

The Relationship of Knowledge and Attitude to Compliance with The Use of Masks on Students of SMA Negeri 3 Cibinong as A Prevention of Covid-19

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ABSTRACT

Corona Virus Disease 2019 spread rapidly throughout the world until WHO declared Covid-19 a Public Health Emergency of International Concern (PHEIC) on January 30, 2020. Covid-19 can spread through droplets of respiratory secretions from people infected with Covid-19, and the droplets remain infectious when floating in the air. Therefore, the use of masks as one of the preventive measures against Covid-19 is very important. This research aimed to determine and understand the relationship between knowledge and attitudes toward compliance with the use of masks in SMA Negeri 3 Cibinong students for the prevention of Covid-19. This research was an analytical observational study with a cross-sectional research design and a sample of 168 people. Primary data collection was conducted using a questionnaire. Data processing was conducted using univariate, bivariate, and multivariate analyses, with data analysis performed using the chi-square test. Data obtained from 147 students (87.5%) indicated high knowledge of mask use in preventing COVID-19, 148 students (88.1%) demonstrated an attitude supporting mask use in preventing COVID-19, and 122 students (72.6%) consistently used masks as a preventive measure against COVID-19. Statistically, there was a relationship between knowledge and adherence to the use of masks in the prevention of Covid-19, with a p-value of 0.001, and there was a relationship between attitudes toward compliance with the use of masks as prevention of Covid-19, with a p-value of 0.000. Attitude is the most influential variable in compliance with mask use for the prevention of Covid-19.

Keywords: *COVID-19; Compliance; Knowledge; Attitude*

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INTRODUCTION

In early 2020, Coronavirus disease 2019 became a global health issue. The first case of Covid-19 was identified in Wuhan City, China, on December 31, 2019. The World Health Organization declared Covid-19 a Public Health Emergency of International Concern (PHEIC) on January 30, 2020 (WHO, 2020). Respiratory secretions from individuals infected with COVID-19 remain infectious when suspended in the air and can infect others if inhaled. These secretions can also contaminate surfaces. If someone touches a contaminated surface and then touches their face without washing their hands, the virus can infect that person (Iskandar, 2021).

As of June 14, 2022, the number of confirmed COVID-19 cases worldwide reached 533,816,957 people with 6,309,633 deaths from COVID-19. In Indonesia, the number of confirmed cases reached 6,063,251, with 156,670 deaths from COVID-19. West Java Province ranked second in the number of confirmed COVID-19 cases with 1,107,695 cases (Ministry of Health of the Republic of Indonesia, 2022). As of June 14, 2022, the number of confirmed cases in Bogor Regency was 90,904, with 618 cases in Nanggewer subdistrict (Bogor Regency Information and Data Management Officer, 2022).

The use of masks by healthy individuals can reduce the transmission rate of COVID-19 by 70%, while the probability of transmission decreases to 5% if asymptomatic COVID-19-infected individuals use masks. The probability of transmission further decreases to 1.5%

if both COVID-19-infected individuals and healthy individuals use masks during interactions (Suhartiningsih, 2021). The knowledge possessed by the public is related to compliance with mask use, and respondents who have a supportive attitude toward mask use are 3.5 times more likely to comply with mask use compared to those who have an unsupportive attitude (Suhartiningsih, 2021).

Sukesih, in her research, explains that the attitude of supporting the prevention of Covid-19 spread by wearing masks arose due to stimuli from news reports about Covid-19, which spread easily and could cause death. This attitude of supporting mask use was manifested and seen in the community's compliance with wearing masks as an effort to prevent the spread of Covid-19 (Sukesih, 2020). This aligns with Skinner's theory and the Health Belief Model, where when an individual is exposed to a stimulus, it triggers a closed response (knowledge and attitude), which serves as a signal to act and leads to an open response or observable behavior, such as mask compliance (Glanz, 2008). Purnamayanti, in her study, explains that attitudes are predictors of behavior; when attitudes supporting mask use as a preventive measure against COVID-19 are high, this is accompanied by high compliance with mask use as a preventive measure against COVID-19 (Purnamayanti, 2020).

