

## Mother's Knowledge of Efforts to Prevent Covid 19 Transmission in Children Age 3 - 5 Years Old

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### Abstract

**Background:** The Covid-19 pandemic that has spread worldwide threatens all groups, including children. Health protocols were quickly implemented to break the chain of the spread of Covid-19. The mother's role is crucial in taking extra precautions for safety against COVID-19, especially for children aged 3-5 years.

**Objective:** The purpose of the study was to analyze mothers' knowledge about efforts to prevent transmission of covid 19 in children aged 3 - 5 years.

**Method:** This is descriptive research. The research variable is the mother's knowledge about efforts to prevent the transmission of covid 19 in children aged 3-5 years. The study was carried out in Asmorobangun Village, Puncu Health Center, Kediri Regency, on July 5 - August 5, 2021. The study population was 228 mothers. Using the Proportional Random Sampling technique, a sample of 213 mothers was obtained. They collected data using a questionnaire.

**Result:** The knowledge of respondents who have children aged 3-5 years is good as many as 179 people (84%), 28 respondents (13.1%) respondents have sufficient knowledge and 6 respondents (2.8%) have less knowledge.

**Conclusion:** Information that mothers receive through various public service advertisements in various media can encourage mothers to memorize the information provided, provide the benefit of increasing mothers' knowledge in terms of preventing transmission of the coronavirus, especially to children, so that mothers can use it in carrying out coronavirus prevention behaviours properly and avoiding members families, especially children from exposure to the coronavirus.

**Keywords:** Mother's knowledge; Prevention of transmission of covid 19; Children aged 3-5 years old

### INTRODUCTION

Children are considered silent transmitters, which can be infected without showing clinical signs of disease (1). Although the clinical manifestations of COVID-19 cases in children are generally not as severe as in adult patients, young children, especially infants, are still vulnerable to infection. The distribution of Covid-19 cases in children varies according to space and time (2). The vulnerability that occurs in children is not previously estimated, and it can be said that children play a role in the transmission of Covid-19 in the community (3). Steps taken to reduce the frequency of exposure and infection in children are closing schools and childcare centers early (4)(5).

A new type of coronavirus causes Covid-19 (coronavirus disease 2019), Sars-CoV-2, first reported in Wuhan, China, on December 31, 2019. This Covid-19 can cause symptoms of acute respiratory disorders such as fever above 38°C, coughing, and shortness of breath in humans (6). The initial symptoms of Coronavirus infection or Covid-19 can resemble flu symptoms, namely fever, runny nose, dry cough, sore throat, and headache. After that, the symptoms may disappear and heal or get worse. Patients with severe symptoms may

experience high fever, cough with phlegm and even blood, shortness of breath, and chest pain. These symptoms appear when the body reacts against the coronavirus (7).

Even though they are often found without symptoms or have a low level of risk, children who are positive for Covid-19 will experience an unfavourable psychological effect. The Adaptation of New Habits in Midwifery in the Era of the Covid-19 Pandemi is due to the quarantine process, which does not allow children to play outside as they usually do. Even more so, if the child has to be quarantined in a hospital, where they have to be far from their parents and in a foreign place, changes in the habits, activities, and activities of children infected with Covid-19 will affect their psychology. To overcome this problem, families, especially parents, need to pay more attention to children to feel safer. Parents can use the use of communication tools to keep communicating with children and provide support and attention to children, even if the child has to quarantine in the hospital (8).

In mild cases of Covid-19, flu-like symptoms are encountered, while for Covid-19, it is accompanied by multiorgan failure in severe patients. If accompanied by the involvement of several organs will prolong treatment time and increase mortality. Potential mechanisms are Covid 19 induced multiorgan failure. The presence of lung failure, acute liver failure, acute kidney injury, cardiovascular disease, a broad spectrum of hematological disorders, and neurological disorders characterizes multiorgan dysfunction (6).

Mother is the closest person to the child who provides care. Mothers should have sufficient knowledge and skills to stimulate children's growth and development and prevent diseases that can attack children. Family care, especially for parents, determines the quality of growth and development and the health status of children. Mothers play a crucial role in the stimulation and early detection of developmental deviations and in preventing a disease that can attack children (9).

A person can be infected with Covid-19 in various ways, namely: accidentally inhaling droplets of saliva that come out when a person with Covid-19 coughs or sneezes, holding their mouth or nose without washing their hands first after touching an object that a Covid-19 patient has splashed. 19, close contact with Covid-19 sufferers (11)(12).

