statements of knowledge, 20 statements of attitude and 20 statements of behavior. This research instrument can be used to measure students' knowledge, attitudes and behavior in Pelita Bangsa Health Vocational School.

INTRODUCTION

The stipulation of the COVID-19 pandemic status as a non-natural disaster by the Indonesian government (Presiden RI, 2020) has impacted society by forcing the closure of educational institutions and other public infrastructures in an effort to contain the spread of the novel virus. During the COVID-19 pandemic which has spread throughout the world, including in Indonesia, all learning in schools is required to use online media by prioritizing Information and Communication Technology (ICT)-based learning (Heryanto *et al*., 2019). Other restrictions include setting safe distances to separate people in close proximity, reducing or not allowing crowds by restrictions on the number of people in an activity location, mandatory wearing of a mask, requiring washing hands with running water and soap, and encouraging people to maintain a healthy immunity by maintaining good nutrition, exercise and hygiene (Arifa, 2020; Gubernur DIY, 2020; Kemendikbud, 2020; Kepala Dinas Dikpora, 2020). Although all learning should be done using an online system, for vocational high school students practical learning cannot be conducted online but is still done with limited face-to-face meetings. Accordingly, students are

required to stay healthy by following health protocols and maintaining optimal body immunity. To ensure that practical learning can run well, students are required to obey all health protocols. Thus, all students need to be educated on clean and healthy living habits and the correct consumption of multivitamins. The preparation of facilities and infrastructure as well as various educational efforts for the community continues to be reinforced, including at the Pelita Bangsa Health Vocational School educational institution.

Pelita Bangsa Health Vocational High School is a vocational high school with an A-accredited Clinical and Community Pharmacy Skills Competency Health Program with 94 students located on Jalan Tambak, Kav-No.24 Ngestiharjo, Sumberan, Tambi, Kec.Kasihan, Bantul, Special Region of Yogyakarta 55184. In the context of preventing COVID-19, schools have prepared hand washing facilities with soap, classroom disinfectant, seats are arranged at a distance of 1 meter, hand sanitizer is provided, and body temperature measurements are made daily. However, there are still students who do not take proper care of themselves and do not meet expectations in carrying out health protocols.

The Selviana and Suwarni study (2018) showed that education through film media can increase students' knowledge and attitudes about healthy living (Selviana and Suwarni, 2018). Similarly, Listyarini and Hindriyastuti (2017) stated that audio-visual media are very effective in improving clean and healthy living behavior in school-age children (Listyarini and Hindriyastuti, 2017). The increased knowledge will typically have a positive impact on a person's quality of life. The addition of information, education and counseling of one's knowledge about health and disease is increasing (Trinovitasari *et al*., 2020). However, practicing good health habits requires educational processes and cooperation, as well as support and related policies and also changes in knowledge, attitudes and behavior of all school members.

Based on the existing arguments, the researchers made an instrument for measuring educational success using the Clean and Healthy Behavior Program (PHBS) and multivitamins questionnaire and multivitamins. This questionnaire was developed with the online media Google Form to obtain an overview of the knowledge, attitudes and behavior of SMK students towards efforts to prevent and transmit COVID-19. The questionnaire was made in three parts, including knowledge, attitude and behavior. The knowledge parts used the Guttman scale, while the attitude and behavior parts used a Likert scale**.**

METHODS

This study uses quantitative methods with survey techniques with approval from the Ethics Commission number 1272/C.16/FK/20221 issued by the Faculty of Medicine, Duta Wacana Christian University, Yogyakarta.

The validity and reliability tests of the questionnaire were done from March 31 to April 02, 2021 at the Bantul Health Vocational School, Jalan Parangtritis Km 10.6, Neco, Sabdodadi, Kec. Bantul, Bantul, Special Region of Yogyakarta 55185; the institution has type A accreditation.