Prevention of COVID-19 involves the *3M* measures: wearing a mask, maintaining a distance of 1-2 meters, and washing hands with soap and water for 20 seconds or using hand sanitizer with at least 70% alcohol content. Additionally, support the *3T* approach: COVID-19 testing, contact tracing, and follow-up care for confirmed cases, and vaccination as the most effective way to prevent COVID-19 infection and achieve herd immunity (Burhan, 2022).

On May 17, 2022, in a press statement by the President of the Republic of Indonesia regarding the relaxation of mask usage, the public is permitted not to wear masks when outdoors or in open areas that are not crowded. However, indoor activities and public transportation still require the use of masks, and it is recommended that the public, including the elderly, those with underlying health conditions, and those experiencing symptoms such as coughing and a runny nose, continue to wear masks while engaging in activities (Lubis, 2022).

The impact of COVID-19 has been felt across various aspects of life in Indonesia, particularly in the health, economic, and education sectors. In the economic sector, Indonesia managed to recover in 2021, while the health sector recovered in tandem with the accelerated pace of vaccination in Indonesia (Ginting, 2022). The Joint Decree of the Ministry of Education and Culture, the Ministry of Research and Technology, the Ministry of Religious Affairs, the Ministry of Health, and the Ministry of Home Affairs regarding guidelines for the implementation of learning during the Coronavirus Disease 2019 (*COVID-19*) pandemic, dated May 20, 2022, states that face-to-face learning can be conducted at 100% classroom capacity for early childhood education. Basic education and secondary education must be conducted with strict health protocols and the implementation of clean and healthy living behaviors. In-person learning will be shifted to distance learning for 5-10 days if a Covid-19 transmission cluster occurs at an educational institution (Joint Ministerial Decision, 2022).

Previous research has explored the relationship between knowledge, attitudes, and mask compliance. Studies like Suhartiningsih (2021) found that supportive attitudes increase compliance likelihood by 3.5 times, and Purnamayanti (2020) identified attitudes as strong predictors of behavior. However, most studies have focused on adult populations or general communities, leaving a gap in data specific to adolescents, particularly in school environments.

Research by Sukesih (2020) and Tambuwun (2021) highlighted gender differences in health behaviors but did not address the unique dynamics of school settings. This study aims to fill these gaps by examining high school students at *SMA Negeri 3 Cibinong*, where peer influence and institutional policies may significantly impact compliance.

Based on the background described above, the use of masks is very important in efforts to prevent the spread of Covid-19. Even though confirmed cases of COVID-19 continue to decline, this study remains worthwhile given that COVID-19 has not yet been completely eradicated and is highly mutable. Droplets expelled by infected individuals remain infectious and can remain airborne for an extended period and attach to surfaces, making mask usage recommended in enclosed spaces due to limited air circulation and to prevent the formation of COVID-19 clusters in the learning environment. *SMA Negeri 3 Cibinong* is in the Bogor Asri residential area, Nanggewer village, Cibinong district, with the school premises adjacent to residential areas. Therefore, the researcher is interested in investigating the *"Relationship Between Knowledge and Attitudes Toward Mask Usage Compliance Among Students at SMA Negeri 3 Cibinong as a Prevention Measure Against COVID-19."*

The novelty of this research lies in its focus on high school students, a less-studied demographic in COVID-19 compliance research, and its integration of Skinner's theory and the Health Belief Model (Glanz, 2008) to analyze how health education translates into behavior. By providing empirical data from a school environment, this study offers actionable insights for policymakers and educators to enhance mask compliance and prevent COVID-19 clusters in educational settings. The objectives include assessing students' knowledge and attitudes toward mask usage, examining their relationship with compliance, and identifying the dominant influencing factor. The findings will not only inform school-based health interventions but also contribute to broader pandemic preparedness strategies, ensuring safer learning environments during and beyond the pandemic.

