

Awakening Self Awareness to Strengthen Health Protocol Discipline

Didik Subiyanto ¹, Prayekti ², Epsilandri Septyarini ^{3*}

^{1,2,3} Universitas Sarjanawiyata Tamansiswa Yogyakarta, Indonesia

*Corresponding email: epsilandiseptyarini@ustjogja.ac.id

Article History	Abstract
Received: September 31, 2022 Revised: November 13, 2022 Accepted: December 30, 2022	Background: The high transmission of COVID-19 in Indonesia requires serious handling. The public is also required to be involved in preventing the transmission of Covid-19, through discipline in carrying out health protocols. From the beginning of 2020 until the middle of 2021, the COVID-19 outbreak has claimed many lives and severely hampered human activities in many sectors. The economic and education sectors have felt the negative impact of the COVID-19 outbreak, so it is necessary to conduct research related to strategic prevention efforts. Objective: The purpose of this study was to determine the factors that can improve the discipline of health protocols, through efforts to increase the self-awareness of the younger generation, especially among students. Methods: Samples were taken from the student population of the Faculty of Economics, Universitas Sarjanawiyata Tamansiswa (UST) as many as 148 samples. Meanwhile, to get the data we used a questionnaire distributed online. Furthermore, Structural Equation Modeling (SEM) was used to analyze the proposed hypothesis. Results: Social Capital and Perception of Information Disclosure positively affect Self-Awareness. Self-Awareness has a positive effect on the Health Protocol Discipline. Meanwhile, Social Capital and Perception of Information Disclosure do not directly affect the Health Protocol Discipline. Level of Readiness: In particular, research results become strategic inputs related to government policies to create protocol discipline, especially among students. Meanwhile, in general, our research tries to provide a research model in the form of the Empirical Research Model (ERM), which is a strategic mindset in finding the right policy footing, in critical situations. Keywords: Structural Equation Model, Self Awareness, Health Protocol, Social Capital, Public Information Disclosure. JEL Classification : M1 Type of paper: Research Paper.

DOI:
<https://doi.org/10.46306/bbijbm.v2i3.32>

Web:
<http://bbijbm.lppmbinabangsa.ac.id/index.php/home>

Citation:
Subiyanto, D., Prayekti., & Septyarini, E. (2022) Awakening Self Awareness to Strengthen Health

I. Introduction

It has been about two years since the outbreak of the disease caused by covid-19, with many victims. This epidemic has caused a decline in performance in all sectors of human life, including the education and economic sectors. In the education sector, this epidemic forces the teaching and learning process to be carried out without face to face, namely distance learning using information technology media. Meanwhile, in the economic sector, direct meeting activities must also be limited, for example in the buying and selling process. The transmission is very fast between humans, so the government implements a health protocol for the community, namely 3M (wearing masks, maintaining distance, and washing hands). To monitor the spread and to break the chain of transmission, the government implements a 3T (Tracing, Test, Treatment) policy.

Prevention of the spread of the coronavirus depends on human resources both within the organization and in non-organizational circles. Transmission of covid-19 based on research occurs when the sufferer has close contact with healthy people and continues to occur along with increased mobility and social relationships. Here the discipline of running the 3M protocol is very important (Putra and Suseno, 2022). However, in reality, the discipline of implementing 3M by the community is difficult to apply, where there are still many people who ignore this health protocol. Therefore, it is not surprising that the spread of COVID-19 continues to occur. For that, there must be awareness from within the individual in participating in handling critical situations.

Beginning in 2022, the transmission and number of people exposed to COVID-19 have begun to decline drastically. This makes a very big hope for the recovery of all activities in human life. This must be maintained starting from normal human activities, so that bad experiences do not repeat in the form of disease outbreaks. Therefore, all of the nation's components are to keep this good moment awake forever (Mahpudin and Suseno, 2022). Keeping this good moment certainly cannot be separated from our attitude and behavior to always obey and be disciplined in maintaining the Health protocol.

