



Journal Homepage:
<https://jurnal.ugm.ac.id/rpcpe>

RPCPE

ISSN 2613-943X (print)
 ISSN 2620-5572 (online)

Review of Primary Care Practice and Education
 (Kajian Praktik dan Pendidikan Layanan Primer)

Understanding Cough Ethics and Changes of Behavior of Kindergarten Teachers in the Work Area of *Puskesmas* Sedayu I: Community-Based Health Efforts

Sistia Utami¹, Mora Claramita², Wahyudi Istiono³

¹ Primary Health Care Center/*Pusat Kesehatan Masyarakat (Puskesmas)* Sedayu I; Indonesia

² Department of Medical Education and Bioethics; Faculty of Medicine, Public Health and Nursing; Universitas Gadjah Mada; Indonesia

³ Department of Family and Community Medicine; Faculty of Medicine, Public Health and Nursing; Universitas Gadjah Mada; Indonesia

Corresponding Author:

Sistia Utami: Primary Health Care Center/*Pusat Kesehatan Masyarakat (Puskesmas)* Sedayu I, Panggang, Argomulyo, Sedayu Bantul, Daerah Istimewa Yogyakarta – 55752, Indonesia
 E-mail: sistia.utami72@gmail.com

To cite this article:

Utami S, Claramita M, Istiono W. Understanding cough ethics and changes of behavior of kindergarten teachers in the work area of *Puskesmas* Sedayu I: community-based health efforts. *Rev Prim Care and Educ.* 2020; 3(1): 15-23.

ABSTRACT

Background: Cough cases are increasing every year. The most common cause is a virus. Coughing is influenced by endurance, Cough Ethics, and Handwashing with Soap/*Cuci Tangan Pakai Sabun (CTPS)*. Transmission occurs through droplets in the air from the patient when coughing or sneezing. We need to educate the community to minimize transmission, especially among children. Ultimately, this speeds up the healing process. **Objective:** This study aimed to provide an understanding of Cough Ethics and behavior change using narrative in action to kindergarten teachers. **Method:** This study used descriptive-analytic qualitative methods with narrative in action. The subjects of the study were a population of kindergarten teachers in the working area of the *Puskesmas* Sedayu 1, selected purposive snowball sampling. Retrieval of data was done through the observation stage, pre-narrative in action activities, the narrative in action, post narrative in action activities, and the final observation stage in kindergarten. **Result:** Observations were done at the school to find out the infrastructure. Observation before and after the demonstration showed there were improvements and concluded that all can demonstrate the Cough Ethics and CTPS. Watching the Cough Ethics video, CTPS, followed by the dialogue, motivation, education, persuasion, promotion were empowering for the teachers to change their behavior. All groups when coughing or sneezing covered their nose and mouth with a tissue, mask, or the inner side of elbow arm or expelled phlegm on the ground, *lodong*/special place like a jar, and toilet. **Conclusion:** Narrative in action activities are an alternative way of providing understanding to change behavior. Watching videos makes it easy to explain the Ethics of Cough. Practice is needed to improve the skills of narrative in action.

Keywords: *cough ethic, CTPS, narrative in action*

INTRODUCTION

One of the *Puskesmas* activities according to the Ministry of Health Regulation No. 75 of 2014, is Community-Based Health Efforts/*Upaya Kesehatan Berbasis Masyarakat (UKBM)*, which is more focused on promoting and preventive efforts by involving all levels of society, including kindergarten teachers¹. One of the preventive promotive efforts in UKBM is the prevention and control of infectious diseases. Transmission of infectious diseases such as the common cold in schoolchildren is very easy. The common cold disease does not happen seasonally and can be experienced by anyone throughout the year. Common cold, influenza, and pharyngitis can be experienced by anyone whose immune system is decreasing². This disease can easily attack people with low endurance and in some circumstances only by resting and eating a balanced diet, can sufferers improve³. The number of common cold sufferers in pre-school age children in *Puskesmas* Sedayu I tended to increase from 2013, 2014, and 2015, specifically 674, 628,

and 715 cases. Common cold and acute pharyngitis have always been counted in the 10 most diseases over the past 3 years for all ages^{4,5,6}.