METHOD

This study was an analytical observational study employing a cross-sectional design. Measurements were taken once, reflecting conditions at the time of observation, to determine the relationship between knowledge and attitudes toward mask compliance among students at *SMA Negeri 3 Cibinong* as a preventive measure against COVID-19, without further follow-up (Sastroasmoro, 2011).

The study was conducted at *SMA Negeri 3 Cibinong*, Nanggewer Village, Cibinong District, Bogor Regency, West Java Province, from July to August 2022.

The target population consisted of high school students in Bogor Regency, and the accessible population was limited to high school students at *SMA Negeri 3 Cibinong*. The research sample included students who met the inclusion criteria: enrollment at *SMA Negeri 3 Cibinong*, willingness to participate, and completion of the questionnaire.

Simple random sampling was used, giving each student an equal chance of selection. This sampling was performed using a lottery method or random table in Microsoft Excel.

Primary data were collected after obtaining permission from the university and *SMA Negeri 3 Cibinong*. Data collection involved distributing questionnaires via Google Forms, accessible through WhatsApp or a link displayed on a whiteboard for students to access via their mobile phones. Phone numbers of potential respondents were provided by teachers.

Printed questionnaires were also used to accommodate respondents facing internet connectivity or mobile data limitations.

The knowledge questionnaire was adapted from Dayani (2021), previously validated (r values 0.482–0.890; r table 0.361) and reliable (Cronbach's alpha = 0.714). The attitude questionnaire was sourced from Ikhsan (2021), with validity (r values 0.471–0.929; r table 0.423) and reliability (Cronbach's alpha = 0.786). The compliance questionnaire was also from Dayani (2021), validated (r values 0.402–0.638; r table 0.361) and reliable (Cronbach's alpha = 0.734).

Data were processed and analyzed using SPSS for Windows. The processing steps included editing, coding, cleaning, and verification to ensure data completeness and accuracy.

Univariate analysis described the characteristics and distribution of variables, particularly mask compliance among students (Notoatmodjo, 2014). Bivariate analysis tested the relationship between independent and dependent variables using cross-tabulation and the Chi-Square test, with a significance level of $\alpha = 0.05$ (Notoatmodjo, 2014).

a) If $p > 0.05$, the hypothesis was rejected.

b) If $p < 0.05$, the hypothesis was accepted.

RESULTS AND DISCUSSION

Based on the results of data collection conducted by the researcher on August 3, 4, and 5, 2022, by distributing questionnaires to 168 students in Nanggewer sub-district at SMA Negeri 3 Cibinong, Nanggewer sub-district, Bogor regency, regarding the relationship between knowledge and attitudes toward mask compliance among students at SMA Negeri 3 Cibinong as a preventive measure against COVID-19-19, the following results were obtained:

Respondent Characteristics

The characteristics of the respondents obtained from the questionnaire results are gender, age, and grade.

Respondent Characteristics Based on Age

Table 1 Distribution of Respondents Based on Age

No	Age	Number	Percentage
1	14 years	3	1.8
2	15 years	64	38.1
3	16 years	44	26.2
4	17 years	56	33.3
5	18 years	1	0.6
Total		168	100

Source: Primary Data (2022)

Based on Table 1, the majority of respondents were 15 years old, with 64 individuals (38.1%).

Characteristics of Respondents Based on Gender

Table 2 Distribution of Respondents by Gender

No	Gender	Number	Percentage
1	Male	69	41.1
2	Female	99	58.9
Total		168	100

Source: Primary Data (2022)

Based on Table 2, it is known that the majority of respondents were female, totaling 99 people (58.9%).

