

Social Demographics and Physical Distancing Knowledge of Sports Teachers and Students Against the Prevention of the Coronavirus (Covid-19) Pandemic

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ABSTRACT

The Corona pandemic requires good knowledge from sports teachers and students. This study aims to determine how the socio-demographic characteristics of sports teachers and students in Lhokseumawe City, knowledge of *physical distancing* and socio-demographic relations to the knowledge of *physical distancing* of teachers and students of sports in Lhokseumawe City. The subjects of this study were teachers and students of sports in Lhokseumawe City. The sample size is 304 respondents. This study applied a questionnaire as primary data. Respondents who participated in this research amounted to 304 respondents. The results showed that all data were valid with a calculated r value $> r$ table and reliable with a Cronbach alpha value > 0.6 . The average respondent's knowledge of *physical distancing* is 4.27, which means that knowledge about *Physical Distancing* for the prevention of the Corona Virus (*Covid-19*) pandemic for sports teachers and students in Lhokseumawe City was very good. Respondents' social-demographic indicators (gender, age, last education, marital status, occupation, activity (involvement) in sports activities and income had a significant relationship on 9 indicators of knowledge about *physical distancing* to prevent the Corona Virus (*Covid-19*) pandemic. On teachers and sports students in Lhokseumawe City, the rest there is no significant relationship. Respondents' social-demographic indicators to indicators of knowledge about *physical distancing*, namely "holding a virtual meeting of sports activities (video or teleconference)" and "sick patients need to notify the doctor (paramedic) of the trip. Carried out." This study used social demographics and knowledge as the main variables, whereas future research will be more comprehensive by including variables of involvement or behaviour in the implementation of *physical distancing*.

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1. INTRODUCTION

The coronavirus (Covid-19) has become a pandemic and spread very quickly throughout the world and entered Indonesia. The Aceh region also experienced cases of the coronavirus, the information conveyed, by the spokesman for the Aceh Government Covid-19 Task Force on Monday 20 April 2020, Saifullah Abdulgani said, the number of positive confirmed cases of Covid-19 in Aceh was 7 people, namely 2 patients in medical handlers, 4 people have recovered, and one person died (Olapegba et al., 2020).

Referring to the risks posed by this virus, with a high number of deaths, the role of prevention becomes very important for the community to carry out. People are afraid of the coronavirus, as well as teachers and sports students in Lhokseumawe City are worried about this problem.

Knowledge from sports teachers and students about the corona pandemic is interesting to discuss because sports teachers and students are experiencing a big impact from this coronavirus, such as not being allowed to hold events or events that bring large audiences or the implementation of *physical distancing* so that sports competitions cannot be carried out, because it should not come into contact with the opponent, even though almost all sports involve physical in its implementation. The novelty of this research because it was carried out on a scale of the city of Lhokseumawe which had never been done before. so that people need to be given an understanding about this covid.

The results of research conducted by (F, 2020) stated that " *the findings tentatively confirm that Nigerians are highly knowledgeable about COVID-19* " which means that these findings indicate that the Nigerian population has high knowledge about Covid-19". Currently, it is widely known that the social community seems to ignore the rules imposed by the government even though this will actually endanger themselves and those around them. This research, will provide an understanding of the dangers of Covid and provide the latest information to the community.

2. METHODS

The measuring instrument in this study used a questionnaire. Nominal scale and Likert scale are used in the questionnaire. Nominal scale is applied to socio-demographic indicators. The Likert scale was applied to measure the *physical distancing* knowledge variable. The various options available are scored with an interval of 1,2,3,4 and 5. The Likert scale is measured by 5 categories as follows:

Table 1. Research Measurement Scale

Scale	Answer Options			
1	Very Unnecessary	Strongly Disagree	Absolutely Impossible	Absolutely No Need to Restrict
2	No need	Do not agree	Should not	No Need to Restrict
3	Doubtful	Doubtful	Doubtful	Doubtful
4	Need	Agree	Can	Need to be

5	It is necessary	Strongly agree	Very OK	limited Really Needs To Be Restricted
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The calculation of the range of scores for the categorization of rating scores is done by dividing the difference between the highest score and the lowest score by the number of choices of questionnaire answer scores which can be formulated as follows (Susilo et al., 2020)