The tools and materials used are in the form of a questionnaire instrument as many as five packages shared with experts for their judgement and an online questionnaire in the form of a Google Form link shared with students. The first stage was done by compiling a questionnaire referring to PHBS material for schools (Kemenkes RI, 2011), multivitamins (Badan POM, 2020a, 2020b, 2020c), minerals (Badan POM, 2020d, 2020e) and DAGUSIBU (Badan POM, 2015). The questionnaire consists of knowledge, attitudes and behavior, which consists of 40 statements of knowledge, 20 statements of attitude and 20 statements of behavior. The questionnaires that were compiled were then tested for validity and reliability. The validity tests included content validity tests by material experts in all parts of the questionnaire aimed at ensuring that all questions in the questionnaire covered the area or scope to be measured (Dewi, 2018; Yusup, 2018). Content validity was conducted by experts, namely a pharmacist and a lecturer at the Universitas Gajah Mada. The aim was to determine whether the questions in the questionnaire can be scientifically justified in their field. The next process was to test the validity and reliability so that the reliability and consistency of the instrument measured can be confirmed and it can be used as a research tool (Heale and Twycross, 2015).

The research subjects in this study were students of Bantul Health Vocational School who had the same character as the respondents to be researched. The sample needed for the language comprehension test was 5 respondents and for the reliability test it was 30 respondents who are in classes X, XI and XII.

The questionnaire was equipped with an agreement sheet referred to as the informed consent form which is on the main sheet as

evidence that someone is willing to become a respondent, next is the identity form of the respondents' characteristics and the next sheet is a knowledge part consisting of 40 questions used to measure the level of individual knowledge by using the Guttman scale. The Attitude and behavior parts each with 20 statements used a Likert scale. Testing the validity and reliability of this research questionnaire used Cronbach's alpha analysis. If the results of Cronbach's alpha analysis show ≥ 0.60, it can be concluded that the variable can be said to be reliable or consistent in measuring a study (Dewi, 2018; Sugiyono, 2013).

RESULTS AND DISCUSSION

Test Questionnaire Content Validity

From the results of content validation on the knowledge questionnaire, there are 40 statement items with two answer choices. The two answer choices consist of correct and incorrect answer choices. The next stage in the form of an attitude questionnaire consists of 20 statements with favorable and unfavorable statements. The behavioral questionnaire consists of 20 statements with answer choices: always (5), often (4), sometimes (3) rarely (2) and never (1). The results of the expert judgments are presented in Table 1.

Table 1. Questionnaire Content Validity Test Results by Expert Judgment

	QUESTIONNAIRE	
	Input by expert judgment	**Improvements made by researchers**
KNOWLEDGE		
	A. Knowledge of PHBS	
1.	In questionnaire number 8 the addition of the word "necessary"	Improvements to number 8 have been made.
	Exercise schedule is arranged and carried out regularly	Exercise schedule needs to be arranged and done regularly
2	In questionnaire number 9 the addition of the word "necessary"	Improvements to number 9 have been made.
	Weighing is done every month.	Body weight can be used as one of the parameters for the development of our body's health.
3	On questionnaire number 12, this is not a statement of norms, but the result of observing facts in the field. Can't say right or wrong. The sentence is not appropriate if what is expected is an attitude/norm.	Regarding the norm statement, improvements to number 12 have been made.
	Teachers and students do not smoke in school.	Smoking can be detrimental to health.
4	At number 13, it is better to be consistent in using statement sentences, not commands	Correcting grammar on number 13 already done.
	Throw garbage in its place.	Disposing of waste in an improper place risk inviting unwanted diseases.
5	In number 15, this question is a bit ambiguous, because actually as long as the preservatives are safe and used in appropriate doses, then the food cannot be said to be unhealthy.	Changes to the statement in number 15 have been made.
	Healthy food does not contain preservatives.	Healthy food is food that contains nutrients that can make you feel full, healthy, and energized.
6	At number 16, this can also be confusing, because it depends on the rules in each school. For example, a child is used to bringing food supplies from home, meaning from outside the school, is this not allowed?	Changes to statement number 16 have been made.
	All students are allowed to bring food and snacks from outside the school.	Snacking carelessly can have a bad impact on health.

