

# Analysis of Compliance with the Covid-19 Prevention Health Protocol Policy in the Sports Community

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## Abstract

Humans, in order to not get sick, in this case also including Covid-19, they don't only need drugs but also psychological contact and both of them can be obtained from communal sports. Simple activities such as sports together have an important position for improving the physical and mental health of humans. With the social distancing, commonly known as PPKM which has taken almost 2 years, it certainly has a big impact on the physical and psychological condition of humans, but on the other hand, the enforcement of the PPKM Protocol must continue to be carried out in order to prevent the spread of the Covid-19 pandemic. This is what made the research team interested in examining it in a study with the main problem of how to analyze the Covid-19 Prevention Health Protocol Compliance in the Sports Community by adhering to the type of empirical juridical research, namely qualitative-type of research that adheres to the results obtained in the field wherein this case, the research team chose the sports community in the Banyumanik sub-district as the research subject which was analyzed by data triangulation in order to get relevant results. The results showed that of the 30 samples who were members of the Tennis, Taekwondo, Jogging and Bicycle Sports Community in Banyumanik District, the sample who followed the Covid-19 prevention protocol that had been recommended by the government was above 50 percent despite the recommendation to use a mask and cover your mouth when sneezing or coughing are done less, besides that the majority of sanctions given to members who violate are only verbal reprimands (70 percent). The results of this study indicate that the level of awareness of the sports community to follow the protocol is quite good even though there are no sanctions that can provide a deterrent effect. Based on this the authors take the conclusion that joint exercise is necessary for mental and physical health, therefore the government needs to be even more active to increase public awareness about the importance of the Covid-19 Prevention Protocol.

**Keywords:** Analysis, Covid-19 Protocol, Sports Community.

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## Introduction

Sport or physical activity is part of a Clean and Healthy Lifestyle (PHBS). It is very important during the current Covid-19 pandemic Outbreak. Exercise or physical activity, especially at moderate intensity and duration, can support the immune response and increase the body's resistance to disease. This is also supported by recommendations from the World Health Organization to at least do light exercise for at least 150 minutes every week to increase immune power in the face of the dangers of COVID-19.

Several research results also show that exercise or physical activity can prevent mental disorders experienced by some people due to the implementation of quarantine and isolation, as well as physical distancing due to the Covid-19 pandemic. Mental disorders such as depression, anxiety, fatigue, and stress syndrome.

Exercising or doing physical activity can also prevent a person from heart disease, diabetes, and high blood pressure, diseases that are most likely to occur during the Covid-19 pandemic due to the lack of physical activity of people who tend to spend time at home watching television, using cellphones, and playing games, putting them at risk for heart disease, diabetes, and high blood pressure.

Exercising is indeed necessary for the physical and mental health of the community, but considering the spread of covid is closely related to physical contact, then with the protocol implemented by the government in the Ministry of Home Affairs No. 15 of 2021 concerning Social Distancing, or commonly known as PPKM where one of the instructions imposed is the limitation of physical contact which includes avoiding places crowds and keeping a distance (Covid19.co.id, 2021) and of course, this has a big impact on people's interest in sports.

With this provision, the public's interest in exercising will, of course, decrease, because many sports activities are carried out outdoors such as in the Sports Arena, Swimming Pool, football field, futsal, basketball and so on which are closed or have limited operating hours according to PPKM provisions.

In this regard, starting from the implementation of the PPKM provisions, the pattern of community sports that cannot do outdoor sports, both outdoor and community exercises, has turned into sports at home. The types of sports include:

1. Cardio. This type of cardio exercise is an effective exercise to burn fat and make the body sweat.

Fortunately, this exercise can be done at home, thereby reducing your risk of contracting COVID-19. If you have a treadmill, stationary bike, or other cardio equipment at home, then you can use it. However, don't worry, jumping rope or skipping can also be an alternative.

2. Aerobic Gymnastics. If you don't have cardio workout equipment, this one exercise is also an interesting option to do while at home. We can do zumba exercises, for example, by following video tutorials or even with friends at home via video conference. Aerobic exercise instructors still provide movements that make the body sweat so that the body becomes more fit. Aerobic exercise is also able to relieve symptoms of depression and anxiety disorders faced during this pandemic.
3. Yoga. This sport may seem easy and simple. However, if done seriously, this exercise is also quite effective at burning fat and making the body sweat. Another bonus, some yoga moves can make you more calm and relaxed. So that the anxiety that often arises during this pandemic can be reduced. Some of the other benefits of yoga are maintaining the body's metabolism, improving breathing, strengthening energy and vitality. You can do it at home by following the video tutorials that are widely available on the internet.