Respondent Characteristics by Grade

Table 3. Distribution of Respondents Based on Class

No	Class	Number	Percentage
1	X	73	43.5
2	XI	31	18.5
3	XII	64	38.1
Total		168	100

Source: Primary Data (2022)

Based on Table 3, it can be seen that the majority of respondents came from grade X with a total of 73 people (43.5%).

Overview of Respondents' Knowledge

Table 4. Overview of Respondents' Knowledge

No	Knowledge	Number	Percentage
1	High Knowledge	1	87.5%
2	Low Knowledge	2	12.5
Total		168	100

Source: Primary Data (2022)

Based on the data above, the majority of respondents have high knowledge, with 147 people (87.5%).

Overview of Respondents' Attitudes

Table 5. Overview of Respondents' Attitudes

No	Attitude	Number	Percentage
1	Support	14	88.1
2	Not supporting	2	11.9
Total		168	100

Source: Primary Data (2022)

Based on the data above, the majority of respondents, who are students at State High School 3 Cibinong, support the use of masks as a preventive measure against COVID-19, with 148 respondents (88.1%).

Respondent Compliance

Table 6. Overview of Mask Usage Compliance Among Respondents

No	Compliance	Number	Percentage
1	Compliant	122	72.6
2	Non-compliant	4	27.4
Total		168	100

Source: Primary data (2022)

Based on the data in Table 6, mask usage compliance in the compliant category was 122 people (72.6%).

Overview Knowledge, Attitude and Compliance Based on Respondent Characteristics

Table 7. Overview of Respondents' Knowledge Based on Class

No	Class	Knowledge					
		Knowledge High	Percentage %	Knowledge Low	Percentage %	Total	Percentage %
1	X	62	36.9	11	6.5	73	43.4
2	XI	26	15.5	5	3.0	31	18.5
3	XII	59	35.1	5	3.0	64	38.1

Source: Primary Data (2022)

Based on the data above, the highest level of knowledge was found in grade X with 62 respondents (36.9%), while the lowest level of knowledge was also found in grade X with 11 respondents (6.5%).

Table 8. Overview of Respondents' Attitudes Based on Grade

No	Grade	Attitude					
		Support	Percentage (	No Support	Percentage (	Total	Percentage
1	X	56	33.3	17	10.1	73	43.4
2	XI	28	16.7	3	1.8	31	18.5
3	XII	64	38.1	0	0.0	64	38.1

Source: Primary Data (2022)

Based on the data above, the majority of respondents who supported the statement were from grade XII, totaling 64 people (38.1%), while the majority who did not support the statement were from grade X, totaling 17 people (10.1%).

Table 9. Overview of Respondent Compliance by Grade

No	Grade	Compliance					
		Compliant	Percentage (	Non-compliant	Percentage (	Total	Percentage (
1	X	46	27.4	27	16.1	73	43.5
2	XI	26	15.5	5	3.0	31	18.5
3	XII	50	29.8	14	8.3	64	38.1

Source: Primary Data (2022)

Based on the data above, the highest number of compliant respondents came from grade XII with 50 people (29.8%), and the highest number of non-compliant respondents came from grade X with 27 people (16.1%).

Overview of Respondents' Knowledge, Attitudes, and Compliance Based on Gender

Table 10. Overview of Respondents' Knowledge Based on Gender

No	Gender	Knowledge					
		Knowledge High	Percentage	Knowledge Low	Percentage	Total	Percentage
1	Male	61	36.3	8	4.8	69	41.1
2	Female	86	51.2	13	7.7	99	58.9

Source: Primary Data (2022)

Based on Table 10, in the high knowledge category, there were 61 female students (36.3%).

Table 11. Overview of Respondents' Attitudes Based on Gender

No		Attitude					
		Supportive		No Support		Total	Percentage
		Percentage		Percentage			
1	Male	59	35.1	10	6.0	69	41.1
2	Female	89	53.0	10	6.0	99	59.0

Based on Table 11, the category with the most support is female students, with 89 respondents (53.0%).