II. Literature Review

2.1. Social Capital

The level of mutual trust between people in the community is the basis of strong or weak relationships between people in their daily activities. Social capital can be interpreted as the value possessed by individuals when they carry out social interactions to develop their social capacity (Mahfud et al., 2020).

Currently, social interaction is starting to shift, from direct interaction to interaction through social media with applications or with digital programs in information

technology. Research (de Zúñiga et al., 2017) introduces social media as a new conceptual and empirical construct to complement face-to-face social capital.

2.2. 2. Public Information Disclosure

Numeracy, reading/writing literacy, and financial literacy are important life skills to contribute actively to contemporary society (Hong et al., 2020). As well as knowing and understanding the latest developments on the ongoing epidemic, is very important for the community, because the community is most affected by a very detrimental effect. UU no. 14 of 2008 Public Information Disclosure (PID) provides guarantees to the public for the disclosure of public information. The existence of this law is very important because it becomes the legal basis relating to the fulfillment of the rights of every citizen to obtain various information regarding state administration activities. After all, every public body such as a government institution is obliged to provide and serve requests for information from the public if the information is not provided. included in public information that is excluded because it is confidential.

2.3. Self-awareness

Self-awareness according to the Oxford Dictionary is the character of a person who relates to his feelings, motives, and desires. Self-awareness can be broadly defined as the degree to which people are consciously aware of their internal state and their interactions or relationships with others (Trapnell & Campbell, 1999; Trudeau & Reich, 1995; Sutton, 2016).

In addition to the character, the motive also describes the individual's self-awareness. Motives cause or be the reason for something, which results in physical motion or behavior. The three personal motives are a sense of responsibility and social obligation, personal and emotional connectedness, and a sense of competence (Suseno and Dwiatmadja, 2016). The decision to do something is closely related to individual experience and socio-cultural factors (Kuşçu et al., 2009). While desire is the feeling of wanting to have something strong or wanting something to happen. Ko, (2018) uses the Model of Goal-Directed Behavior (MGB) as a theoretical basis to explore empirically the role of social desire and commercial desire. The results show that individuals tend to have a weaker desire to engage in commercial activities than to engage in social activities.

2.4. Discipline of Health Protocol

Discipline can be interpreted as obeying rules or codes of conduct. Discipline construction consists of five discipline dimensions - focus, intention, responsibility, structure, and timing (Focus, Intention, Responsibility, Structure, Time) (Krskova et al., 2020). During a pandemic like today, the word discipline seems to be the key in preventing the success of preventing the spread of COVID-19. The health protocol

discipline applied by the government to the public that we often hear about with 3M (Wearing masks, Keeping distance Washing hands) based on research can break the chain of transmission of COVID-19. Therefore, the application of 3M must be carried out strictly or with high discipline. Discipline plays an important role in an individual's life. The measurement of the level of discipline is seen from five dimensions; focus, intention, responsibility, structure, and time (Krskova et al., 2020), This dimension can provide clear direction to measure the level of discipline that is being carried out by certain groups in a matter.

2.4. Hypothesis

1. Social Capital, Self-Awareness, and Discipline of Health Protocols.

The influence of social capital on individual attitudes and behavior has been empirically proven by several researchers. According to research results (Mahfud et al., 2020) found empirical evidence that social capital has a role in increasing attitude-oriented intentions toward entrepreneurship. These results provide a very clear indication that social capital moves the desires and motives of individuals to do something. Besides (Mahfud et al., 2020), (Zhang et al., 2017) empirically found that social capital positively affects intrinsic and extrinsic motivation, which then positively affects the intention of health professionals to share knowledge.