For more details, the descriptive statistical value ranking categories of this study are detailed in the following table (Aditia, 2021)

Table 2. Rating Category

No.	Range	Category Value Rating
1.	1.00 – 1.80	Very Not Good
2.	1.81 – 2.60	Not good
3.	2.61 – 3.40	Not good
4.	3.41 – 4.20	Well
5.	4.21 – 5.00	Very good

In addition to descriptive statistics, this study uses validity and reliability tests to see the validity and reliability of the measuring instrument. To test the relationship, a correlation test will be carried out between social demographics and knowledge about *physical distancing* of teachers and sports students in Lhokseumawe City (Kaur et al., 2020). The subjects of this study were teachers and students of sports in Lhokseumawe City.

2.1. Initial Study (Pilot Testing)

Pilot testing was carried out on 50 respondents who filled out the distributed questionnaires. Validity and reliability tests are used to obtain quality and feasible test equipment. Implementation of the validity test by using the standard r arithmetic value $>$ from r table (Dieris-Hirche et al., 2021) while the reliability test by looking at the *Cronbach Alpha* value $>$ 0.6 (Nyenhuis et al., 2020). The results of the validity test obtained the value of r arithmetic $>$ r table, so it can be said that the measuring instrument in the form of a questionnaire used in this study was valid. The following can be seen the results of validity testing on the knowledge variable about *physical distancing* :

Table 3. Initial Study (Pilot Testing) the validity of knowledge about *Physical Distancing*

No.	Indicator	r count	r table	Information
1.	Corona virus can be transmitted through touch	0.590	0.2787	Valid
2.	If you have contact with people with Corona Virus, you need to self-isolate for 14 days	0.555	0.2787	Valid
3.	Best work from home	0.596	0.2787	Valid
4.	Do not hold sports activities that invite the crowd	0.438	0.2787	Valid
5.	Exercise is best at home	0.607	0.2787	Valid
6.	Wear a mask when traveling	0.644	0.2787	Valid

7.	Wash your hands regularly with soap	0.602	0.2787	Valid
8.	Hold a virtual meeting of sporting events (video or teleconferencing)	0.534	0.2787	Valid
9.	Avoid touching parts of the face such as mouth, nose and eyes	0.601	0.2787	Valid
10.	Sick patients need to notify the doctor (paramedic) of the trip they took	0.613	0.2787	Valid
11.	Limiting contact with family members when sick	0.491	0.2787	Valid

The reliability test was carried out to determine whether the test instrument in the form of a questionnaire in this study was reliable or not. The test results show that this variable is reliable because the *Cronbach Alpha* value is > 0.6 . These results indicate that the questionnaire in this study is reliable, so it can be used as a measuring tool in research. More details can be seen in the table below:

Table 4. Initial Study (*Pilot Testing*) Reliability of Knowledge about *Physical Distancing*

No.	Variable	Number of Indicators	<i>Cronbach Alpha</i>	Critical value	Information
1.	Information about <i>physical distancing</i>	11	0.774	0.6	Reliable

3. FINDINGS AND DISCUSSION

Based The distribution and collection of questionnaires conducted from May to June 2020 received a very good response from respondents. Respondents who were involved in filling out the questionnaire through Google Docs amounted to 304 respondents.

Instrument testing was conducted to determine the validity and reliability of the questionnaire used in the study. Validity testing is done by comparing the calculated *r* value with *r* table, where if *r* count $>$ *r* table, then the questionnaire is said to be valid (Nyenhuis et al., 2020) Furthermore, the validity test will be run on indicators of the knowledge variable about *physical distancing*, more details can be seen in the table below:

Table 5. Validity of Knowledge about *Physical Distancing*

No.	Indicator	<i>r</i> count	<i>r</i> table	Information
1.	Corona virus can be transmitted through touch	0.587	0.113	Valid
2.	If you have contact with people with Corona Virus, you need to self-isolate for 14 days	0.546	0.113	Valid
3.	Best work from home	0.684	0.113	Valid
4.	Do not hold sports activities that invite the crowd	0.763	0.113	Valid
5.	Exercise is best at home	0.692	0.113	Valid
6.	Wear a mask when traveling	0.673	0.113	Valid
7.	Wash your hands regularly with soap	0.608	0.113	Valid