7	At number 17, the addition of the word "must" Routinely the bath and water reservoir are cleaned.	Improvements to number 17 have been made. Regularly the tub and water reservoir must be cleaned.
8	At number 18 the addition of the word "may" The bathtub is left dirty and full of mosquito larvae	Improvements to number 18 have been made. The bathtub may be left dirty and full of mosquito larvae.
9	In number 19, the sentence is incomplete, who can use it? meaning is not clear. Using the latrine to defecate at school.	Changes to the statement in number 19 have been made. After urinating and defecating, the toilet is flushed clean.
10	At number 20 there needs to be an extension of BAK. The latrine at school is only for BAK.	Improvements to number 20 have been made. Toilets at school are only for urinating.
B.	**Knowledge of Multivitamins**	
11	In number 6 needs to be clarified, because vitamin D is actually synthesized by the body (a fat-soluble vitamin) which cannot be obtained directly from sunlight. Sunlight plays a role in providing UVB rays which become energy in the formation of vitamin D in the skin. Vitamin D is a vitamin that can be obtained from sunlight (ultraviolet) that hits the skin.	Changes to the statement in number 6 have been made. Vitamin D is a nutrient that is beneficial for bone formation.
Attitude		
12	At number 6 the addition of the word "I" element If I see a place or tray filled with water, immediately empty the container so it doesn't become a mosquito nest	Improvements to number 6 have been made. To prevent dengue fever, I will drain and seal water reservoirs tightly, burying used items that are no longer used.
13	On number 17 what is the difference with question number 15? I always consume fruits and vegetables as a natural multivitamin	A change in attitude statement has been made. Eating fruits and vegetables can increase nutritional intake and facilitate defecation.
Behavior		
14	The questions and answers are out of sync. The "whether" question cannot be answered by agreeing or disagreeing. The answer to this "whether" question is yes or no. Or if you want to make a gradation, use the frequency: Always, often, sometimes, rarely, or never. Selection of respondents' answers: Strongly disagree (1) Disagree (2) Indecisive (3) Agree (4) Totally agree (5).	Changes in the selection of respondents' answers have been made. Never (1) Rarely (2) Sometimes (3) Often (4) Always (5).
		Approved by validator 23 March 2021

Language Comprehension Test

This language comprehension test was conducted at the Bantul Health Vocational School, with the following divisions: 2 respondents from class X, 2 respondents from class XI and 1 respondent from class XII. This test

was done on March 28, 2021 with a limited face-to-face system and a strict process. To minimize contact, the questionnaire was presented by viewing it on a projector screen and then reading the questionnaire statements one by one by the researcher. From the results of the test of understanding the language of the questionnaire, all of the questionnaire statements could be understood by all five respondents. Language comprehension test results presented in Table 2.

Reliability test

According to Notoatmodjo (2010) in the reliability test, the respondents included as many as 30 students who have the same characteristics as the respondents who will be examined. This test was done on April 1, 2021 by using face-to-face meetings via Zoom media. The questionnaire was distributed via the Google Form link. The explanation of working on the questionnaire was explained in detail through the media zoom then followed by completing the questionnaire via Google Form. After getting data from 30 respondents in filling out the Google Form, the results of the answers were made into tabular form so to facilitate the data processing analysis program. The data table that was made was analyzed using the Cronbach's alpha analysis program.

Results of Knowledge Questionnaire Analysis

Analysis of the results of the knowledge questionnaire with the Cronbach's Alpha program obtained the results: from 40 knowledge questions that were made as many as 15 items are declared invalid, where the results of the Alpha Coefficient of questions are said to be valid and reliable if r count is greater than or equal to 0.60. The results can be seen in Table 3.

Result of Attitude Questionnaire Analysis

Result of attitude questionnaire analysis presented in Table 4.

Behavioral questionnaire test results

Behavioral questionnaire test results presented in Table 5.

