



PUSAT PENGURANGAN
RISIKO BENCANA
DISASTER RISK
REDUCTION CENTER

A cross sectional survey of personal hygiene positive behaviour related to COVID-19 prevention and control among Indonesian communities

Fatma Lestari^{1*}, Abdul Kadir¹, Muhammad Idham², Fahrul Azwar², Ganis Ramadhany², Fredy Sembiring², Ghazmahadi², Abdul Hakim², Robiana Modjo¹, Baiduri Widanarko¹, Yuni Kusminanti³

¹Occupational Health and Safety Department, Faculty of Public Health, Universitas Indonesia

²Indonesia National Occupational Safety & Health Council

³Occupational Safety, Health and Environmental Unit (OSHE), Universitas Indonesia

*Correspondence: fatma@ui.ac.id

D3KN Online Survey on Covid-19 Prevention

Dear Sir/Madame

Good Morning / Afternoon / Evening

Greetings to All,

As a form of early alertness against infectious diseases (COVID-19), we sent a questionnaire containing factors that can influence the spread of the coronavirus. Therefore, We intend to have an online surveys related to prevention of COVID-19. This survey aims to get an overview of the aspects of behavior and control methods that have been implemented by you in the face of the coronavirus pandemic situation that has occurred in various countries, especially our country Indonesia. The ethics procedure of this study has been approved under the Ethics Approval Letter from Ethics Committee Faculty of Public Health, Universitas Indonesia Number: Ket-435/UN2.F10.D11/PPM.00.02/2020.

The results of this survey will be used as one of the bases in efforts to increase efforts to recommend control programs and scientific studies that we will develop in the future. The process of filling out the questionnaire takes about 10-15 minutes, you are free to



PUSAT PENGURANGAN
RISIKO BENCANA
DISASTER RISK
REDUCTION CENTER

refuse to participate in the study, and if you have decided to take part, you are also free to resign at any time.

We firmly believe that without your participation this survey will not be able to get optimal results. For that, we beg you, to participate in all survey activities wholeheartedly. We will always maintain the confidentiality of all answers / information that you have given to this survey. We hope that you can answer all questions honestly and based on what you have felt so far in the face of this pandemic situation. This research is voluntary, if you in the process of filling out the questionnaire intends not to continue the filling process, you may stop and the data will not be saved automatically. The data in this research will be processed only for research purposes, and the confidentiality will be guaranteed properly.

We thank you for your time and all your participation, assistance and cooperation.

If there is anything you want to ask, you can contact us at 082334820868/abdulkadirindo22@gmail.com (Abdul Kadir).

Congratulations on taking this survey.

Best regards

Research team

Before completing this survey; please indicate the information below as our concerns

Are you at age of ≥ 18 years old?

- ☐ Yes
- ☐ No

If No or under 18 years, did your parent or legal guardian to accompany you during the completing this survey

- ☐ Yes
- ☐ No (if no, the system automatically stops the survey)



Are you willing to participate in this survey?

- ☐ Yes
- ☐ No (if no, the system automatically stops the survey)

PART I

Cellphone No. : _____

Age :

- ☐ < 17 Years
- ☐ 17-22 Years
- ☐ 23-28 Years
- ☐ 29-34 Years
- ☐ 35-40 Years
- ☐ 41-46 Years
- ☐ 47-52 Years
- ☐ 53-58 Years
- ☐ 59-64 Years
- ☐ >64 Years

Gender

- ☐ Female
- ☐ Male

Latest Education *

- ☐ Elementary School
- ☐ Junior High School or Similar
- ☐ Senior High School or Similar
- ☐ D3 (Diploma 3, 3 years of college)
- ☐ D4 (Diploma 4, 4 years of college)
- ☐ S1 (Bachelor)
- ☐ S2 (Master)
- ☐ S3 (Doctorate)

Current Occupation *

- ☐ Teacher/Lecturer/Educator
- ☐ Researcher
- ☐ Private Company Employee
- ☐ Civil Servants
- ☐ Medical Doctor
- ☐ Nurse
- ☐ Entrepreneur
- ☐ Housewife