From this type of indoor sport, because it is carried out independently of course it depends on the intentions of the individual, in contrast to the type of community or outdoor sports which can also interact with other people so that there is extrinsic motivation and is supported by the length of the PPKM period imposed by the state. This makes interest in sports decrease. (Prayogo, 2021).

At the end of 2021, by looking at the graph of the spread of COVID-19 in Indonesia, it can be seen that the rate of spread of this disease has decreased quite low. This can be seen from the number of cities in Indonesia that have lowered their PPKM alert level to level 1 and are even clean from this disease. This makes people's activities in Indonesia that have been dim, to light up again, one of which is sports activities.

With the low level of PPKM alert in several cities, including the City of Semarang, the potential for outdoor and community sports is rekindled, even though the danger of covid-19 is still a real danger because this disease still allows mutations to occur like some variants that already exist in several other countries in Indonesia. around the world (Mediyastuti, 2021). Therefore, even though outdoor and community sports are allowed, they are still subject to certain limitations in accordance with applicable legal provisions.

Based on this, the research team felt that it would be interesting if it was carried out in a study related to the Profile of Covid-19 Prevention Health Protocol Compliance in the Sports Community, which in this case the research team took samples in Banyumanik District, Semarang City because apart from the time of this research implementation The right thing is that during the transition period during the pandemic, the results of this research can also be the basis for the formulation of post-pandemic policies in the future. Therefore, the main problem that will be studied in this research is how to analyze the adherence to the Covid-19 prevention health protocol in the sports community?

## Methods of Research

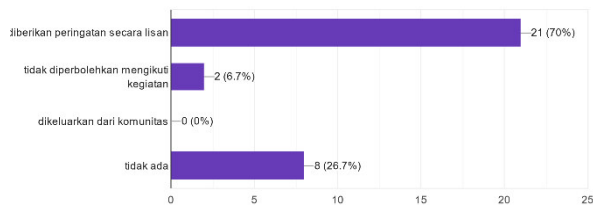
This research belongs to the type of descriptive qualitative research, namely research that produces descriptive data in the form of written or spoken words from people and observable behavior (Moleong, 2002). In this study, the researchers used qualitative descriptive research with the reason that this study used a special mindset and drew general conclusions (Miles, 2013), thus describing how the analysis of the Covid-19 Prevention Health Protocol Compliance in the Sports Community where In this case, the researcher chose Banyumanik District as the location of the research object by selecting 30 people as a sample from the Sports community in Banyumanik District which included Tennis, Jogging, Taekwondo and Bicycle Sports where the results were then analyzed using secondary data so that relevant results could be achieved.

## Research Result

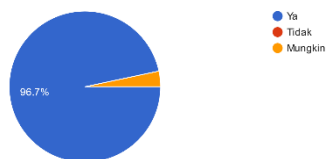
The results showed that of the 30 respondents who were members of sports clubs in several areas in Banyumanik, the following data were found:



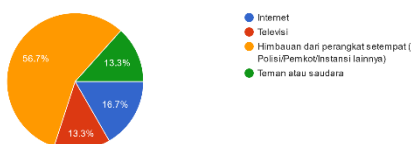
Sanksi apa yang diberikan bila ada anggota komunitas yang melanggar ketentuan di atas? (Bisa Pilih lebih dari satu)  
 30 responses



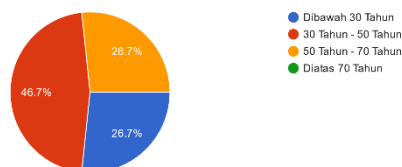
Apakah Saudara mengetahui Protokol Kesehatan 5 M untuk Cegah COVID-19 ?  
 30 responses



Bila saudara mengetahui Protokol Kesehatan 5 M untuk Cegah COVID-19, dari mana saudara mengetahuinya?  
 30 responses



Berapa Usia Saudara saat ini?  
 30 responses



As seen in the table and Graphic above, of the 30 samples who are members of the Tennis, Taekwondo, Jogging and Bicycle Sports Community in the Banyumanik District sample, as many as 50 percent or 15 people use health masks during exercise, as many as 76.7 percent of the sample or 23 people use hand sanitizers before and after exercising and as many as 73.3 percent of the sample or 22 people keep their hands clean by washing them using running water, then as many as 46.7 percent of the sample or 14 people cover their mouths when coughing and sneezing and 66.7 percent or 20 people do not shake hands when exercising communally. These results show that those who follow the Covid-19 prevention protocol recommended by the government are above 50 percent on average, although the recommendation to use a mask and cover your mouth when sneezing or coughing is not carried out, besides that the majority of sanctions given to members who violate are only verbal warnings. (70 Percent).