Coughing is a symptom of a disease caused either by infection or non-infection. Infectious disease is one caused by germs in the form of bacteria, viruses, fungi, parasites, and not caused by physical factors (burns) or chemicals (poisoning). Mode of transmission of disease can occur through direct media on the surface of the skin of people to people or air media directly in the form of droplets or saliva splashes or indirectly through water borne⁷. Direct transmission usually occurs through sneezing or coughing. Coughing also occurs in people with GERD, chronic lung conditions such as asthma, COPD, pulmonary fibrosis, and lung tissue disease, and can also be due to embolism, or heart failure congestion⁸. Infectious Disease Control and Prevention Program/*Program Pengendalian dan Pencegahan Penyakit Infeksi (PPI)* has been routinely

conducted by *Puskesmas*. Communities and staff have an increased risk of contracting diseases through daily contact with sick patients. For health officers, early warning standards are applied using masks and CTPS⁹.

The most common behavior is not wearing personal protective equipment such as masks and CTPS. Compliance in washing hands with soap and water together is recommended because it reduces the incidence of illness that comes from the environment compared to washing hands with an alcohol-based liquid¹⁰. Fulfillment of proper infrastructure is also needed to minimize cough transmission, especially in the school environment. The application of standard precautions in health care facilities starts with health workers serving in health services, applied in daily activities, especially when on duty¹¹. When there are no tissues, you can use your inner side of elbow arm when coughing or sneezing, and if there is fluid coming out through the nose, use tissue or discharge sputum into the toilet or in a special place filled with antiseptic fluid^{12,13}. This study aimed to provide an understanding of Cough Ethics and behavior change using narrative in action by kindergarten teachers so that teachers can be an example and healthy role model of Cough Ethics for kindergarten children.

RESEARCH METHODS

This research was descriptive-analytic study with a qualitative approach. This research used narrative in action with 6 steps of activities consisting of dialogue, motivation, education, persuasion, promotion, and empowerment. Each step consists of questions: (1) What do you do when you cough or sneeze?; (2) If you don't wear a mask or tissue, what do you do ?; (3) If your hands get wet with coughing or sneezing splashes, what do you do ?; and (4) If you cough and there is phlegm, where do you get rid of the phlegm?

Descriptive research is conducted to describe, interpret, and explain social situations. Descriptions are in the form of phenomena found, risk factors, and effects or results. Subjects were divided into 3 groups due to the busy schedule of the teachers so that the grouping was based on the similarity of time the subjects had when they were going to be observed.

The population were kindergarten teachers in the working area of the *Puskesmas* Sedayu 1. The sampling technique was purposive snowball sampling in 15 kindergartens and 36 teachers. Inclusion criteria were: (1) Kindergarten teachers who work in the work area of *Puskesmas* Sedayu 1; (2) Willing to be a respondent; (3) Not yet retired in the next 5 years; and (4) Not being treated by a doctor. Exclusion criteria: (1) Kindergarten teachers who do not live in the District of Sedayu; and (2) Not a kindergarten teacher.

Table 1. Research variable

Subject	Variable
Group	1. Closing the nose-mouth using a mask or tissue when sneezing and coughing
	2. Using the inner side of elbow arm/sleeve while sneezing and coughing
	3. Wash hands with soap in running water
	4. Throw sputum in toilet/container that has been given antiseptic

The method of data analysis used audio-visual recordings from the observation, interview and demonstration stages as pre-narrative in action activities, including the narrative in action recorded sounds, post narrative in action recorded audiovisuals, and finally finished with analyzing pre and post engagements by simple coding.

RESULTS AND DISCUSSION

Screening several videos about cough ethics is a way to attract attention early in the activity. The results of the narrative in action can be seen in appendix 1. The dialogue activities of the respondents could be directed more by referring to the video watched, and reactions from the three dialogue groups developed according to the participants' understanding. Almost all participants actively said they were in the habit of closing their noses when coughing or sneezing and using a handkerchief, tissue, mask, or inner elbow. The question of why use a mask was appropriately answered by fellow respondents. The question about the effectiveness of using the inner side of elbow arm in group 3 was raised by one of the respondents. Dialogue about correct CTPS was also inserted into the health promotion.