- ☐ Student
- ☐ Others

Your area of origin *

- ☐ Nanggroe Aceh Darussalam
- ☐ North Sumatera
- ☐ West Sumatera
- ☐ Riau
- ☐ Riau Archipelago
- ☐ Jambi
- ☐ Bengkulu
- ☐ South Sumatera
- ☐ Bangka Belitung Archipelago
- ☐ Lampung
- ☐ Banten
- ☐ DKI Jakarta
- ☐ West Java
- ☐ Central Java
- ☐ East Java
- ☐ DI Yogyakarta
- ☐ Bali
- ☐ East Nusa Tenggara
- ☐ West Nusa Tenggara
- ☐ West Kalimantan
- ☐ South Kalimantan
- ☐ Central Kalimantan
- ☐ East Kalimantan
- ☐ North Kalimantan
- ☐ Gorontalo
- ☐ West Sulawesi
- ☐ South Sulawesi
- ☐ Southeast Sulawesi
- ☐ Central Sulawesi
- ☐ North Sulawesi
- ☐ Maluku
- ☐ North Maluku
- ☐ Papua
- ☐ West Papua

Are you currently living or domiciled in your area of origin? *

- ☐ Yes
- ☐ No

If no, where are you currently living? (Province, City)

☐ _____

Are you currently living in Jabodetabek? *

- ☐ Yes
- ☐ No



If Yes, where are you currently living in Jabodetabek area?

- ☐ Jakarta
- ☐ Bogor
- ☐ Depok
- ☐ Tangerang
- ☐ Bekasi

Are you currently going back and staying in your hometown? *

- ☐ Yes
- ☐ No

If yes, when did you go back to your hometown?

- ☐ <1 week ago
- ☐ 1-2 weeks ago
- ☐ 3-4 weeks ago
- ☐ 1 month ago
- ☐ 2 months ago
- ☐ >2 months

PART II

Please answer these questions according to the most appropriate for your current condition

Type of work that most describes your currently work situation in the Covid-19 pandemic condition? *

- ☐ Normal work hours outside home (full time)
- ☐ Work outside home with certain work schedule (part time)
- ☐ Work from Home

Activities that you currently still do outside home during the covid-19 situation*

- ☐ Regular social gatherings (*arisan*)/holy Koran recital group meeting
- ☐ Praying
- ☐ Shopping at the market/mall
- ☐ Exercising
- ☐ Attending seminar/training
- ☐ Others, specify

Do you wear mask when you go out? *

- ☐ Yes
- ☐ No
- ☐ Sometimes

If yes, what type of mask do you wear?



- ☐ N95 mask
- ☐ Surgical mask
- ☐ Cloth mask
- ☐ Others, specify

Name the type of transportation you use when you go out? *

- ☐ Train
- ☐ Plane
- ☐ Bus
- ☐ MRT/LRT
- ☐ Taxi
- ☐ Car (online)
- ☐ Motorbike (online)
- ☐ Private car
- ☐ Private motorbike
- ☐ On foot

PART III

What activity that you often do at home? *

- ☐ Studying
- ☐ Online lecture (class)
- ☐ Working
- ☐ Cooking
- ☐ Sleeping
- ☐ Socializing with neighbors
- ☐ Others, specify

Do you consume vitamins/herbal concoction (*jamu*)/fruit during Covid-19 situation? *

- ☐ Fruit
- ☐ Herbal concoction (*jamu*)
- ☐ Vitamin/supplement
- ☐ Others, specify

How often do you consume the vitamins/herbal concoction (*jamu*)/fruit? *

- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ 4-6 times a week
- ☐ 7 times a week

How often do you order food using online applications? *

- ☐ Never
- ☐ 1-2 times a day
- ☐ 3-4 times a day
- ☐ > 4 times a day

Do you feel bored because you have to stay at home? *



- ☐ Yes
- ☐ No
- ☐ Maybe

When you feel bored, what do you do to reduce the feeling? *

- ☐ Cooking
- ☐ Sleeping
- ☐ Exercising
- ☐ Playing games
- ☐ Social media
- ☐ Others, specify

Do you use disinfectant for your home needs? *

- ☐ Yes
- ☐ No

If yes, what type of disinfectant do you use?