Table 2. Language Comprehension Test Results

No	Variable	No Statement		Number of statements	Description
		Positive	Negative		
1	Knowledge of PHBS and Multivitamins	23 questions	17 questions	40 questions	Can be understood by students
2	Attitude	7 questions	13 questions	2 questions	Can be understood by students
3	Behavior	20 questions	0	20 questions	Can be understood by students

Respondent's signature

1	2	3	4	5
				
A.N. Q	U.U.S	A. N. I	N. S	S. M. A

Table 3. Knowledge Questionnaire Analysis Results

No	Statements in the Knowledge Questionnaire	Cronbach's Alpha score	Valid / Invalid
	A. Clean and Healthy Living (PHBS)		
1	PHBS is Clean and Healthy Life Behavior	0.998	Valid
2	The benefit of PHBS is that the environment becomes unclean and unhealthy	0.512	Invalid
3	All family members must carry out PHBS	0.572	Invalid
4	There are 6 PHBS indicators in the school setting	0.520	Invalid
5	Wash hands with soap and water to keep them free of germs	0.505	Invalid
6	Washing hands after defecating is not important	0.910	Valid
7	Exercise does not need to be done regularly	0.974	Valid
8	Exercise schedule needs to be regulated and carried out regularly	0.914	Valid
9	Weighing needs to be done every month	0.998	Valid
10	Unnecessary weight gain	0.563	Invalid
11	Smoking is allowed at school	0.568	Invalid

12	Teachers and students are prohibited from smoking in schools	0.521	Invalid
13	Disposing of garbage in an improper place risk inviting unwanted diseases	0.531	Invalid
14	Available trash cans are for decoration only	0.879	Valid
15	Healthy food is food that contains nutrients that can make you feel full, healthy, and energized	0.912	Valid
16	Snacks from outside do not have a bad impact on health	0.933	Valid
17	Regularly the bath and water reservoirs must be cleaned	0.974	Valid
18	The bathtub can be left dirty and full of mosquito larvae	0.910	Valid
19	After urinating and defecating the latrine is flushed clean	0.998	Valid
20	The latrine at school is only for urinating	0.973	Valid
	B. Multivitamins		
1	Supplements are products to complete nutritional needs and to improve health functions, in the form of vitamins, minerals, and amino acids	0.998	Valid
2	Nutrient intake that is not obtained from food can be met only by drinking water	0.914	Valid
3	Multivitamins are not supplements	0.998	Valid
4	Multivitamin is a supplement that consists of vitamins and non-vitamins and non-minerals	0.534	Invalid
5	The benefits of taking multivitamins keep the body's immunity strong	0.931	Valid
6	Vitamin D is a nutrient that is not beneficial for bone formation	0.998	Valid
7	Multivitamins in children should be given according to the dosage listed on the leaflet.	0.515	Invalid
8	The expiration date of the multivitamin does not need to be listed.	0.934	Valid
9	Sources of multivitamins can be obtained from fruits and vegetables	0.933	Valid
10	Multivitamin storage can be anywhere.	0.971	Valid
11	Apart from seeds, citrus fruits are also a good source of Vitamin E.	0.973	Valid
12	Marine animals such as oysters contain a lot of the mineral's selenium and zinc	0.574	Invalid
13	Vitamin C is also known as ascorbic acid.	0.998	Valid
14	The dose of vitamin C for the body in daily activities is enough 90 mg / day	0.972	Valid
15	The dose of multivitamins for children and adults is the same	0,998	Valid
16	So that the drugs used are not damaged, it is necessary to store them properly according to what is listed on the package.	0.575	Invalid
17	Multivitamins that are damaged and expired can be consumed.	0.534	Invalid
18	Expired drugs should not be disposed of carelessly so as not to be misused by others	0.974	Valid
19	The most secure place to buy medicine is the drugstore and Pharmacy Installation at the hospital.	0.532	Invalid
20	Make sure the drug is used correctly according to the label listed or according to the instructions of the doctor and pharmacist	0.542	Invalid

Of the 40 knowledge questionnaire statements made by the researcher, 15 statements were declared invalid with a Cronbach's Alpha value of less than or equal to 0.539 < 0.60.

