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Original Research

The Relationship of The Implementation of Physical Distancing with The Level of Social Interaction in Children Aged 3-6 Years Old in Bantal Village, Asembagus District, Situbondo Regency

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ABSTRACT

Introduction: Social interaction played an important role in a child's daily life. If there was no balance of intelligence or interactive abilities, it would be difficult for children to live in society. During the Covid-19 pandemic, the government issued a physical distancing policy. Children couldn't meet and interact with their environment. The purpose of this study was to determine the relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years in Bantal Village.

Methods: The research method used is quantitative with a cross-sectional approach design. The study was conducted 93 children with criteria aged 3-6 years who live in Bantal Village, Asembagus District. The exclusion criteria for sick children, have physical limitations and suffer from mental disorders using the purposive sampling technique. Data collection used measuring tools in the form of a questionnaire on the physical distancing and interaction rating scale (IRS) and used the chi-square for the statistical test.

Results: The results of the statistical analysis test using the chi-square value obtained $p < \alpha$ ($p = 0.001 < 0.05$) so that there is a relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years in Bantal Village, Asembagus District, Situbondo Regency.

Conclusion: There was a relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years during the Covid-19 pandemic in Bantal Village.

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1. INTRODUCTION

Preschoolers are children whose ages range from 3 to 6 years, and at this time physical growth slows down while psychosocial and cognitive development increases (Mansur, 2019). This period is usually referred to as the critical period, where the child is ready to face the stimuli provided by the environment. Lack of social interaction has an impact that often occurs, namely children are more likely to be shy, like to be alone, and lack self-confidence. Children who can complete all these activities well will interact with their peers more quickly, have many friends, and understand friends easily (Ilmiah et al, 2016).

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World Health Organization (WHO) explains that 5-25% of preschool children have developmental deviations. According to Yunita, Luthfi, and Erlinawati (2020) data, globally, 9% of children suffer from anxiety, 11-15% of children are easily emotional. In Indonesia itself, estimated that the incidence of problems related to child growth and development ranges from 13%-18%, namely 9.5%-14.2% of preschool children experiencing social problems, psychological and emotional (Silawati, Nurpadilah, and Surtini, 2020).

Who World Health Organization (WHO) announced on February 11, 2020, that this disease is called Corona Virus Disease (Covid-19). This disease is caused by the 2019-nCoV virus and which has now changed its name to SARS-CoV-2, and on March 12, 2020 it was officially declared a pandemic (Yuliana, 2020). After Covid-19 began to spread in Indonesia, the

government made a policy to prevent the transmission of Covid-19 through PP No. 21 of 2020, namely encouraging people to do physical distancing, work from home, and in the education sector by implementing study from home (Kemenkes RI, 2020).

One of the strategies issued by the government is issuing a policy regarding physical distancing (Anung Ahadi Pradana, Casman, 2020). According to Kemenkes RI (2020), physical distancing is a policy given by the government to prevent the transmission of Covid-19 which is applied through: 1) the closest distance to other people is 1 meter, 2) not leaving the house unless there are certain matters (worship). At home, study at home, if possible work from home), 3) don't go to public places, wear a mask when in crowded places, 4) don't shake hands, and 5) don't get together (chat at coffee shops, social gathering, study, etc.). This certainly has an impact on the child's socialization process (UNICEF, 2020).

The information circulating in the community becomes very excessive, causing various panics. There are also many people who easily believe based on gossip between individuals. So that people who do not dig up information coupled with a lack of communication strategies from the government cause information to not be conveyed properly among the public (Aprilia & Hidayat, 2021).

To optimize the socio-emotional development of children during the pandemic, it can be done by inviting children to know themselves and their environment. In doing the introduction, it can be in the form of interaction of children with their families which will later help improve children's social skills. It is also important for parents to seek information on ways to help improve their child's social interaction skills. The purpose of this study was to find out whether there was a relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years in Bantal village.

2. METHOD

2.1 Design

This study used a quantitative method with a cross sectional design, the study aims obtaining information from respondents

through the sample. The technique generally used for sampling is random sampling, using a questionnaire research tool and then analyzing the data. Data analysis using quantitative methods.

2.2 Population

2.2 Population, Samples, and Sampling

Population of preschool age children (3-6 years) in Bantal Village, Situbondo Regency as many as 1,314. The sample taken in this study amounted to 93 respondents. The sampling technique used was purposive sampling technique. In the data collection process, the researchers set inclusion criteria, namely 1) children aged 3-6 years who live in Bantal Village, Asembagus District, Situbondo Regency. As for the exclusion criteria, namely 1) children who are sick and have symptoms resembling Covid-19, 3) children who have physical limitations, 4) children with mental disorders. This study uses Bantal Village as a research site because Bantal Village is one of the villages affected by the Covid-19 pandemic, especially preschool age.