Motivating activities according to Sulaksana tend to be done in 2 directions¹⁴, so also in this activity motivating

respondents to use tissues, masks, and the inner side of elbow arm when coughing or sneezing in each group. The goal was motivating to want to wear the right mask, how to get rid of tissues, masks, the right reaction, and how to CTPS sequentially. In group 3 respondents were found motivated to the use of the inner elbow when coughing or sneezing.

Educational and promotional activities tended to be one-way from the Researchers and also in answering respondents' questions. Some respondents in each group were enthusiastic about asking why it is safer to wear a disposable mask, about the causes of coughing, and why use the inner side of elbow arm.

The persuasion step was done with respondents who still use a handkerchief urging them to pay attention to how to treat a handkerchief after use. Also, respondents who still use their hands to cover their nose and mouth when coughing or sneezing were urged to do the correct CTPS as soon as possible. It was explained that the effect of not closing the nose-mouth when coughing will spread airborne diseases such as common cold¹⁵. But the activities did not appear to show there was a good promotional effort.

Table 2. Guidelines of the narrative in action

No	Question	Demonstration	1. Dialogue	2. Motivation	3. Education	4. Persuasion	5. Promotion	6. Empowerment
			V Narration	V Narration	V Narration	V Narration	V Narration	V Narration
1	What do you do when you cough and or sneeze?	Close the nose-mouth using a mask or tissue when sneezing and coughing	Understand the question	Ethics	Ethics and how to use proper tissue/mask and how to get rid of it	So, you want to cover the nose-mouth when coughing or sneezing because it is appropriate ethics	Infectious diseases due to cough can be minimized by covering the nose-mouth when coughing or sneezing. Describe CC & TBC	Ensure understanding, by altering behavior by using & removing the correct tissue or mask when coughing or sneezing
2	If you do not wear a mask, there is no tissue, what you do when coughing and or sneezing?	Use the inner side of elbow arm when sneezing and coughing.	Understand the question	Practicality	Do not bother looking for a mask or tissue, easy, cheap	So, you will want to use a sleeve or a silhouette arm to cover the nose-mouth when coughing or sneezing because it's practical, easy, and cheap.	Germs stuck in their sleeves or sleeves and exposed to free air/sun, not sprinkling droplets to others.	Ensure understanding and willingness to change behavior using the upper sleeve or the inner side of elbow arm when coughing or sneezing.
3	If your hand is exposed to a splash of cough or sneeze, what is doing?	7 steps washing hands with soap with running water: 1. Wipe your palms 2. The back of the hand 3. In between the fingers 4. Knuckles 5. Fingernails 6. Thumbs up 7. Wrist	Understand the question	Do not infect the surrounding when shaking hands, while holding goods or food	Spreading germs by hand while shaking hands, holding items such as door handles, books, food	So, you will want to do 7 steps sequential CTPS.	Hands cleaner & minimize the spread of germs by hand.	Ensure understanding, willing to change the behavior, memorize the song 7 step washing hands and willing to do in everyday life both at home and at work.
4	If you cough and there may be sputum, where do you get rid of the sputum?	1. Toilets 2. <i>Lodong</i> /special place & given antiseptic solution	Understand the question	- Not spread disease - Ethics	Germs cannot immediately die, it can fly	Creates a disgust to the spit that is dumped indiscriminately	Beware of TB disease transmission with iceberg phenomenon	Ensure understanding and willing to change sputum-throwing behavior, ensuring there is a trash can near the classroom.