The latest report from the US Centers for Disease Prevention and Control (CDC) also mentions a low risk of death from Covid 19 in children or adolescents. However, parents must remain vigilant about the ongoing Covid 19 events to prevent their children from being infected with Covid 19. The reason is the risk of contracting Covid-19 in children is still very possible. Children can also play a vital role in the spread of the disease that is becoming a pandemic. That is why parents must also be careful and care for their children as best they can (13).

According to data released by the Task Force for the Acceleration of Handling Covid-19 of the Republic of Indonesia, the number of Cases of children infected with Covid-19 as of August 10, 2020, has reached 3,928 and 59 children died, which is the highest case in Asia. Data on positive issues of Covid-19 in children aged 0-5 years is 2.5 percent, and ages 6-18 years is 7.6 percent (14). From a preliminary survey conducted on 10 mothers, it was found that 3 people have good knowledge about efforts to prevent the transmission of Covid-19 in children, and 7 other people still have less knowledge.

The infectious disease Covid 19 has three transmission mechanisms, namely, according to the conditions of the host, virulence, and environment. The host is defined as the immune system's ability in each individual's body. The weaker and included in the vulnerable group, the transmission in the community will be high. Virulence is the state in which the genetic material of a virus changes into a different subtype than before. The environment is risky for disease transfer, such as direct contact with sufferers, consuming food from intermediate hosts, or contamination from sufferers (14). Public awareness is needed to prevent Covid-19,

as an effort to break the chain of transmission of the Covid-19 virus, especially at vulnerable ages, including toddlers, can be successful. Mothers play a crucial role in preventing their children from contracting Covid-19.

## METHOD

This research has gained ethical approval with the number 374/EC/LPPM/STIKES/KH/VI/2020. This study used a descriptive research design by using a quantitative approach. The population of all mothers with children aged 3-5 years in Asmorobangun Village is 228 mothers. Proportional random sampling was used with a total sample of 213 mothers. The sample was selected per the inclusion criteria, namely mothers with children aged 3-5 years, and the exclusion criteria were mothers who were sick or quarantined for COVID-19.

The type of instrument used in this study was a questionnaire on maternal knowledge about preventing the transmission of COVID-19. The data was collected on prospective respondents at each posyandu in Asmoro Bangun Village, the Puncu Health Center working area. The type of instrument used in this study was a mother's knowledge questionnaire about preventing the transmission of COVID-19. Collecting data on prospective respondents at each posyandu in Asmoro Bangun Village, the working area of the Puncu Health Center. The research was carried out following the schedule of the respondents' attendance which the posyandu activities had determined. After the data is collected, then data processing is carried out. The research was carried out in Asmorobangun Village, Puncu Health Center, Kediri Regency, July 05 - August 05, 2021. The data was edited, coded, given a score, and then tabulated, which was then interpreted based on the percentage on a qualitative scale.

## RESULTS

### Distribution of Mother's Characteristics

**Table 1. Distribution of Mother's Characteristics regarding Efforts to Prevent the Transmission of Covid 19 to Children aged 3 - 5 Years in Asmorobangun Village, Puncu Health Center, Kediri Regency On July 05 – August 05, 2021**

Characteristics of Respondents		Frequency	%
Age	< 20 year	10	4.7
	20 - 35 year	136	63.8
	> 35 year	67	31.5
Education	Didn't finish school	1	0.5
	Elementary, Middle School	115	54.0
	senior High School	85	39.9
	College	12	5.6
Work	Housewife	199	93.4
	Private	10	4.7
	entrepreneur	4	1.9
	civil servant	0	0,0
Work Husband	Farmers, laborers	118	55.4
	Private	59	27.7
	entrepreneur	34	16.0
	civil servant	2	0.9
Activity Child	School	29	13.6
	Not yet in school	184	86.4

Source: Processed Research Result Data, 2021

The respondents are mainly between the ages of 20 to 35, with a total of 136 mothers (63.8%). Based on education, most respondents have an elementary or middle school, with 115 mothers (54%). Based on the occupation, almost all respondents are housewives, with 199 mothers (93.4%). Based on the husband's occupation, most respondents have husbands who work as farmers; laborers are 118 mothers (55.4%).