2.3 Variables

The independent variable was the implementation of physical distancing. The dependent variable was The Level of Social Interaction in Children Aged 3-6 Years Old.

2.4 Instruments

The independent variable in this study is physical distancing which is divided into 3 indicators. The questionnaire used uses a Likert scale and has 7 question items with an ordinal scale. The measurement results are calculated using the cut off point method and are divided into 2 categories, namely Good ($X > 18$) and Bad ($X \leq 18$). The primary data in this study were obtained from the demographic data of the respondents and the results of filling out research instruments. While the dependent variable in this study is social interaction which is divided into 5 indicators. This questionnaire is grouped into ten subscales. Five subscales focus on children's social competence: 1) Autonomy, 2) Responsiveness, 3) Empathy, 4) Motor regulation, and 5) Emotional regulation. The questionnaire used has 25 question items containing the answers "Yes" and "No" with an ordinal scale uses the

standard instruments.

2.5 Procedure

In the data collection process, because this research was carried out during a pandemic, researchers in the process used PPE in the form of masks. The researcher was assisted by 1 numerator to shorten the time in data collection. Numerators are given an explanation and the process is equated before data collection. Researchers explain the purpose, objectives, and benefits of the study to caregivers. Then the researcher gave a consent form to get consent to become a respondent to the caregiver. Caregivers will be given 10-15 minutes to fill out the questionnaire.

2.6 Analysis

Univariate analysis is data analysis by describing the variables to be used with the characteristics to be studied (Notoatmodjo, 2012). Age in this study is included in numerical data so it is necessary to test for normality using Kolmogorov Smirnov. The results of the normality test carried out on the age variable (caregivers) obtained results ($p = 0.003$; $p < 0.05$) and the age variable (respondents) obtained results ($p = 0.000$; $p < 0.05$). While bivariate analysis is used to connect the two variables, namely between the independent variable (physical distancing) and the dependent variable (social interaction). Based on the results of statistical calculations using the chi-square test, a p value of 0.001 was obtained, then H_0 was accepted.

2.7 Ethical Clearance

Researchers submit ethical clearance to the ethics committee at the Faculty of Nursing, University of Jember with ethics certificate number 126/UN25.1.14/KEPK/2021. Next, the researcher obtained a research permit from the Institute for Research and Community Service (LP2M) of the University of Jember with letter number 4027/UN25.1.14/LT/2021. The researcher continued the permit to Bakesbangpol Situbondo Regency with letter number 3476/UN25.3.1/2021. After that, the researcher asked permission to the Bantal village office with the letter number 070/112/431.305/2.2/2021.

3. RESULT

The result shows that 47 respondents (50.5%) were said to have a good level of physical distancing, and 46 respondents (49.5%) were said to have a poor level of

physical distancing. This shows that some children aged 3-6 years in Pillow Village have implemented the Physical Distancing policy well, but some have not implemented this policy.

Table 1. Frequency Distribution of Child Characteristics by Age in Bantal Village (n=93)

Characteristics	Median	Min	Max
Age (3-6 Years Old)	5	3	6

Table 2. Description of Children's Characteristics by Education and Gender of Children in Bantal Village (n=93)

Characteristics	n	%
Gender		
Boy	52	55.9
Girl	41	44.1
Total	93	100
Education		
School	66	71
Not School	27	29
Total	93	100
Physical Distancing		
Good	47	50.5
Bad	46	49.5
Total	93	100
Social Interaction		
High	48	51.6
Low	45	48.4
Total	93	100

Table 3. The Relationship between the Implementation of Physical Distancing and the Level of Development (Social Interaction) of Children Aged 3-6 Years in Bantal Village (n=93)

Social Distancing	Social Interaction				P
	High n (%)		Low n (%)		
	n	%	n	%	
Good	16	34	31	66	0.001
Bad	32	69.6	14	30.4	

Table 1 shows that the median age value of children in the Bantal Village who participated in this study was 5 years old.

Table 2 shows that the majority of respondents who participated in this study were male (55.9%). Meanwhile, based on education, it shows that the most respondents who participated in this study were children who attended school, which was 71%. In frequency distribution of physical distancing for children aged 3-6 years in Bantal Village, July 2021 (n=93) shows that as many as 47 people (50.5%) children aged 3-6 years in Bantal Village have a good level of application of physical distancing. In Table 2 distribution of frequency of social interaction for children aged 3-6 years in Bantal Village, July 2021 (n=93) shows that as many as 48 (51.6%) children aged 3-6 years in Bantal Village have a high level of social interaction.

Table 3 shows the results of the analysis of the relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years in Bantal Village. The results of the statistical analysis test using the chi-square obtained a value of $p < (p = 0.001 < 0.05)$ so it can be concluded if the alternative hypothesis (H_a) fails to be rejected or there is a relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years in Bantal Village.