Social capital includes social bonds, trust, and perceived similarity, while motivation consists of a sense of self-worth and socializing (Zhao et al., 2016). Finding (Zhao et al., 2016) Social bonding, trust, and perceived similarity were positively related to sharing intentions and positively influenced feelings of self-worth and sociability, which had a significant positive effect on sharing intentions and mediate the relationship between social capital factors and sharing intentions. From the logical thinking of a causal relationship, and based on the results of several previous studies above, the following hypothesis is proposed:

H1: Social Capital has a significant positive effect on self-awareness

H2: Social Capital has a significant positive effect on Health Protocol Discipline

2. Perception of Public Information Disclosure, Self-Awareness, and Discipline of Health Protocols

Information received by a person can affect the attitudes and behavior of individuals. Wrong information will lead to wrong attitudes and behavior, and vice versa. There are several studies with content related to information, such as research (Luo et al., 2020) that explores the factors influencing health behavior during the coronavirus disease 2019 (COVID-19) outbreak in China. The results of his research (Luo et al., 2020, Rochmaedah, et al. 2022) suggested that the government should pay attention to publicity and guidelines, strengthen positive interactions with the public and disclose relevant

information in a fast-moving belief, and maintain a positive public perception of the intervention. From the logic of the researcher and the support of previous research, the proposed hypothesis is:

- H3: Perception of Information Disclosure has a significant positive effect on Self-Awareness.**
- H4: Perception of Information Disclosure has a significant positive effect on Health Protocol Discipline.**
- H5: Self-awareness has a significant positive effect on Health Protocol Discipline.**

III. Methodology

3.1. Operational Definition of Research Variables

The following table presents the operational definition of research:

Table 1. Definition of Operational Research

No	Variable	Indicator	Question/Statement
1	Social Capital	Structural Dimension	1. I often participate in activities around me.
		Relational Dimension	2. I like to discuss with friends around me.
			3. I am willing to be asked to help with non-routine activities within the organization.
			4. I often share ideas with friends.
		Cognitive Dimension	5. I like to receive input from my friends.
			6. I like to communicate in the style that my friends have.
2	Public Information Disclosure	Without exception	1. Public information can be used by everyone.
		Ease of Access to Information	2. Easy internet access to get various information about covid-19.
			3. Disclosure of information on covid-19 has been carried out very well.
			4. The availability of information about covid 19 is easy to obtain.
		Information Availability	5. Availability of a public information center for people who are still confused about finding information.

		Information dissemination effectiveness	6. Dissemination of public information is carried out effectively.
		Update and innovation Information	7. The information available is always up to date
3	Self-awareness	Recognizing Emotions	1. I know the meaning of the emotion I am feeling. 2. My feelings affect my behavior. 3. I have an awareness that guides the values that apply. 4. I am aware of my strengths and weaknesses. 5. I often take the time to reflect, for genuine feedback on the environment.
		Accurate Self-Confession	6. I am very open to the development of knowledge. 7. Life experience is a very important knowledge for me. Saya semangat untuk terus belajar. 8. I often think from a new perspective. 9. I am willing to see myself from a broad perspective
4	Health Protocol Discipline	3 M	1. I always maintain social distance during the covid 19 pandemic. 2. I always avoid events with a large number of people. 3. I always wear a mask when I go out. 4. If I forget to wear a mask when I travel, I will take it back or buy it on the way. 5. I always wash my hands according to the health protocol.

3.2. Population and Sample

The population of this study were students at the UST Faculty of Economics and students of the Islamic Business Economics Faculty of UIN Raden Mas Said, while the number of samples was determined by the formula 5 to 10 multiplied by the number of question items as many as 28, so the number of samples was between 140 to 280. Meanwhile, to determine the respondents by using a random sampling technique.

3.3. Data Quality and Data Analysis

Before analyzing the data to test the hypothesis, the validity and reliability of the data were tested using the SPSS program. The analysis was carried out by involving reliable variables with valid indicators. Data analysis using AMOS software with SEM analysis tools.

IV. Results and Discussion

4.1. Validity and Reliability

The following is table 2 of the results of data processing at the validity and reliability test stage for each variable using the SPSS program:

Table 2. Validity and Reliability of Research Variables

Variable	Indicators	Corrected Item-Total Correlation	Cronbach's Alpha	Information
Social Capital	MS1	.789	0,879	Valid and Reliable
	MS2	.794		
	MS3	.758		
	MS4	.791		
	MS5	.404		
	MS6	.828		
Perception of Information Disclosure	PER1	.529	0,810	Valid and Reliable
	PER2	.429		
	PER3	.516		
	PER4	.721		
	PER5	.701		
	PER6	.703		
	PER7	.684		
Self-awareness	KD1	.791	0,952	Valid and Reliable
	KD2	.806		
	KD3	.851		
	KD4	.879		
	KD5	.805		
	KD6	.704		
	KD7	.784		
	KD8	.732		
	KD9	.884		
	KD10	.747		
Health Protocol Discipline	DPK1	.830	0,921	Valid and Reliable
	DPK2	.841		
	DPK3	.792		
	DPK4	.800		
	DPK5	.720		