The number that reaches 50 percent of course shows that the level of compliance among sports club members is still quite low and if you look at the existing risk factors, whereas many as 46 percent of sports club members in Banyumanik are in the range of 30-50 years and 26 percent are 50. -70 years, so the risk of danger that arises when contracting Covid-19 is quite large.

### Discussion

According to the Big Indonesian Dictionary (KBBI), sport is an exercise to strengthen and nourish the body, such as soccer, swimming, and javelin throwing. Sport can also be interpreted as an activity that involves the physical and skills of an individual or a team, carried out for entertainment. There are many types of physical activity in sports, including swimming, running, walking, dancing, and more. Being active has been shown to have many health benefits, both physically and mentally. Regular exercise for at least 150 minutes a week can improve mood and reduce feelings of depression, anxiety, and stress. Help lose weight. Build and maintain muscle and bone strength. Increases energy, both for healthy people, or those suffering from various medical

conditions. Reducing the risk of chronic disease. Maintain skin health. Maintain brain health and memory. Helps improve sleep quality. Helps relieve chronic pain. (Cicolo, 2019)

Types of sports that are commonly done by people every day, for example, are running, jogging, cycling, swimming, and gymnastics. In addition, in the modern era like today, there are many sports that are competed either at the national or international level.

In Indonesia, there are several sports that are the people's favorite. The five favorite sports of the Indonesian people are football, badminton, volleyball, table tennis, and basketball.

Sports activities have the main goal of making the body healthy. However, the type of exercise that each person does also has a different purpose. The goals of sport are divided into four, namely educational sports, recreational sports, rehabilitation sports, and achievement sports. Educational sports are sports materials used in the educational curriculum. Meanwhile, school children in Indonesia are familiar with the subjects of Physical Education, Sports, and Health (PJOK). Recreational sports are sports activities for fun and enjoyment. Sports rehabilitation is a type of exercise that is used to improve a person's body condition. Achievement sports are sports activities that aim to achieve achievements by participating in matches or competitions.

In relation to the subject of this research, the types of sports that are used as research subjects are Outdoor and Community sports. Outdoor sports are sports that are carried out in open places such as parks, fields, or environments with lots of trees. Meanwhile, indoor sports are sports that are carried out in a closed room while community sports are types of sports that are carried out by more than one person such as tennis, basketball, football, and others.

Then in relation to the legal basis related to the implementation of outdoor sports activities or community sports, it is adhered to in the Minister of Home Affairs No. 15 of 2021 concerning PPKM. Then based on this rule, the Emergency PPKM violators' sanctions imposed on violators refer to the Criminal Code or Articles 212 and 218 of the Criminal Code, as well as Article 14 of Law Number 4 of 1984 concerning Outbreaks of Infectious Diseases and Article 93 of Law Number 6 of 2018 concerning Health Quarantine (Pakpahan, 2021).

Parties who violate the Emergency PPKM policy by creating a crowd large enough to cause a Covid-19 cluster will be subject to sanctions using articles of the Criminal Code articles 212 and 218. Strict sanctions based on the market of the Criminal Code will be given to violators after being warned first but not heeding the warnings of the Emergency PPKM policy.

Sanctions for violators of Emergency PPKM based on Article 212 of the Criminal Code are in the form of imprisonment for a maximum of one year and four months or a maximum fine of Rp. 400.000,00. Meanwhile, violators of the Emergency PPKM policy who are subject to sanctions in Article 218 of the Criminal Code are in the form of imprisonment for a maximum of four months and two weeks or a maximum fine of Rp.9.000,00.

To ensnare the violators of the Emergency PPKM policy, there is also Article 14 of Law Number 4 of 1984 concerning Outbreaks of Infectious Diseases, which fulfills the assessment that they have intentionally hindered the implementation of epidemic control and are punishable by imprisonment for a maximum of 1 year and or a maximum fine of Rp.1.000.000,00. Due to negligence which results in the obstruction of the implementation of the epidemic control, the threat of imprisonment for a maximum of 6 months and/or a maximum fine of Rp. 500.000,00.

In addition, there is Article 93 of Law Number 6 of 2018 concerning Health Quarantine for violators of the quarantine health protocol, causing a health emergency. The sanctions for violators of the Emergency PPKM are in the form of imprisonment for a maximum of 1 year and/or a fine of a maximum of Rp. 100.000.000,00.