8.	Hold a virtual meeting of sporting events (video or teleconferencing)	0.710	0.113	Valid
9.	Avoid touching parts of the face such as mouth, nose and eyes	0.613	0.113	Valid
10.	Sick patients need to notify the doctor (paramedic) of the trip they took	0.514	0.113	Valid
11.	Limiting contact with family members when sick	0.628	0.113	Valid

From the results of the validity test in the table above, all indicators of the knowledge variable about *physical distancing* show the value of r count $>$ from r table, so it can be said that this questionnaire is valid. The next step is to do a reliability test using *Cronbach Alpha* which has a value of more than 0.6, in accordance with the minimum limit recommended by (Hammami et al., 2020) More details can be seen in the table below:

Table 6. Knowledge Reliability Test on *Physical Distancing*

No	Variable	Number of indicators	<i>Cronbach Alpha</i>	Critical value	Information
1.	Knowledge about <i>physical distancing</i>	11	0.852	0.6	Reliable

Based on table 4 above, it is stated that the indicators used in this study are reliable, because the *Cronbach Alpha* value is above 0.6.

3.1. Respondent's Social Demographics

The characteristics of the respondents in this study were related to the social demographics of the respondents, including among others: gender, age, last education, marital status, occupation, activity (involvement) in sports activities and respondents' income. The results showed that the socio-demographic majority of the respondents were male as many as 185 people (60.9%), aged 12-20 years were 178 people (58.6%), high school education level/equivalent was 159 people (52.3%), marital status, namely unmarried by 207 people (68.1%), student work by 108 people (35.5%), (involvement) in sports activities, namely athletes by 204 people (67.1%) and the highest income respondents are <Rp. 500,000, - as many as 166 people (54.6%). More clearly from the social demographics of the respondents can be seen in the table below:

3.2. Knowledge of Physical Distancing

Based on the results of the study, it is known that for the statement on the indicator "Coronavirus can be transmitted through touch", the average value of the respondent's answers is 4.20, the rating value is "good" with a standard deviation of 0.806, the most chosen answer by respondents is "strongly agree" of 139 people (39.5%). For the statement on the indicator "When dealing with Corona Virus sufferers, it is necessary to self-isolate for 14 days" the average value of the respondent's answers is 4.57, the rating value is "very good" with a standard deviation of 0.806 and the most answers are "very good". agree" by 186 people (61.2%).

Table 8. Knowledge of *Physical Distancing*

No.	Indicator	Average (X)	Std. deviation	Most Answers	Number of Respondents	Percentage
1.	Corona virus can be transmitted through touch	4.20	0.806	Strongly agree	139	39.5
2.	If you have contact with people with Corona Virus, you need to self-isolate for 14 days	4.57	0.614	Strongly agree	186	61.2
3.	Best work from home	3.94	0.922	Agree	166	54.6
4.	Do not hold sports activities that invite the crowd	4.19	0.843	Agree	160	52.6
5.	Exercise is best at home	3.88	0.957	Agree	162	53.3
6.	Wear a mask when traveling	4.54	0.585	Strongly agree	174	57.2
7.	Wash your hands regularly with soap	4.61	0.547	Strongly agree	191	62.8
8.	Hold a virtual meeting of sporting events (video or teleconferencing)	4.01	0.919	Agree	164	53.9
9.	Avoid touching parts of the face such as mouth, nose and eyes	4.28	0.804	Agree	138	45.4
10.	Sick patients need to notify the doctor (paramedic) of the trip they took	4.56	0.560	Strongly agree	178	50.6
11	Limiting contact with family members when sick	4.29	0.780	Agree	140	46.1
Average		4.27				

The findings from the tests conducted on the socio-demographic relationship to knowledge about *physical distancing* of teachers and sports students in Lhokseumawe City can be seen in the table below:

Table 9. Social Demography Relationship to Respondents Knowledge About Physical Distancing