Table 4. Results of Attitude Questionnaire Analysis

No	A. Clean and Healthy Lifestyle (PHBS)	Cronbach's Alpha score	Valid / Invalid
1	Before eating I have to wash my hands first with running water and soap.	0.796	Valid
2	After defecating and urinating, it is not necessary to wash hands with clean water and soap.	0.783	Valid
3	I let the garbage pile up because it doesn't cause disease.	0.763	Valid
4	I always throw trash in its place.	0.793	Valid
5	I always exercise every day to keep my body healthy.	0.783	Valid
6	To prevent dengue fever, I will drain and seal water reservoirs tightly, burying used items that are no longer used.	0.780	Valid
7	I never flush with water after urinating in the toilet.	0.762	Valid

8	I do not smoke because it harms myself and also those around me.	0.777	Valid
9	To maintain my health, I always eat snacks without paying attention to the cleanliness of the food.	0.780	Valid
10	I bought a multivitamin at the drugstore.	0.788	Valid
11	I keep multivitamins in the fridge.	0.796	Valid
12	Before taking multivitamins, I always check the label for the rules for drinking and the expiration date.	0.792	Valid
13	I always dispose of multivitamins that are damaged and expired by destroying them first and throwing them in the trash	0.789	Valid
14	I don't care about the rules for taking the medicine listed in the leaflet	0.774	Valid
15	I always eat vegetables and fruit every day	0.784	Valid
16	To meet the needs of vitamin E, I consume avocado	0.788	Valid
17	Eating fruits and vegetables can increase nutritional intake and facilitate defecation	0.789	Valid
18	I will sunbathe every morning to get Vitamin D for the body	0.796	Valid
19	I consume marine fish to meet the needs of the mineral's selenium and zinc	0.789	Valid
20	My vitamin C needs are met by drinking water	0.796	Valid

Of the 20 attitude questionnaire statements made by the researcher, all items were valid with a Cronbach's Alpha value of all values around 0.794 >0.60 and all questions were declared reliable.

Table 5. Behavioral Questionnaire Analysis Results

No	A. Clean and Healthy Lifestyle (PHBS)	Cronbach's Alpha score	Valid / Invalid
1	Do you wash your hands before eating with running water and soap?	0.795	Valid
2	Do you wash your hands with running water and soap after defecating?	0.801	Valid
3	I always eat healthy snacks in the school canteen	0.772	Valid
4	Every day I always bring lunch from home.	0.789	Valid
5	Do you always eat vegetables and fruit every day?	0.792	Valid
6	Do you always throw trash in its place?	0.795	Valid
7	Do you use the school toilet to defecate and urinate?	0.761	Valid
8	Do you flush the toilet with clean water after using it?	0.806	Valid
9	I always follow clean Friday as a form of clean culture in the school environment.	0.762	Valid
10	Every week I always follow the picket schedule to clean the class	0.778	Valid
11	Do you choose not to smoke, because it is not good for health?	0.803	Valid
12	Do you buy multivitamins at the pharmacy?	0.813	Valid
13	Do you store multivitamins at room temperature?	0.770	Valid
14	Do you always read the rules for taking medication before taking it?	0.794	Valid
15	Do you always sunbathe in the morning to get vitamin D?	0.792	Valid
16	Do you always check the expiration label before taking your multivitamin?	0.801	Valid
17	Do you always destroy damaged and expired multivitamins before throwing them in the trash?	0.763	Valid
18	I eat tempeh to meet the needs of vitamin E in the body	0.768	Valid
19	I always consume fruits and vegetables as a source of natural multivitamins	0.778	Valid
20	To increase endurance during the COVID-19 pandemic, apart from exercising, I also drink vitamin C	0.777	Valid

Of the 20 behavioral questionnaire statements made by the researcher, all items were valid with a Cronbach's Alpha value around the value of 0.806 > 0.60 and all questions were declared valid and reliable.