The government considers the imposition of this punishment very necessary considering that the spread of Covid-19 in Indonesia is quite massive in 2021 and of course the imposition of a fine like this is burdensome to the public, although on the other hand the government inevitably has to do it for the sake of protecting public health. (Widodo, 2022)

The COVID-19 pandemic has impacted lives around the world. Globally, governments have been trying to slow the spread of the disease by promoting "social distancing" guidelines, including staying at least 2 meters, and, are currently getting leniency as the rate of spread continues to decline over time.

The country of Indonesia itself is one of the various countries in the world that has experienced the impact of COVID 19. The impact experienced, especially in the field of sports in Indonesia, namely the implementation of PON in Papua in 2020 failed and the First league competition in Indonesia was stopped. This results in losses for both athletes, coaches, and spectators. The purpose of the cancellation of various sporting events is to break the chain of the spread of the COVID 19 virus. By continuing to seek socialization of the coronavirus on various social media, health experts are advised by health experts to reduce travel and stay at home as basic means to limit people's exposure to the virus. WHO has published safety recommendations for preventive measures so as to reduce transmission of the virus. Unfortunately, the mandated restrictions on travel and directives against participation in outdoor activities, including physical activity and exercise, will inevitably disrupt routine activities (Susanto, 2020).

There are several public health guidelines for the community as to what people can or should do in terms of

maintenance in daily exercise or physical activity. You could say staying at home temporarily is a safe action. However, it is possible that prolonged stay at home can lead to an increase in activities that are not good for the body when carried out continuously, such as spending a lot of time sitting, lying down, or lying down for activities such as playing games, watching television, using mobile devices. This is a strong health reason to continue physical activity at home to stay healthy and keep the immune system functioning in today's precarious environment. Quoted from Puga (2021), there are several types of sports that are recommended, including Cardio. This type of cardio exercise is an effective exercise to burn fat and make the body sweat. Fortunately, this exercise can be done at home, thereby reducing your risk of contracting COVID-19. If you have a treadmill, stationary bike, or other cardio equipment at home, then you can use it. However, don't worry, jumping rope or skipping can also be an alternative.

Next, there is Aerobic Gymnastics. If you don't have cardio workout equipment, this one exercise is also an interesting option to do while at home. Then, We can do zumba exercises, for example, by following video tutorials or even with friends at home via video conference. Aerobic exercise instructors still provide movements that make the body sweat so that the body becomes more fit. Aerobic exercise is also able to relieve symptoms of depression and anxiety disorders faced during this pandemic.

Apart from these two things, Yoga is also a pretty interesting choice. This sport may seem easy and simple. However, if done seriously, this sport is also quite effective at burning fat and making the body sweat. Another bonus, some yoga moves can make you more calm and relaxed. So that the anxiety that often arises during this pandemic can be reduced. Some of the other benefits of yoga are maintaining the body's metabolism, improving breathing, strengthening energy and vitality. You can do it at home by following the video tutorials that are widely available on the internet.

Exercising at home using various safe, simple, and easy ways to do this is very important because with appropriate exercises to avoid contact with many people and maintain fitness, the health of the person's body can be maintained and can prevent further spread of Covid-19 because according to the preventive protocol.

Physical separation is needed to limit the spread of the virus, however, the practice of physical distancing inherently limits people's direct social interactions, which can narrow their sense of social connection, also known as alienation. This reduction in the physical availability of social connections has a concerning impact, as more than a century of research has proven how important social connections are to well-being. Aware of the potential negative health consequences of COVID-19 and its sequelae, researchers in the social, behavioral, and clinical sciences have issued an urgent call for action to reduce the potential harm of the disease. One of the important and highly relevant potential hazards discussed by these researchers is the possible increase in social isolation and discord in intimate relationships, which can be exacerbated by the many sources of stress (social, financial, health, etc.) associated with the pandemic. However, it's important to note that physical distancing—which allows for social interaction with housemates, digital interaction with the outside world, and is enforced across regions, not isolated individuals—is not the same as social isolation. As such, COVID-19 has had a myriad of consequences for health and well-being globally. Understanding how and why well-being has shifted due to the pandemic is critical given its unknown trajectory. Indeed, even though the vaccine is distributed globally, it is unclear when everyday life will return to pre-pandemic times, given the spike in cases worldwide. Furthermore, a review of published literature on past pandemics has revealed that quarantining or separating those who may be infected to minimize the spread of the disease causes lasting negative psychological effects—a finding that is important to bear in mind as the pandemic continues. Therefore, a study is needed to advance the understanding of how the COVID-19 pandemic impacts overall well-being and social relations throughout the world, which in this case is carried out by the author by studying sports during the pandemic.