Table 3. Preliminary and final observation results

No	School	Observation															
		Children know the song of CTPS		Available masks		Poster PHBS		Faucet water in the yard		Soap/hand rub		Tissue/clean napkins		Closed bins		Toilet	
		A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B
1	TK PKK 30 AM	-	V	-	-	V	V	V	V	-	V	-	V	V	V	V	V
2	TK PKK 29 AM	-	V	-	-	-	-	V	V	V	V	-	V	-	V	V	V
3	TK Pertiwi 61 K1	-	V	-	-	-	V	V	V	-	V	-	V	-	-	V	V
4	TK ABA TAPEN	-	V	V	V	-	-	V	V	V	V	-	V	V	V	V	V
5	TK ABA SEDAYU	-	V	-	-	-	-	V	V	-	V	-	V	V	V	V	V
6	TK ABA AM	-	V	-	-	-	-	V	V	-	V	V	V	-	V	V	V
7	TK PKK 7 AM	-	V	-	-	-	-	V	V	-	V	-	V	-	V	V	V
8	TK ABA PEDUSAN	-	V	-	-	V	V	V	V	-	V	-	V	-	V	V	V
9	TK PKK 28 AM	-	V	-	-	V	V	V	V	-	V	-	V	-	-	V	V
10	TK PKK 4 AM	-	V	V	V	-	V	-	-	-	-	v	-	V	V	V	V
11	TK PKK MAWAR PUTIH	-	-	-	-	V	V	V	V	V	V	-	V	-	-	V	V
12	TK PKK 35 MEKAR RINI	-	V	-	-	V	V	V	V	-	V	-	V	-	V	V	V
13	TK PKK 10 AM	-	V	-	-	-	V	V	V	-	V	-	V	-	V	V	V
14	TK ST THERESIA	-	V	-	-	-	V	V	V	-	V	-	V	V	V	V	V
15	TKIT BINA INSAN	-	V	-	-	-	V	V	V	-	V	-	V	-	-	V	V

V: available/know/able
 -: available/not know/not able
 A: start
 B: end

However, at the end of the activity, there were empowerment efforts by concluding together, agreeing, asking for willingness to become a role model, and conveying the correct Cough Ethics.

The results of the initial and final observations after the narrative in action can be seen in Table 3 below. Pre and post narrative in action activities were used to assess understanding and behavior changes after exposure to the narrative in action.

The initial stage was done by observing, visiting a kindergarten, seeing and talking with kindergarten students as well as teachers. The results of initial observations found 100% of students and teachers do not know the correct steps of CTPS.

Final observation after 3 months of the last narrative in action activity, namely in April week III, showed there was significant change in all teachers and students who now already know the 7-step hand washing song with 93.33% of kindergarten. The PHBS (Clean and Healthy Life Behavior) poster increased by 100% from 5 schools to 10 schools. Kindergarten schools that are being renovated are using water taps for ablution in the mosque next to the location.

Solid or liquid soap already exists near the water tap, and there were an additional 12 locations up from 20% to 100%. Tissues or napkins were already available around the place to wash hands. Most sites had closed trash bins and several begin to have dry and wet waste sorting with a change from 33.33% to 73.33% having closed trash. All kindergarten schools already have well-maintained bathrooms. Some children who are coughing still use their arms to cover their nose and mouth.

CONCLUSIONS

The activity that begins with watching the video makes it easier to implement steps in the narrative in action. Cough Ethics can also be socialized with narrative in action. When coughing or sneezing, closing your mouth to the bottom of the nose with the forearm to the elbow is more practical than using a tissue or mask. Steps to wash hands with soap are easy to remember by singing. Removing phlegm or nasal discharge is better in the bathroom. In patients with the chronic or old disease tissues can be disposed temporarily in a *lodong*. In the room, there should be a closed trash bin. The results of the final observation after 3 months of narrative in action, found a significant change in doing the Cough Ethics properly.

Acknowledgment

The authors are grateful to all those who helped complete the research.

Ethical Approval and Informed Consent

This research has been approved by the Medical and Health Research Ethics Committee (MHREC) from the Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada.

Funding

Self-funding.

Availability of Data and Material

Data and material can be accessed via the corresponding author.

Conflict of Interest

None.