4.2. Data Analysis

The full analysis of the research model obtained goodness of fit successively: Chi-Square of 79.270, DF of 48, Probability of 0.003, AGFI of 0.876, GFI of 0.924, RMSEA of 0.067, CFI of 0.981, and TLI of 0.974. The goodness of fit value shows a good model according to the recommendations. While the results of the statistical analysis can be seen in Table 3 below:

Table 3. Text output of SEM Analysis

	Regression		Estimate	S.E.	C.R.	P	Information
SA	<---	PID	.775	.081	9.528	***	Confirmed Data
SA	<---	SC	.113	.059	1.900	.057	Confirmed Data
HPD	<---	SA	.894	.144	6.212	***	Confirmed Data
HPD	<---	PID	.123	.129	.955	.340	Unconfirmed Data
HPD	<---	SC	-.017	.047	-.367	.714	Unconfirmed Data

Note: *P < 0.1, **P < 0.05, and ***P < 0.01

Table 3 above can be explained that from the five hypotheses, three hypotheses are accepted and two hypotheses are rejected. The accepted hypotheses: (1) Perception of Information Disclosure (PID) has a positive effect on Self-Awareness (SA); (2) Social Capital (SC) has a positive effect on Self-Awareness (SA); (3) Self-Awareness has a positive effect on the Health Protocol Discipline (HPD). Furthermore, the two rejected hypotheses are the influence of PID on HPD and the influence of SC on HPD.

Table 3 above can be explained that from the five hypotheses, three hypotheses are accepted and two are rejected. The accepted hypotheses: (1) Perception of Information Disclosure has a positive effect on Self-Awareness; (2) Social Capital has a positive effect on Self-Awareness; (3) Self-Awareness has a positive effect on the Health Protocol Discipline. Furthermore, the two rejected hypotheses are the effect of Perception of Information Disclosure on Health protocol discipline, and the influence of Social Capital on Health protocol discipline.

V. Conclusion, Implication, Limitation, Suggestion

5.1. Conclusion

The conclusions that can be drawn from the results of the analysis are:

- 1) Perception of Information Disclosure has a positive effect on Self-Awareness, these results can be concluded that the better the Perception of Information Disclosure, the higher the Self-Awareness of the Covid-19 pandemic.
- 2) Social Capital has a positive effect on Self-Awareness (KD), this result can be concluded that the stronger the Social Capital owned by students, the higher Self-Awareness of the Covid-19 pandemic will be.

- 3) Self-Awareness has a positive effect on Health Protocol Discipline, this result can be concluded that the higher the Self Awareness possessed by students, the higher their Health Protocol Discipline by students.
- 4) While the effect of Perception on Disclosure of Information on Health Protocol Discipline is not proven, this result can be concluded that the level of Perception of Disclosure of Information is not followed by Health Protocol Discipline.
- 5) The last hypothesis of the Effect of Social Capital on Health Protocol Discipline is rejected, this result shows that the ups and downs of student Social Capital quality are not followed by Student Health Protocol Discipline.

5.2. Implication

These results can be used as a reference in making strategic policies, especially for the government. Policies without paying attention to the level of Self-Awareness of young people, especially among students, then policies to deal with the Covid-19 pandemic will experience obstacles. Therefore, efforts to strengthen Self-Awareness of the pandemic that is occurring need to first improve the quality of Information Disclosure provided by the government.

5.3. Research Limitations

Respondents taken in this study were limited to students in the DIY area, so the respondents were geographically less extensive. The less extensive geography certainly narrows the diversity of respondents who are considered representative of the population, namely students nationally.