4. DISCUSSION

4.1 Implementation of Physical Distancing for 3-6 Years Old Children in Bantal Village

Based on the results that have been described previously, it shows that as many as 47 respondents (50.5%) are said to have a

good level of physical distancing, and 46 respondents (49.5%) are said to have a poor level of physical distancing. This shows that some children aged 3-6 years in Bantal Village have implemented the Physical Distancing policy well, but some have not implemented this policy. According to research conducted by Wiresti (2020), it can be concluded that government policies during the Covid-19 pandemic caused several negative impacts. The resulting impact on early childhood includes emotional instability because children have to stay at home, study at home, and cannot meet their friends. The next problem is the nutrition and health crisis, based on a survey conducted by Salim et al. (2021). The resulting impact on early childhood includes emotional instability because children have to stay at home, study at home, and cannot meet their friends. This shows that some children aged 3-6 years in Pillow Village have implemented the Physical Distancing policy well, but some have not implemented this policy.

4.2 Social Interaction for 3-6 Years Old Children in Bantal Village

Based on the results that have been presented, it shows that as many as 48 children (51.6%) have a high level of social interaction, and as many as 45 children (48.4%) have a low level of social interaction. This shows that most of the children's social interaction skills have been achieved. However, it cannot be ignored that the percentage of children's level of social interaction in the low category is still quite high. The social interaction that occurred in Bantal Village, Asembagus District, when the physical distancing policy was implemented, began to stop its activities related to interactions with other communities.

The social interaction variables of children aged 3-6 years in this study consisted of autonomy with the results that 60 children were in the high category (64.5%) and 33 children were in the low category (35.5%), responsiveness with the results of 82 children are in the high category (88.2%) and as many as 11 children are in the low category (11.8%), empathy 79 children are in the high category (84.9%) and 14 children are in the low category (15.1 %), motor regulation showed that 80 children were in the high

category (86%) and 13 children were in the low category (14%), and emotional regulation showed that 70 children were in the high category (75.3%) and 23 children are in the low category (24.7%).

The researcher considers that the results of this study are also influenced by the age of the respondents, namely the age of 3-6 years, where at this age children have a high level of curiosity. At this age, children are already actively playing with their peers (Siva and Rohmah, 2019). Social interaction is a reciprocal relationship created by communication between one party and another through a certain action. Interactions that occur in children aged 3-6 years in Bantal Village during the implementation of physical distancing based on data obtained by researchers are partly still going well but some are not. The form of interaction that is usually carried out is direct interaction (face to face) and by using media such as the use of mobile phones.

4.3 Result of Analysis of The Relationship Between The Application of Physical Distancing and The Level of Development (Social Interaction) of Children Aged 3-6 Years in Bantal Village

Based on the results that have been described above, the results of the chi-square statistical test show a p value of 0.001 ($p < 0.05$), which means H_a is accepted. These results show that there is a correlation between the application of physical distancing and the level of development (social interaction) in children aged 3-6 years. Generally, children's social development is related to the child's expertise in expressing himself in a positive or negative way so that he can establish communication relationship and interactions with other children and also adults who are around him (Siti Rahma Harahap, 2020). 47 respondents (50.5%) were said to have a good level of physical distancing, and 46 respondents (49.5%) were said to have a poor level of physical distancing. This shows that some children aged 3-6 years in Pillow Village have implemented the Physical Distancing policy well, but some have not implemented this policy. The first disturbed factor is the condition of the child, during the Covid-19 pandemic the child has a slightly worse mood because he feels bored to be at home all the time, causing his emotions to be unstable.

Children who can control emotions usually have good social skills so that their social competence is also high. Meanwhile, children who cannot control their emotions will tend to be aggressive. Next is the interaction of children with the environment, based on the characteristics of preschool children's socialization, namely the establishment of social relationships with their social environment and their relationships with adults (Hasanah, 2019).

5. CONCLUSION

This study aims to determine whether there is a relationship between the application of physical distancing and the level of development (social interaction) of children aged 3-6 years during the Covid-19 pandemic in Bantal Village. The results of measuring social interaction in children aged 3-6 years found that children who had a high level of social interaction were 48 people (51.6%) and children who had a low level of social interaction were 45 people (48.4%). The results of the statistical analysis test using the chi-square value obtained $p < \alpha$ ($p = 0.001 < 0.05$) so it can be concluded if the alternative hypothesis (H_a) fails to be rejected. Suggestions for further research, of course, must have an update starting from the method, level of research, and a wider scope of research, and it is hoped that further research will use better observations. In addition, an update is needed regarding the questionnaire used so that it is hoped that there will be differences in question points in each indicator according to the age of the respondent.

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7. CONFLICT OF INTEREST

The author declares that there are no competing interests

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