REFERENCES

1. Ministry of Health Republic of Indonesia. Ministry of health regulation no. 75 of 2014 on primary care health center. Republic of Indonesia Public Letter of 2014 No. 1676. Jakarta: Ministry of Health Republic of Indonesia; 2014.
2. Aiello AE, Murray GF, Perez V, Coulborn RM, Davis BM, Uddin M, Shay DK, Waterman SH, Monto AS. Mask use, hand hygiene, and seasonal influenza-like illness among young adults: a randomized intervention trial. *The Journal of Infectious Diseases*. 2010; 201(4): 491-8.
3. World Health Organization. Cough and cold remedies for the treatment of acute respiratory infections in young children. Geneva: World Health Organization; 2001. Available from: https://apps.who.int/iris/bitstream/handle/10665/66856/WHO_FCH_CAH_01.02.pdf?sequence=1
4. Puskesmas Sedayu I. Puskesmas Sedayu I profile. Bantul: Puskesmas Sedayu I; 2013.
5. Puskesmas Sedayu I. Puskesmas Sedayu I profile. Bantul: Puskesmas Sedayu I; 2014.
6. Puskesmas Sedayu I. Puskesmas Sedayu I profile. Bantul: Puskesmas Sedayu I; 2015.
7. Three ways of transmitting infectious diseases [homepage on the Internet]. c2012. Available from: <http://www.smallcrab.com/kesehatan/1186-tiga-cara-penularan-penyakit-infeksi.html>.
8. Turner RD, Bothamley GH. Chronic cough and a normal chest x-ray - a simple systematic approach to exclude common causes before referral to secondary care: a retrospective cohort study. *NPJ Primary Care Respiratory Medicine*. 2016; 26: 15081.
9. Directorate General of Medical Services. Managerial guidelines for infection protection in hospitals and other health care facilities. Jakarta: Ministry of Health Republic of Indonesia; 2008.
10. Savolainen-Kopra C, Haapakoski J, Peltola PA, Ziegler T, Korpela T, Anttila P, Amiryousefi A, Huovinen P, Huvinen M, Noronen H, Riikkala P, Roivainen M, Ruutu P, Teirilä J, Vartiainen E, Hovi T. Hand washing with soap and water together with behavioural recommendations prevents infections in common work environment: an open cluster-randomized trial. *Trials*. 2012; 13: 10.
11. World Health Organization. Hand hygiene technical reference manual. Geneva: World Health Organization; 2009. Available from: https://apps.who.int/iris/bitstream/handle/10665/44196/9789241598606_eng.pdf?sequence=1
12. Berry TD, Fournier AK. Examining university students' sneezing and coughing etiquette. *American Journal of Infection Control*. 2014; 42(12): 1317-8.
13. World Health Organization. Implementation of standard precautions in health care facilities: infection prevention and control. 2008. Available from: https://www.who.int/csr/resources/publications/AMStandardPrecautions_bahasa.pdf?ua=1.
14. Sulaksana U. Change Management. Yogyakarta: Pustaka Pelajar; 2004.
15. Samanta GP. Analysis of a nonautonomous dynamical model of diseases through droplet infection and direct contact. *Applied Mathematics and Computation*. 2011; 217(12): 5870-88.