**Mother's Knowledge About Efforts to Prevent the Transmission of Covid 19 in Children aged 3 - 5 Years in Asmorobangun Village, Puncu Health Center, Kediri Regency**

**Table 2 Mother's Knowledge About Efforts to Prevent the Transmission of Covid 19 in Children Aged 3 - 5 Years in Asmorobangun Village, Puncu Health Center, Kediri Regency On July 05 – August 05, 2021**

	<b>Knowledge Criteria</b>	<b>Frequency</b>	<b>%</b>
1	Good	179	84.0
2	Enough	28	13.1
3	Not enough	6	2.8
	<b>Amount</b>	43	100.0

Based on Table 3, the results show that almost all respondents have good knowledge, namely 179 mothers (84%).

**DISCUSSION**

This study aims to discover mothers' knowledge about preventing the transmission of covid 19 in children aged 3 - 5 years in Asmorobangun Village, Puncu Health Center, Kediri Regency. Although the Government of Indonesia is conducting regular Covid-19 vaccinations for the Indonesian people and has started to implement it, the best way to prevent it is to avoid the factors that can cause infection with this virus (Bubadué, Santos, and Ferreira, 2020). Regarding preventive measures for children at an individual level, including the principles of physical distancing, washing hands, not touching the eyes, nose, and mouth, wearing a mask, taking a shower immediately, washing hair and changing clothes after traveling, cleaning frequently touched objects with regularly disinfecting, teaching children to apply infection prevention practices with interesting methods (15).

The main thing in dealing with the covid 19 pandemic is to increase the understanding and behavior of the community, especially mothers as someone who plays the most role in the family to be able to understand and implement government recommendations in knowing the symptoms, prevention and actions that must be taken against covid 19. During this covid 19 pandemic, Mother's knowledge about covid 19 itself is crucial to prevent wider spread. Through housewives, other family members can get help immediately if they have related complaints/symptoms. Recognizing the early signs of covid 19 can also reduce the severity of those who come to the hospital, so it is hoped that it can reduce the mortality rate if the patient comes to the hospital, not in the worst condition.

A person can be infected with Covid 19 in various ways, namely: accidentally inhaling droplets of saliva that come out when a person with Covid 19 coughs or sneezes, holding their mouth or nose without washing their hands first after touching an object that has been splashed by the saliva of a COVID-19 sufferer, and close contact with Covid 19 sufferers. Initial symptoms of Coronavirus infection or Covid 19 can resemble flu symptoms, namely fever, runny nose, dry cough, sore throat, and headache. After that, the symptoms may disappear and heal or even get worse. Patients with severe symptoms may experience high

fever, cough with phlegm and even blood, shortness of breath, and chest pain. These symptoms appear when the body reacts against the coronavirus (11).

Preventive behavior is a response to prevent disease, including behavior not to transmit disease to others. Covid-19 prevention behavior is an activity or action taken by someone to avoid Covid-19. In addition to reinforcing factors consisting of policies or rules regarding the prevention of Covid-19, knowledge is also one of the factors that influence behavior (16)

The coronavirus pandemic is still sweeping across the country. Coronavirus knows no age. Parents to children can be infected. Every parent must implement ways to prevent Coronavirus transmission to children, even though the risk of children being infected with the corona is not as significant as adults (17). Preschoolers are children aged 3-5 years when most of the body's systems are mature and stable and can adapt to stress and changes (18).

The development at this time is short, but it is a crucial period (19). However, in the theory of evolution, children aged 3-5 years are included in the pre-operational phase. The pre-operational stage of children has not been able to operationalize what they think through actions in the child's mind (18). Even children infected with the coronavirus usually only show mild symptoms or do not show symptoms at all. However, that doesn't mean parents can give up their hands to protect their children from the corona risk. The reason is that the risk of contracting the coronavirus in children still exists, and children can also play a vital role in spreading the disease that is becoming a pandemic. Parents must also be careful and care for their children as best they can (20).

Looking at most of the respondents were aged 20-30 years. Age affects the perception and mindset of a person. With the increasing age of the individual, a person's grasping power and perspective will be more developed so that the knowledge gained is getting better. The age of 20-30 is a mature age where someone at that age will have consideration in capturing information and have good thinking power. Physical factors affect and hinder the learning process, including visual or hearing impairments, resulting in a decrease in thinking. Another factor that also impedes the thinking process is a person's physiological and psychological conditions, such as a person's condition when sick or there are limitations in the senses. In this study, although statistical tests were not carried out on the correlation between age and mother's knowledge, it can be seen that at the age of 20 - 30 years, tend for respondents to have a good understanding. By the previous explanation, if it is not affected by a decrease in sensory function, respondents tend to be able to catch messages from the government about preventing covid 19, especially for children, through various media that are spread very massively at this time.