The current pandemic in Indonesia has entered its final phase. as can be seen in the graph of the spread of covid-19 which continues to decline over time. In response to this, conditions in the world of sports have also undergone many changes. sports, in this case, are communal in nature which will be limited by the government in 2021. In 2022 many have begun to open and this fresh air is certainly welcomed by every citizen who wants to do sports or just socially interact.

Group sports have a big impact, not only on the psychological condition of those who do it but also on the psychological side. because humans are social creatures so social interaction plays an important role in maintaining the psychological stability of humans, and group sports such as tennis, taekwondo, swimming, and so on with colleagues from humans who do these sports are important.

The negative psychological impact of COVID-19 has been observed worldwide. In a US study examining people's experiences from January 2020 (N = 1,010) to June 2020 (N = 3,020), reports of happiness and life satisfaction experienced one of the largest declines during the pandemic, along with mental and physical health, along with even more. a modest decline in meaning in life and overall progress. In a study that followed around 2,000 respondents in the UK from June 2019 to June 2020, researchers found that positive emotions (i.e., happy, energetic, inspired, optimistic, and content) were less common and some negative emotions (i.e., sad, stressed) were less common. ), fear, frustration) worsened during the initial outbreak in March, but most eventually

recovered to pre-pandemic levels during the lockdown in May. (Rutherford, 2020) Interestingly, other negative emotional states actually decreased (i.e., loneliness, apathy) or remained stable (i.e., boredom) during the outbreak month but began to increase as the lockdown progressed.

COVID-19 is a threat to the lives and health of people everywhere. This pandemic is a different kind of disaster that threatens the right to life and health is a human right. The government must face this threat, but they will not be able to do so without the support of their citizens.

Every citizen has a responsibility to protect the life and health of others. COVID-19 and the legislative, policy, and service delivery responses to it have and will touch the lives of the vast majority of every citizen. The rights to life, health, and an adequate standard of living have been and will be affected directly and indirectly.

Due to the fact that this pandemic has an impact on the lives and well-being of people who are divided into primary and secondary stressors. Primary stressors occur directly as a result of the event itself; pandemics and the immediate deaths and hazards associated with them. Secondary stressors include problems such as the inability to access information or participate in decision-making processes that affect your life, financial stress; loss of service; and, loss of community connections, and social isolation.

Primary and secondary stressors are interrelated. Over time it can be difficult to distinguish between the effects of a major stressor and which are stressors from everyday life events. The longer the intensity and persistence, the more likely people are to experience mental health distress or disorders.

In 2022, when you see that many communal sports activities have started to open, allowing members who have had to refrain from gathering to experience communal sports again is a good thing, although this needs serious attention because as can be seen Judging from the results of research conducted by the author, there are still many citizens who do not understand the importance of health protocols in preventing the spread of a pandemic. simple things such as wearing a mask, washing hands, and keeping a distance, basically do not interfere with exercise but even so, the level of awareness of this is still low which of course according to the author can mean that this indirectly shows that the level of public awareness The risk of Covid-19 is low so that if in the future a more lethal variant appears than the variant that appeared in the previous year such as the Delta Variant, the unpreparedness of this community will have a major impact on the spread of the disease. In connection with this, to deal with this, the author provides input to the local government and the sports office to appeal to the community through local sports clubs to continue to comply with health protocols while increasing awareness of the dangers of a pandemic through socialization, as well as sporting events so that the community can be conditioned so that they can be healthy. In the future, when the same thing happens, the Indonesian people can be more alert in carrying out the protocols given by the government.

## Conclusion

The results showed that of the 30 samples who were members of the Tennis, Taekwondo, Jogging and Bicycle Sports Community in Banyumanik District, the sample who followed the Covid-19 prevention protocol that had been recommended by the government was above 50 percent despite the recommendation to use a mask and cover your mouth when sneezing or coughing. less is done besides that the majority of sanctions given to members who violate are only verbal reprimands (70 percent). The results of this study indicate that the level of awareness of the sports community to follow the protocol is quite good even though there are no sanctions that can provide a deterrent effect. Based on this the authors take the conclusion that joint exercise is necessary for mental and physical health, therefore related to this, to handle it, the author provides input to the local government and the sports department to appeal to the public through local sports clubs to continue to comply with health protocols at the same time increase awareness of the dangers of a pandemic through socialization, as well as sporting events so that people can be conditioned so that in the future when the same thing happens, Indonesian people can be more alert in carrying out the protocols given by the government.

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