APPENDIX 1

Table of the Narrative in Action at Group

No	Narrative in Action	Question	Group I	Group II	Group III
			Response Participants	Response Participants	Response Participants
1	Dialog	<p>What do you do when you cough or sneeze?</p> <p>If you do not wear a mask or use tissue, what do you do?</p> <p>If your hands are splashed by coughing or sneezing, what are you doing?</p> <p>If you cough and there may be sputum, where do you get rid of the sputum?</p>	<p>1) Yes, we use tissue, and after using tissue, it must be discarded/thrown. That's right ma'am, use tissue after coughing? Is it right, ma'am?</p> <p>(2) How about wearing a handkerchief, if there are no tissues?</p> <p>(3) After coughing, after coughing, yes it (tissue) is thrown in the trash, then we immediately wash hands.</p> <p>(4) Tissues</p> <p>(1) The easiest way is to use the inner side of elbow arm like the example in the video, it is not difficult to find a tissue or handkerchief, unless there is a crack means to throw it away the tissue or in the bathroom (Researcher).</p> <p>(2) Use a mask, right?</p> <p>(1) Using hands is actually in my opinion if it's okay, then after that immediately look for water, and then wash your hands using 7 steps to wash hands with soap like the film earlier.</p> <p>(2) But if you use spray it also contains alcohol, can you buy it to wash your hands?</p> <p>(3) Well that's it, so we spray 4 times the taste is also not enough for cleaning.</p> <p>(4) Yeah, and sometimes it's still dry, but before we used it (pointing to the one provided) why is it like that?</p> <p>(1) Suppose there is no trash, then I look elsewhere there is no trash, then I pocket it, is the influence not germs?</p> <p>(2) If you don't bring plastic?</p> <p>(3) The important thing is the bag can be hit by free air later.</p> <p>(4) As a child, there are grandmothers who use it to chew special leaves (to dispose of the results of the used-chewing special</p>	<p>(1) If I am in front of the children, I still immediately run to the bathroom. If you do not use tissue, I will cover it when I cough.</p> <p>(2) Take a tissue, after coughing just take (demonstrate cough with tissue). But if I was teaching, I immediately ran out to the bathroom.</p> <p>(3) When coughing or sneezing, what you do is drink salt water. If not, then drink salt water mixed with soy sauce and oranges to treat it.</p> <p>(4) First, we must cover our mouths with tissue, then we throw the tissue in a closed trash can.</p> <p>(5) Cover with a tissue (practice coughing with a tissue).</p> <p>(6) Not facing other people, keep having to be ready with tissue at least covered so as not to spread to others.</p> <p>(1) Then open the mask and try to cough covered in the arm (participant).</p> <p>(1) Doctor, can we try the 7 steps to wash hands? I just heard.</p> <p>(2) Training time has been shown.</p> <p>(3) While to the former rice warehouse, fortunately there is a mosque next door. So, the children wash their hands in the ablution place. Do you have a cleaning liquid, expensive, ma'am? (4) If the teacher does not use the liquid, if the children are wasteful.</p> <p>(5) How to use cleaning fluid with the 7 steps to wash hands with soap?</p> <p>(6) It's better to use soap and running water.</p> <p>(7) Is it different or not? Is the sneezing of someone with the right sneezing with someone with the flu different or not?</p> <p>(1) On the ground, continue to be covered using soil.</p> <p>(2) In the bathroom ma'am.</p> <p>(3) On the lawn alone, the sun is exposed to direct germs.</p> <p>(4) You may throw it in the tissue.</p> <p>(5) Dispose of directly in the trash?</p> <p>(6) Poor people who clean trash cans, yes if they are in a plastic cage first. In Srontakan Kindergarten who coughs, the teacher goes to the bathroom.</p> <p>(7) If the cough is very frequent and the phlegm/sputum is many,</p>	<p>(1) Wash hands after covering mouth with both hands.</p> <p>(2) Use the arm when coughing.</p> <p>(3) Wear a mask when in class when coughing and flu.</p> <p>(1) Yes doctor, it's more easily to use arms, then tissue, mask, tomorrow dumped into the trash, simple but often forgot.</p> <p>(1) Some respondents answered, "Wash hands with soap". Others add "Rinse with flowing water".</p> <p>Usually I cough there is a reaction. When I taught, my reaction was swallowed. But if the cough continues, I go out first, cough in the bathroom or drink water. If in the bathroom, my reaction will be thrown in the toilet.</p> <p>(1) Some tell a few years before his mother died of coughing, he prepared a used biscuit can whose contents were given antiseptic solution. Every morning and evening he turns with his brother to throw it in the front sewer.</p>