The validity and reliability process were conducted at the Bantul Health Vocational School. Of the 40 questions of knowledge, there were 15 questions that were not considered valid, for attitude 20 questions and behavior 20

questions. The number of questions declared valid and reliable is 65 questions.

Questionnaire on PHBS knowledge explores students' understanding of clean and healthy living behavior. PHBS statements include washing hands with soap before and after eating and after urinating and defecating, consuming healthy snacks (always bring lunch from home), using clean and healthy latrines, exercising regularly, eradicating mosquito larvae, not smoke in the school environment, and dispose of garbage in its place (Julianti and Nasirun, 2018). The statements above are important especially for exploring students' knowledge in maintaining a healthy lifestyle in daily life in an effort to create a healthy school environment, in order to improve the quality of the teaching and learning process between students, teachers and all school communities and families during the COVID-19 pandemic (Karo, 2012)

Another questionnaire about knowledge of multivitamins followed this PHBS questionnaire which explores students' knowledge about how to get, use, store and dispose of multivitamins (Badan POM, 2017). By having this knowledge, students can use and consume multivitamins wisely, so that during face-to-face learning practices at school, students have a good immune system, and they can take part in learning smoothly and are not susceptible to disease.

The attitude part in the PHBS and multivitamins questionnaire explores the level of students' confidence in taking actions or behaviors that will affect healthy lifestyles and use of multivitamins in students in their daily lives with negative or positive statements (Kasnodihardjo, 1993). In this way, the students can determine their attitudes in the application of a healthy lifestyle and the use of multivitamins at school, thus students have a positive mentality in participating in the face-to-face learning process at school in the COVID-19 pandemic situation.

Behavioral questionnaires about PHBS and multivitamins explore students' behavior or actions in implementing PHBS and the use of multivitamins in daily life so that the learning process at school can still continue in this COVID-19 pandemic condition and the students are able to remain active in learning, by being healthy with clean and healthy living behavior and able to increase body resistance by consuming multivitamins wisely (Colunga Biancatelli *et al*., 2020).

The results of the language comprehension test with the five respondents from Bantul Health Vocational School students in Table 2 showed that all students understood the statements in the PHBS and multivitamin questionnaires with one trial test. The language comprehension test was conducted to determine whether the respondents who would be used as research subjects experienced any difficulties in understanding the questions being asked on the Google Form (Kasnodihardjo, 1993). As a result, the PHBS and Multivitamins questionnaire could be continued for validity and reliability testing using 30 student respondents from Bantul Health Vocational School. This questionnaire instrument can be accessed at the following link: https://forms.gle/Yp87T9G371a6ebDg9.

In the reliability test of the knowledge, attitudes and behavior parts of the PHBS and multivitamin questionnaire, most of the Cronbach's alpha values were around the values of 0.958; 0.794; and 0.806 (>0.60), which indicate that the three questionnaires that have been tested are stated to be reliable and consistent and can be used as a measuring tool in do research. With a valid and reliable questionnaire, the instrument can be used repeatedly with similar and reliable results so that it can provide consistent results in research at the future (Heryanto *et al*., 2019). Furthermore, this valid and reliable questionnaire can be used as a research tool in the process of assessing knowledge, attitudes and behavior in students at Pelita Bangsa Health Vocational School.

CONCLUSIONS

The Clean and Healthy Living Behavior (PHBS) and Multivitamins questionnaire has been declared valid and reliable and can be used to measure knowledge, attitudes and behavior of students in Health vocational high schools as disease prevention efforts during the COVID-19 pandemic.

ACKNOWLEDGEMENTS

The researchers would like to thank the Bantul Health Vocational School students who were willing to be respondents, as well as thanks to the main supervisor and assistants who provided input, criticism and suggestions in writing this research article. Thanks also to the Faculty of Pharmacy, Sanata Dharma University, Yogyakarta and the Faculty of Pharmacy, University Gadjah Mada, Yogyakarta.

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