Table 12. Overview of Respondents' Compliance Based on Gender

No	Gender	Compliance					
		Compliant		Non-compliant		Total	Percentage
		Percentage		Percentage			
1	Male	48	28.6	2	12.5	69	41.1
2	Female	74	44.0	25	14.9	99	58.9

Based on Table 12, the most compliant category was female students, with 74 respondents (44.0%).

Relationship between Knowledge and Attitude Towards Mask Compliance Among Respondents

The results obtained after analyzing the data using the Chi-square test in SPSS are as follows:

Table 13. Cross-Tabulation of Knowledge and Compliance

No	Knowledge	Compliance					
		Compliant	Percentage	Non-compliant	Percentage	Total	Percentage
				Compliant			
1	Knowledge High	1	67.3	34	20.2	147	87.5
2	Knowledge Low	9	5.4	12	7.1	21	12.5

Source: Primary Data (2022)

After conducting a chi-square test, the Pearson chi-square value for knowledge was 0.001 < 0.05, indicating that the hypothesis was accepted, meaning there is a relationship between knowledge and mask usage compliance among students at State Senior High School 3 Cibinong as a preventive measure against COVID-19.

Table 14. Cross Tabulation of Attitudes Towards Compliance

No	Attitude	Compliance					
		Compliant	Percentage	No Compliant	Percentage	Total	Percentage
1	Support	120	71.4	2	16.7	148	88.1
2	No Support	2	1.2	1	10.7	3	1.9

The results obtained after analyzing the data using the Chi-square test in SPSS yielded a Pearson Chi-square value of 0.000 < 0.05, indicating that the hypothesis is accepted, meaning there is a relationship between attitude and mask usage compliance among students at State High School 3 Cibinong as a preventive measure against COVID-19.

Multivariate Analysis (Logistic Regression)

Table 15. Multivariate

	Sig	Odds Ratio	p-value
Attitude	0.00	38.571	0.05

Source: Primary Data, 2022

The attitude variable has a sig. value (p-value) of 0.000< 0.05 and an odds ratio of 38.571, indicating that the attitude variable has a significant dominant effect on mask compliance among students at SMA Negeri 3 Cibinong as a preventive measure against COVID-19 in the multivariate analysis.

Univariate Analysis

1. Knowledge

Based on the research conducted on students at SMA Negeri 3 Cibinong, the majority of respondents had high knowledge, with 147 respondents (87.5%). This aligns with Purnamayanti's (2020) study, which involved 96 respondents in Denpasar, Bali, where approximately 92.8% of respondents had high knowledge.

In this study, the category of high knowledge regarding the use of masks as a preventive measure against COVID-19 was highest among female students, with 61 respondents (36.3%). This is consistent with the findings of Tambuwun (2021), who explained that women tend to pay more attention to their health, while men often neglect their health and underestimate their physical condition. Women have a high interest in learning; they always strive to pay attention to their health compared to men (). The high interest in learning about health and paying attention to personal health among women results in higher knowledge about health and personal health among women compared to men (Rahmawati, 2021).

Knowledge is the result of "knowing" a particular object (Rachmawati, 2019). Knowledge is the result of human perception that produces knowledge through the senses (Notoatmodjo, 2014). Based on the definition of knowledge from experts and its relationship with high knowledge among students at SMA Negeri 3 Cibinong, it is the result of Covid-19 stimulus-19, which is an external stimulus. When this stimulus is applied to humans or organisms, it elicits a response in the form of knowledge acquired through reading materials or mass media about COVID-19, its transmission, and prevention methods. This is also related to higher knowledge among female students, as women have a higher interest in learning, resulting in higher knowledge levels compared to males.

2. Attitude

The results of this study indicate that the majority of respondents, who are students at State Senior High School 3 Cibinong, have a supportive attitude toward mask usage as a preventive measure against COVID-19, with a total of 148 respondents (88.1%). This aligns with the study conducted by Suhartiningih (2021) with 95 respondents in the Gunung Putri area, where 74.7% of respondents supported mask usage.