No	Narrative in Action	Question	Group I	Group II	Group III
			Response Participants	Response Participants	Response Participants
			leaves), now you can get rid of phlegm? (5) If the community is dumped on the ground, then it will be closed using soil or sand. If you use <i>lodong</i> directly, how about the dock? (6) Doctor, have I heard that the lodges are given antiseptics?	is there a way that can help, especially if the cough is grandfather/grandmother? (8) My neighbor's grandmother when I was little near her bed had a biscuit can to dispose of, salted sand, every day the sand was replaced and what was salivated or broken in the backyard, if now is that still the case? (9) Maybe today still works, but not all houses have sand, can they be covered with plastic?	
2	Motivation	What do you do when you cough or sneeze?	Mouth and nose. So not only the mouth, but also the nose. So, this must cover all. So, if you take a sheet and it is not enough, you can take 2 sheets. Don't use toilet paper. Yes, that's OK, but it's really coughing. So that's how it is mom, take enough, keep it closed, not only the mouth but also the nose. Oh, Mr. Nur said earlier "Yes if there is tissue". Well, please try Mr. Nur, practice it. So how to wear the right mask? (Researcher). Yes, we see the fold. If it's the right one, the outer one folds out of the bag. So, for example I drag here it falls. But if we go back, try behind that inside if we put something in here then it still won't fall. Take a look at this (demonstrate by putting a pen in the fold). Respondent justified by saying "Yes, yes not fall". Researcher continued "So that the hope, germs that are stuck here will not carry anywhere. So, do not fall.	(1) We take tissue, we cover it, then we throw it in the trash, (demonstrating a cough with tissue). When we fit in front of the children, we turn our heads. If we walk, we cannot, at most it only leads to the other side. Researcher agrees. "Even if we sneeze just once the germs or viruses that we spend are millions. So, it's no longer one, two, three, ma'am, but millions of germs or virus".	(1) I used to buy colorful, washable, no wires, just a little nose and mouth cover, no folds. It's comfortable to wear because it's exposed to the wind or cool (participants). Researcher's response "How many days do you wash it, Mother? If you are not sick it is not a problem mom, but if you cough because of an allergy or a cold cough due to an infection?". (2) Wash 3-4 days. It should be every day, yes (Researcher). (3) There were other respondents who were shocked and ashamed, "I sometimes washed it for 5 days, mom." Researcher "Wow, you keep germs in a mask". So, it is better if you are coughing with disposable masks or diligently washing mask material.
		If you do not wear a mask or use tissue, what do you do?	The easiest is to use the inner side of elbow arm like the example in the video, it is not difficult to find a tissue or handkerchief, unless there is a crack means to throw it in garbage or in the bathroom (participant).	Others try to cough when wearing a mask and say, "It's hard to breathe, it's better to use your arms". Then open the mask and try to cough covered with arms. "More relieved". Researcher "Yes, so that's how it is. So how can you use it? So, if you cough? The answer is wearing a mask earlier and it's more practical to use your inner side of elbow arm. Anything else you want to add?"	
		If your hands are splashed by coughing or sneezing, what are you doing?	Actually, in my opinion, it's okay to use your hands, then immediately look for water, then wash your hands the 7 steps of CTPS like the film (participant). Another respondent suddenly said "Please practice it" (Researcher).	Please try it, isn't it suitable for the 7 steps of CTPS? (Researcher). All participants tried the 7 steps of CTPS. Anyone wants to compare with soap. He invited us to a hand washing area near the hall and argued "It's better to use soap and running water". The opinion of other respondent colleagues "Yes sometimes if you just urge to use fluids".	Get used to wash hands with soap and running water (Researcher). Some respondents have memorized it.