Most of the respondents are housewives. The work environment can make a person gain experience and knowledge directly or indirectly. The environment influences the process of entering knowledge into individuals. As a housewife, a mother tends to have enough free time to come into contact with information related to the prevention of COVID-19. Mothers can memorize the information provided, which provides benefits for increasing mother's knowledge in terms of preventing transmission of the coronavirus, especially to children, so that mothers can use them in carrying out coronavirus prevention behavior in children properly and avoiding family members in general and especially children from exposure coronavirus.

Judging from the results of data management obtained from this study, almost all mothers have good knowledge about preventing the transmission of covid 19. If one considers the background of most of the respondents' characteristics, namely low education, in this case, education cannot be said to influence the quality of life. Determine the mother's knowledge level about preventing the transmission of covid 19. The large number of respondents who have good knowledge in this regard could be due to the large amount of information received

on various social media and mass media where the corona virus is still a trending topic for problems currently happening and are still being investigated. The position has not yet found a clear point of certainty about the characteristics of the virus, so the news will constantly be updated and continue to be followed by the public, including about daily living protocols that have to change a lot of previous daily habits.

This result also follows a study in Bali, which showed that most of the respondents, namely 59 people (51.8%), had positive knowledge about Covid-19 as the essential capital to prevent virus infection and human-to-human contact transmission due to droplets and infection. Airborne. And most of the respondents have a good attitude and are optimistic that they can get through the Covid-19 pandemic by 64 people (43.9%). This form of public trust still exists in the government as a regulator of regulations and policies (21).

As also found in research conducted by Elfi et al. regarding prevention efforts with compliance in preventing the transmission of covid-19 in covid volunteers, it shows that there is a relationship between knowledge of prevention efforts and compliance with preventing COVID-19 transmission in Kediri City Covid Volunteers because of the results of the test. Chi-square test obtained  $p\text{-value} = 0.00 < = 0.05$ . Volunteer knowledge about prevention efforts can be applied to yourself so that you and your family are more awake. The application to oneself can be shown from the behavior of volunteers in self-caring and interaction with the environment in clean and healthy behavior. This increase in knowledge will increase a person's awareness so that they will voluntarily comply with existing regulations or recommendations in preventing disease transmission. Volunteers with knowledge and experience in preventing the transmission of Covid can provide protection and security by sharing their knowledge with people who are less exposed to information or vulnerable groups such as families with one family member with a toddler age and the elderly (22).

When viewed from the answers to statements by respondents, almost all of them can be answered correctly. However, in the prevention steps for the category of immediately taking a shower, washing hair, and changing clothes after traveling, almost half of the respondents have less knowledge, namely 74 people (34.7%), and the category of cleaning objects that are frequently touched with disinfectants regularly also almost half know less, as many as 91 people (42.7%). In this case, it can be seen that the awareness of implementing unusual and personal habits (inside the house) without anyone supervising it is more difficult for respondents to understand. So basically, if there is no or it is not reachable from supervision in general, respondents tend not to do it, so their knowledge tends to be lacking in the statement category. Because there has never been attention to personal needs, which play a crucial role in spreading the coronavirus, this may cause many cases of covid 19 in the community.

In this study, it can also be analyzed that the results of the study, namely obtaining a good knowledge of most respondents with low educational backgrounds, because currently covid 19 is a big problem (pandemic) and is happening, there is a lot and even almost every information at this time. Often associated with the coronavirus. So to know the recommendations, which are also the rules in today's social life, is easy to understand, although not all are disciplined in carrying them out. An example is wearing a mask. Almost everyone understands that wearing a mask is now very important and mandatory. However, not all people are aware of doing it, so even though it can be said to be good in knowledge, it is still rarely done in awareness. This is also one of the reasons why the number of confirmed COVID-19 cases is still high.

Moreover, we often see preschool children being allowed to play outside with their friends. This is also because the culture of community relations is still strong, especially at the rural level. Besides that, parents should also pay attention to the growth and development of

preschool-age children. If preschool-age children have to stay at home and parents cannot provide activities appropriate for their growth and development at home, it will harm the child's growth and development in social skills, which may also affect their physical and cognitive abilities.