No.	Indicator	Probability Value						
		JK	US	PT	SP	PK	AK	PD
1.	Corona virus can be transmitted through touch	0.027	0.178	0.180	0.474	0.044	0.591	0.078
2.	If you have contact with people with Corona Virus, you need to self-isolate for 14 days	0.008	0.394	0.270	0.138	0.240	0.010	0.474
3.	Best work from home	0.000	0.205	0.066	0.164	0.039	0.001	0.116
4.	Do not hold sports activities that invite the crowd	0.000	0.059	0.506	0.062	0.016	0.002	0.123
5.	Exercise is best at home	0.000	0.044	0.021	0.039	0.052	0.004	0.309
6.	Wear a mask when traveling	0.003	0.111	0.295	0.034	0.480	0.249	0.002
7.	Wash your hands regularly with soap	0.003	0.183	0.319	0.085	0.217	0.438	0.022
8.	Hold a virtual meeting of sporting events (video or teleconferencing)	0.091	0.741	0.535	0.212	0.867	0.936	0.976
9.	Avoid touching parts of the face such as mouth, nose and eyes	0.005	0.729	0.906	0.460	0.827	0.515	0.902
10.	Sick patients need to notify the doctor (paramedic) of the trip they took	0.746	0.964	0.576	0.617	0.758	0.433	0.760
11.	Limiting contact with family members when sick	0.041	0.678	0.724	0.311	0.002	0.248	0.397

Information:

JK: Gender PK: work

US: Age AK: Activity (involvement) in sporting activities

PT: Last Education PD: Income

SP: Marital Status

Based on table 9 above, gender has a significant relationship on 9 question indicators (probability value 0.05). While the rest, there is no significant relationship between gender and the question indicator "Holding a virtual sports meeting (video or teleconference) and patients need to notify the doctor (paramedic) of the trip they have taken" (probability value 0.05).

1. Age has a significant relationship with the indicator "exercising should be at home" (probability value 0.05), while for the other there is no significant relationship between age and other question indicators from the knowledge variable (probability value 0.05).

2. There is a significant relationship with the last education on the question indicator "preferably at home" (probability value 0.05), while the rest there is no significant relationship with the last education on other question indicators from the knowledge variable (probability value 0, 05).
3. The results of the study show that marital status has a significant relationship with the indicators of the questions "exercising should be at home" and "wearing a mask when traveling" (probability value 0.05), while the rest there is no significant relationship between marital status and other question indicators. of the knowledge variable (probability value 0.05).
4. There is a significant relationship between work on the indicators of the questions "coronavirus can be transmitted through touch", "work preferably from home", "do not hold sports activities that invite crowded people" and "limit contact with family members when sick" (probability value ≤ 0.05), while for the rest there is no significant relationship between marriage and other question indicators from the knowledge variable (probability value 0.05).
5. Activity (involvement) in sporting activities has a significant relationship to the indicators of the question "If you are related to Corona Virus infected, you need to do self-isolation for 14 days", "work from home should be done", "not to do sports activities in crowded area" and "Exercise should be done at home", (probability value 0.05), while the rest there is no significant relationship between activity (involvement) in sports activities with other question indicators from the knowledge variable (probability value 0.05).
6. Income has a significant relationship to the questions "wearing masks when traveling" and "routinely washing hands with soap", while for the rest, there is no significant relationship between income and other question indicators from the knowledge variable (probability value 0.05).

4. CONCLUSION

Knowledge about physical distancing to prevent the Corona Virus (Covid-19) pandemic for teachers and sports students in Lhokseumawe City is very good. in sports activities it appears to have a significant relationship on 9 indicators of knowledge about physical distancing to prevent the Corona Virus (Covid-19) pandemic for teachers and sports students in Lhokseumawe City.

Respondents' socio-demographic indicators on indicators of knowledge about physical distancing are "holding a virtual meeting of sports activities (video or teleconference)" and "patients who are sick need to notify the doctor (paramedic) of the trip they have made".

The knowledge of sports teachers and students in the City of Lhokseumawe about physical distancing is very good, and still needs to be improved by looking for valid information that can be used as a guide in implementing the physical distancing of the Corona Virus (Covid-19). This study uses social demographics and knowledge as the main variables, where further research will be more complete by including involvement or behavior variables in the application of physical distancing.

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