No	Narrative in Action	Question	Group I	Group II	Group III
			Response Participants	Response Participants	Response Participants
4	Persuasion	If you cough and there may be sputum, where do you get rid of the sputum?	Now this is a trash can. Sorry, what's next to it ... <i>lodong</i> (like a jar), able to remove phlegm. Isn't that like there are small places? Well, the most important thing is the jar (Researcher).	(1) Ladies, if you cough with phlegm, change your reaction in the toilet or tissue, then throw it in a trash bin exposed to the sun or if in the trash bin, what should you think, ladies and gentlemen? (Researcher). (2) Yes ma'am, you can, but still, from plastic waste to the toilet, ma'am, unless you have large sand or land that is exposed to the sun, you can use it (Researcher). Yes, so that's how it is. So how can you use it? So, if you cough? The answer is wearing a mask earlier and it's more practical to use your inner side of elbow arm. Anything else you want to add? (Researcher).	
		If your hands are splashed by coughing or sneezing, what are you doing?	Like this? (showing the handrub)	(1) Alhamdulillah, everyone is happy, tomorrow please teach children the 7 steps to wash hands (Researcher). (2) Yes, it may be thrown in the toilet maybe yes, it's uncomfortable to hear that people want to dump the mucus.	(1) Getting used to wash the hands with soap and flowing water (from the participant). (2) If being taught may be difficult, later the children will not be clear with the teacher's voice, detained first and then leave the class to cough, especially if you cough continuously. (3) I used to buy colorful, washable, no wires, just a little nose and mouth cover, no folds. It's comfortable to wear because it's exposed to the wind or cool Remember the 7 steps to wash hands (Researcher)
		If you cough and there may be sputum, where do you get rid of the sputum?	Yes, it is better put plastic to be easily disposed of in a sun-draped garbage can or throw into a closet. It is usually necessary to prevent blockage for difficult sewage in the bathroom. Especially if you have an infection like tuberculosis (Researcher).		Researcher said that it is safer to dispose of the closet or make a hole to throw sputum than on the ground to prevent germs from spreading.
5	Promotion	What do you do when you cough or sneeze?	Yes, we see the fold. If it's the right one, the outer one folds out of the bag. So, for example I drag here it falls. But if we go back, try behind that inside if we put something in here then it still won't fall. Take a look at this (demonstrate by putting a pen in the fold) Please practice it (sing the 7 steps of CTPS) (Researcher)	The conclusion is more understanding, right ma'am. After trying the mask when coughing, cover your nose to mouth with a tissue, and compare it with your arms (Researcher).	(1) Do you wash it every other day? If you are not sick, then no problem, but if you cough due to an allergy or a cold cough due to an infection? (2) There are still germs that can infect other people.
		If your hands are splashed by coughing or sneezing, what are you doing?		(1) We get it from the public health office (point to the hand rub) (Researcher) (2) Right ma'am, it is safer and guaranteed cleaner by handwashing with soap with flowing water (Researcher)	There are 7 steps to wash the hands from front to back, between fingers, knuckles, fingernails, wrist thumbs (Researcher sing)
		If you cough and there may be sputum, where do you get rid of the sputum?	The Researcher affirmed and added "It would be safer if the sputum is thrown into the closet and watered thoroughly".	Yes ma'am, it can, but still, throw plastic waste to the toilet, ma'am, unless you have large sand or land that is exposed to the sun, you can use it (Researcher)	
6	Empowerment	What do you do when you cough or sneeze?	Conclude about the correct Cough Ethics, using a mask when coughing, runny nose, closing the nose-mouth using tissue or the inner side of elbow arm when sneezing or coughing, CTPS, and	At the end of the narrative in action activity, the respondents were able to receive a concise understanding and explanation of the Cough Ethics and CTPS. The respondents are willing to teach the 7 steps of CTPS and	Activities closed by practicing Cough Ethics, washing hands with soap, and a commitment to teach Cough Ethics to kindergarten students.

No	Narrative in Action	Question	Group I	Group II	Group III
			Response Participants	Response Participants	Response Participants
			how to properly expel phlegm in the toilet.	inform about Cough Ethics in the school and family.	
		If you do not wear a mask or use tissue, what do you do?	Conclude to close the nose-mouth using the inner side of elbow arm.	Receive understanding using the inner arm elbow.	Being able to practice covering the nose-mouth with the inner side of elbow arm.
		If your hands are splashed by coughing or sneezing, what are you doing?	Concludes about proper hand washing with the 7 steps of CTPS.	Th respondents are willing to teach the 7 steps of CTPS.	Wash hands after closing the mouth with both hands.
		If you cough and there may be sputum, where do you get rid of the sputum?	Conclude about how to properly expel phlegm in the closest garbage.	The respondents are willing to inform Cough Ethics (one of them is a place to dispose of sputum) in the school and family.	Commitment to teach Cough Ethics to kindergarten students.