In this study, the category with the highest number of respondents was female students, totaling 89 people (53.0%), which is consistent with the research findings. Tambuwun, 2021, explains that women pay more attention to their health, while men often do not care about their health and underestimate their physical condition. This is related to

attitude theory, which involves opinions and emotions. When stimuli are given, such as news about Covid-19 transmission in the mass media and the daily number of Covid-19 infections-19, this can trigger a closed response, which is a supportive attitude. As explained in Tambuwun's research, women are more concerned about their health. If women prioritize their health, they are more likely to support measures they perceive as beneficial for their health, such as supporting the use of masks as a preventive measure against COVID-19.

3. Compliance

Based on the results of this study, 122 respondents (72.6%) were found to be compliant in wearing masks. This is in line with the study conducted by Purnamayanti (2020) with a percentage of 67% and the results of this study are also in accordance with the study conducted by Suhartiningsih (2021), where respondents were compliant in wearing masks with a percentage of 74.7%.

Compliance is the extent to which a patient follows medical instructions (WHO, 2012). A person will comply with medical instructions if they understand the purpose and benefits of the instructions. On the other hand, a person cannot comply with medical instructions if they do not understand the purpose and benefits of the instructions given (Ilmah, 2015). Based on the above explanation and in relation to compliance with mask use as a preventive measure against COVID-19, compliance with mask use occurs when an individual understands the purpose and benefits of mask use, and non-compliance with mask use occurs when an individual does not understand the purpose and benefits of mask use.

4. Bivariate Analysis

From the results of the Chi-square test conducted, it was found that there is a relationship between knowledge and compliance with mask use among students at SMA Negeri 3 Cibinong, and there is a relationship between attitude and compliance with mask use among students at SMA Negeri 3 Cibinong. This is consistent with the research conducted by Suhartiningsih, who explained that knowledge is related to compliance with mask use, and respondents who have a supportive attitude toward mask use are more likely to comply with mask use 3.5 times more likely to comply with mask use compared to respondents with an unsupportive attitude (Suhartiningsih, 2021). This indicates that respondents who support mask use comply with mask use at a rate of 71.4%.

In Skinner's theory and the Health Belief Model (HBM), knowledge and attitudes always go hand in hand and are related to individual behavior. Knowledge and attitudes are components that influence a person's behavior. Therefore, in relation to the COVID-19 pandemic, knowledge about COVID-19, including the disease itself, its transmission, and prevention methods, will lead to attitudes that support the use of masks as one of the ways to prevent COVID-19, resulting in individuals complying with mask-wearing behavior.

The results indicate a relationship between knowledge and attitudes toward mask compliance among students at SMA Negeri 3 Cibinong. This is consistent with the findings of Purnamayanti's study, which explains that attitudes are predictors of behavior; when attitudes support mask use as a preventive measure against COVID-19, this is accompanied by high mask compliance as a preventive measure against COVID-19 (Purnamayanti, 2020).

CONCLUSION

A study conducted at SMA Negeri 3 Cibinong with 168 respondents revealed that most students had high knowledge (87.5%) and supportive attitudes (88.1%) toward mask usage as a preventive measure against COVID-19. However, actual compliance was somewhat lower, with 72.6% classified as compliant. Statistical analysis confirmed a significant relationship between knowledge and attitudes with mask compliance, with attitude identified as the most dominant influencing factor (odds ratio 38.571). Based on these findings, it is recommended that schools implement interactive educational programs focused not only on knowledge but also on shaping practical attitudes and skills, including peer education. Future research should explore additional influences such as social environment and school policies using qualitative methods to better understand behavioral barriers. This approach can help bridge the gap between knowledge, attitudes, and actual behavior, improving compliance and enhancing school preparedness for ongoing and future health challenges.

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