5.4. Recommendation

Based on the limitations of this study, it is recommended that further research be able to take a wider sample based on geography (region), for example, geography by considering other islands outside Java.

References

- de Zúñiga, H. G., Barnidge, M., & Scherman, A. (2017). Social Media Social Capital, Offline Social Capital, and Citizenship: Exploring Asymmetrical Social Capital Effects. *Political Communication*, 34(1), 44–68. <https://doi.org/10.1080/10584609.2016.1227000>
- Hong, J., Thakuriah, P. (Vonu), Mason, P., & Lido, C. (2020). The role of numeracy and financial literacy skills in the relationship between information and communication technology use and travel behavior. *Travel Behaviour and Society*, 21(October 2019), 257–264. <https://doi.org/10.1016/j.tbs.2020.07.007>
- Ko, H. C. (2018). Social desire or commercial desire? The factors driving social sharing and shopping intentions on social commerce platforms. *Electronic Commerce Research and Applications*. <https://doi.org/10.1016/j.elerap.2017.12.011>

- Krskova, H., Baumann, C., Breyer, Y., & Wood, L. N. (2020). The skill of discipline – measuring F.I.R.S.T discipline principles in higher education. *Higher Education, Skills and Work-Based Learning*. <https://doi.org/10.1108/HESWBL-10-2019-0128>
- Kuşçu, M. K., Dural, U., Yaşa, Y., Kiziltoprak, S., & Önen, P. (2009). Decision pathways and individual motives in informal caregiving during cancer treatment in Turkey. *European Journal of Cancer Care*. <https://doi.org/10.1111/j.1365-2354.2007.00900.x>
- Luo, Y., Yao, L., Zhou, L., Yuan, F., & Zhong, X. (2020). Factors influencing health behaviours during the coronavirus disease 2019 outbreak in China: an extended information-motivation-behaviour skills model. *Public Health*. <https://doi.org/10.1016/j.puhe.2020.06.057>
- Mahfud, T., Triyono, M. B., Sudira, P., & Mulyani, Y. (2020). The influence of social capital and entrepreneurial attitude orientation on entrepreneurial intentions: the mediating role of psychological capital. *European Research on Management and Business Economics*. <https://doi.org/10.1016/j.iedeen.2019.12.005>.
- Mahpudin, Tatang; Suseno, Bambang Dwi. (2022). The Change Management of the Foam Manufacturing During the Covid-19 Pandemic: Case Study, *International Journal of Business and Management Review*, Vol.10, No.3, pp.51-70.
- Putra, Feby Arma; Suseno, Bambang Dwi. (2022). Industrial Revolution 4.0 as a Strategic Issue of Higher Education, *International Journal of Scientific Research and Management (IJSRM)*, Vol. 10, No. 2, pp. 3045-3051.
- Rochmaedah, D., Basrowi, Suseno, B. D. (2022). Strategy of Former Indonesian Migrant Workers From Qatar in The Era of The Covid-19 Outbreak. *International Journal of Business, Management, and Economics*, 3(2). 185 - 195. DOI: <https://doi.org/10.47747/ijbme.v3i2.699>
- Sutton, A. (2016). Measuring the effects of self-awareness: Construction of the self-awareness outcomes questionnaire. *Europe's Journal of Psychology*, 12(4), 645–658. <https://doi.org/10.5964/ejop.v12i4.1178>.
- Suseno, BD and Dwiatmadja, C . (2016). [Technology transfer motive of managers in Eastern Asia: empirical results from manufacture industry in Banten province, Indonesia, Problems and perspectives in management](#), 14, Iss. 2, 36-45.
- Zhang, X., Liu, S., Chen, X., & Gong, Y. (Yale). (2017). Social capital, motivations, and knowledge sharing intention in health Q&A communities. *Management Decision*. <https://doi.org/10.1108/MD-10-2016-0739>
- Zhao, X., Tang, Q., Liu, S., & Liu, F. (2016). Social capital, motivations, and mobile coupon sharing. *Industrial Management and Data Systems*. <https://doi.org/10.1108/IMDS-05-2015-0184>