- ☐ Hydrogen peroxide
- ☐ Creosote
- ☐ Alcohol
- ☐ Chlorine
- ☐ Others

What personal protection equipment do you wear when using disinfectant spray at home?

- ☐ Mask
- ☐ Chemical-proof suit
- ☐ Protecting goggles
- ☐ Boots
- ☐ Rubber gloves

How often do you do disinfectant spraying in your house environment? *

- ☐ Never
- ☐ 1 times in a month
- ☐ 2 times in a month
- ☐ 3 times in a month
- ☐ >3 times in a month

Do you provide antiseptics/hand sanitizer at the entrance of your house? *

- ☐ Yes
- ☐ No
- ☐ Maybe

PART IV

How often do you hold or touch the surface of the followings?



a. Door Handle

- ☐ 1x per day
- ☐ 2x per day
- ☐ 3x per day
- ☐ 4x per day
- ☐ 5x per day
- ☐ 6x per day
- ☐ >6x per day

b. How long do you hold the door handle *

- ☐ 3 seconds
- ☐ 4 seconds
- ☐ 5 seconds
- ☐ 6 seconds
- ☐ 7 seconds
- ☐ >7 seconds

c. Table

- ☐ 1x per day
- ☐ 2x per day
- ☐ 3x per day
- ☐ 4x per day
- ☐ 5x per day
- ☐ 6x per day
- ☐ >6x per day

d. How long do you touch the table? *

- ☐ 3 seconds
- ☐ 4 seconds
- ☐ 5 seconds
- ☐ 6 seconds
- ☐ 7 seconds
- ☐ >7 seconds

e. Cellphone

- ☐ 1 hour/day
- ☐ 2 hours/day
- ☐ 3 hours/day
- ☐ 4 hours/day
- ☐ 5 hours/day
- ☐ 6 hours/day
- ☐ >6 hours/day (can be seen from the screen time)

How often and when do you wash your hands?



| | 1x a day | 2x a day | 3x a day | 4x a day | 5x a day | 6x a day | >6x a day |
|-------------------------------------|----------|----------|----------|----------|----------|----------|-----------|
| a. After going to the toilet | | | | | | | |
| b. Before eating | | | | | | | |
| c. When arriving home | | | | | | | |
| d. Every time after touching things | | | | | | | |
| e. Other than above | | | | | | | |

How often do you touch parts of your face?

| | 1x per hour | 2x per hour | 3x per hour | 4x per hour | 5x per hour | 6x per hour | >6x per hour |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|
| a. Nose | | | | | | | |
| b. Cheek | | | | | | | |
| c. Chin | | | | | | | |
| d. Mouth | | | | | | | |
| e. Eyes | | | | | | | |
| f. Ear | | | | | | | |
| g. Neck | | | | | | | |
| h. Forehead | | | | | | | |
| i. Hair | | | | | | | |

bat? *

| | Never | 1x a day | 2x a day | 3x a day | 4x a day | 5x a day | 6x a day | >6x a day |
|----------------|-------|----------|----------|----------|----------|----------|----------|-----------|
| a. Cellphone | | | | | | | | |
| b. Door handle | | | | | | | | |
| c. Table | | | | | | | | |
| d. Floor | | | | | | | | |
| e. Clothes | | | | | | | | |
| f. Shoes | | | | | | | | |
| g. Bathroom | | | | | | | | |
| h. Bedroom | | | | | | | | |
| i. Laptop | | | | | | | | |



| | | | | | | | | |
|------------------------|--|--|--|--|--|--|--|--|
| j. Vehicle (motorbike) | | | | | | | | |
| k. Vehicle (car) | | | | | | | | |
| i. Vehicle (bicycle) | | | | | | | | |