Rules such as health protocols should be emphasized in the community. It's time for stricter supervision. It is indeed a bit difficult to implement the obligation to carry out health protocols because there are many conflicts with other regulations and the rules of the health protocol itself. For example, if holding outreach activities, it is also against the law that it is forbidden to gather many people. If with a limited quota for carrying extension activities, it also requires more time and costs because it may have to be held more than once. This demands more thought, especially from the government and community stakeholders, for effectiveness in conducting an event. Still, it can be right on target and follow the objectives to prevent the spread of the coronavirus by reducing morbidity and mortality due to the virus.

There are still mothers who have less knowledge because everyone, especially housewives, cannot accept the touch of information that looks massive. In addition, many people still think that the prevention suggested by the government is considered ineffective, for example, in the use of masks. People still doubt the effectiveness of the use of shows, so the use of masks is still not optimal. Even though it is known that face masks reduce the spread of infection through the nose and mouth and control the spread of covid 19 by reducing the amount of infected saliva and respiratory droplets released into the air from individuals with covid 19. Knowledge and attitudes from the community are a benchmark for public awareness. Health workers, especially the community, need to carry out promising preventive efforts. The Indonesian government has declared a disaster emergency status related to this virus pandemic. The government has made a policy to implement physical distancing to stop the spread of COVID-19.

The results showed that, in general, the mother's knowledge was quite good about preventing COVID-19 in children. This condition is due to the massive amount of information on the prevention of covid 19 through various media, especially social media. It is undeniable that social media has a significant influence on one's life. The current digital era makes healthy people and patients rely more on the Internet than doctors as a source of health care information. Popular social media websites have proven effective and powerful for disseminating health information. Using social media can increase public access to health information, thereby encouraging increased knowledge of mothers in preventing covid 19.

Health protocol education and socialization are essential components of general disease prevention activities. Education and socialization aimed at children can be in videos with exciting illustrations. This is important to do as a step to familiarize the public (including children) with the new lifestyle, which is a step to prevent the transmission of Covid-19. The Covid-19 pandemic, which has yet to be found, has forced everyone to be aware and start changing habits, including children. However, education and socialization, specifically for children, must pay attention to psychological aspects so that children do not feel afraid or worry too much. School closures are carried out as a preventive measure. Of course, every decision and policy issued by the government still has to consider many things. If it does not comply with country conditions, it will cause a longer pandemic (1) (23).

Currently, there are still many parents who ignore health protocols for their children. Often children do not use masks or face shields when going to public places. This will cause children to have a high risk of infection with Covid-19. Although a lot of data and research shows that children have a lower risk of being infected with Covid-19, it does not mean that preventive health protocols can be ignored. Therefore, parents should pay more attention to

health protocols for children when they want to leave the house. If the child refuses to use a mask and face shield, it is better not to invite the child to go outside the house (24).

A health worker, a midwife, or a nurse, can provide Health Education related to COVID-19 to children so that they can help prevent the transmission of Covid 19 in children. Besides parents or mothers, midwives and nurses can work directly with cadres so that cadres can also monitor the implementation of good health promotion for neighbors or children (10). In dealing with COVID-19, cooperation is needed by all parties so that its spread can be suppressed. Handling must also be fast, so health workers must do the detection correctly. In order not to increase the number of victims exposed (25).

Good mothers' knowledge about the prevention of covid 19 can increase community participation in handling covid 19 so that it can help with Covid-19 virus managing activities that occur in their area so that the spread does not spread further. With the active participation of the community, each individual will be facilitated in the supervision of daily life by the closest people, especially housewives. This is because almost every time family members meet or greet (by paying attention to the distance from each other), they can control or remind if someone does not comply with health protocols. It is very effective to use because housewives already know teach family members nature and characteristics, so

## **CONCLUSION**

Knowledge of mothers who have children aged 3-5 years in Asmorobangun village is good; namely, 179 people (84%), and a small proportion of respondents have sufficient knowledge, 28 people (13.1%) and less knowledge, 6 people (2.8%). The more information a housewife receives through various public service advertisements in various media can encourage mothers to memorize the information provided and deliver benefits to increasing mother's knowledge in preventing transmission of the coronavirus, especially to children. This can be used for the prevention of Covid-19 in the family.

## **SUGGESTION**

Knowledge of mothers who have children aged 3-5 years in Asmorobangun village, namely that almost all respondents have good knowledge, namely 179 people (84%), and a small number of respondents have sufficient knowledge; namely 28 people (13.1%) and less knowledge is 6 people (2.8%). The more often mothers get information related to Covid 19 from social media, counseling from health workers, and reading books can increase their knowledge in understanding more about Covid 19 and can apply it in everyday life, especially for the prevention of families who are vulnerable to Covid 19, namely children -child.

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