How often do you clean the following items using disinfectant?

| | Never | 1x a day | 2x a day | 3x a day | 4x a day | 5x a day | 6x a day | >6x a day |
|------------------------|-------|----------|----------|----------|----------|----------|----------|-----------|
| a. Cellphone | | | | | | | | |
| b. Door handle | | | | | | | | |
| c. Table | | | | | | | | |
| d. Floor | | | | | | | | |
| e. Clothes | | | | | | | | |
| f. Shoes | | | | | | | | |
| g. Bathroom | | | | | | | | |
| h. Bedroom | | | | | | | | |
| i. Laptop | | | | | | | | |
| j. Vehicle (motorbike) | | | | | | | | |
| k. Vehicle (car) | | | | | | | | |
| i. Vehicle (bicycle) | | | | | | | | |

PART V

Answer the following questions according to the situation that you currently understand or feel. We expect HONEST answers from you for the sake of this study. Thank you for your understanding and attention.

Instruction:

SD: Strongly Agree

DA: Disagree

H: Hesitant

A: Agree

SA : Strongly Agree

| | SD: Strongly Disagree | DA: Disagree | H: Hesitant | A: Agree | SA : Strongly Agree |
|--|-----------------------|--------------|-------------|----------|---------------------|
| I believe that Covid-19 are spread and transmitted through air | | | | | |
| I have good understanding on | | | | | |



| | SD: Strongly Disagree | DA: Disagree | H: Hesitant | A: Agree | SA : Strongly Agree |
|---|--------------------------|-----------------|-------------|----------|------------------------|
| the danger of Covid-19 from various sources | | | | | |
| I know that the emergency call center for Covid- 19 is 118 | | | | | |
| I understand when I have to do self-quarantine | | | | | |
| I understand the risk groups that need to be monitored related to Covid-19 | | | | | |
| I avoid personal contact such as touching hands and shaking hands | | | | | |
| I apply good coughing and sneezing etiquette by covering my mouth and nose using hand | | | | | |
| I am really aware to keep distance from others/ physical distancing | | | | | |
| I always bring hands sanitizer wherever I go | | | | | |
| I use cash more than non-cash when doing transactions | | | | | |
| If I really have to go out, I believe that medical mask is the most effective mask that I should always use | | | | | |
| I immediately change my clothes when I arrive home from outside | | | | | |



| | SD: Strongly Disagree | DA: Disagree | H: Hesitant | A: Agree | SA : Strongly Agree |
|--|--------------------------|-----------------|-------------|----------|------------------------|
| I immediately soak my clothes using detergent when I arrive home from outside | | | | | |
| I always take a bath using warm water when I arrive home from outside | | | | | |
| I do special treatments to the footwear I have at home | | | | | |
| I always cover my mouth/nose when sneezing using my hand | | | | | |
| I always spray any package/goods received from the postman/online delivery motorcycle driver | | | | | |
| I believe that disinfectant is very good to prevent Covid-19 for human | | | | | |
| I believe that the number of Covid- 19 cases will continue to increase in Indonesia | | | | | |
| I know about the Covid-19 prevention programs recommended by the government | | | | | |
| I plan to go back to my hometown in the near future. | | | | | |

Name the information sources that you use for Covid-19 development *

- ☐ [COVID19.GO.ID](https://www.covid19.go.id/)
- ☐ WhatsApp



PUSAT PENGURANGAN
RISIKO BENCANA
DISASTER RISK
REDUCTION CENTER

- ☐ Instagram
- ☐ Twitter
- ☐ Facebook
- ☐ Others, specify

The followings are the figures who actively encourage me to live a clean and healthy lifestyle to prevent Covid-19 *

- ☐ Parents
- ☐ Relatives
- ☐ RT/RW (neighborhood leaders)
- ☐ Community Organization
- ☐ Local Government
- ☐ Central Government
- ☐ Others, specify

THANK YOU FOR YOUR PARTICIPATION