



The Role of PJOK Teacher in Preventing the Transmission of Covid 19 at SD Inpres Nggemo, Maukaro District Ende District

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Abstract

The problem in this research is the effort to prevent Covid-19 at SD Inpres Nggemo and what is the role of PJOK teachers in preventing transmission of Covid-19 at SD Inpres Nggemo, Maukaro District. Nggemo, Maukaro District. The approach that the researcher uses in this study is qualitative, namely an approach that tries to understand the individual meaning of the subject under study. The subjects of this study consisted of informants, namely PJOK teachers and students at SD Inpres Nggemo, Maukaro sub-district. In obtaining the data, the researcher used interview, observation and documentation techniques. The results of this study indicate that the role of the PJOK teacher at SD Inpres Nggemo during this pandemic is very good, because not only as a teacher but the role of the PJOK teacher as a facilitator who must provide learning motivation for students so that students remain enthusiastic in participating in learning at school by complying with the protocol. health during the Covid-19 pandemic.

Keywords: Role of PJOK Teachers, Prevention of Covid-19 Transmission at SD Inpres Nggemo.

Introduction

Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills, which are needed by themselves, society and the State. The development of a nation is inseparable from the role of education, an educated nation will become a great nation so that development can run well (UU NO. 20 of 2003). (Syaharuddin & Susanto, 2019) The purpose of National education according to the Constitution (UUD)) The Republic of Indonesia Year 1945 is the intellectual life of the nation and for that every Indonesian citizen has the right to obtain quality education in accordance with the interests and

talents they have regardless of social status, race, ethnicity, religion and class. Education comes from the word "education", then this word starts with "me" so that it becomes "educate" which means nurturing and paying attention. In maintaining and giving training is necessary with their interests and talents regardless of social status, race, ethnicity, religion, and class. Education comes from the word "educate", then this word starts with "me" so that it becomes "educate" which means nurturing and paying attention. In nurturing and giving training it is necessary to have teachings, demands, and leadership regarding morals and intelligence. The role and duties of a teacher are generally determined by their position among the students themselves. (Indra Murti Wulandari, 2020) Like the symbol of Ki Hajar Dewantara Ing Arso Sung Tulodo which means (to be a role model when in front), Ing madyo

mangun korso (Build enthusiasm when in the middle) , Tut wuri handayani (Care and protect when behind). Teachers not only know and understand good behavior and personality, but teachers also have to be able to do it in their daily lives Demonstrates beneficial behavior for himself and others without destroying the rules and values that exist in his environment. The proverb says "The teacher must be cultivated and imitated, meaning that what is taught and recommended by the teacher must be obeyed. Therefore the role of education is very important in preventing the transmission of Covid-19. (Asmarani et al., 2022).According to the World Health Organization (WHO) coronavirus is a group of viruses that can cause disease in animals or humans. Several types of coronavirus are known to cause respiratory infections in humans, ranging from coughs and colds to causing death. The newly discovered coronavirus causes the disease COVID-19. is an infectious disease caused by a newly discovered type of coronavirus, this virus is a new type of disease that was found to have an outbreak in Wuhan, China, in December 2019.The Covid-19 pandemic is a tragedy that saddens the entire population of the earth. All segments of human life on earth are disrupted, without exception education. Many countries decided to close schools, colleges and universities universities, including Indonesia. All activities that invite crowds, crowds and interactions have begun to be limited, or even closed. Including going to school. School activities have now been closed for the next few months. Understanding about covid-19 is very important for children. Because, they also need insight into the virus, so that they can anticipate it in maintaining their own safety. (Sar, 2020)

The role of the PJOK teacher in preventing the transmission of Covid-19 in elementary schools by coordinating with local health services in preventing the transmission of Covid-19. However, various schools have UKS rooms but they are never taken care of so that some things that are mandatory in the UKS room are not available, for example medicine, and eucalyptus oil. (Erlin et al., 2020) From a personal health point of view it is very important in very emergency situations , to maintain the health of teachers and students themselves must maintain the health of each. In this way, to prevent transmission of Covid-19, this can be done in a way that has been recommended by the government, namely social distancing, wash

your hands, wear a mask, keep your distance, avoid crowds, and stay at home. (Rawe.A.S;Taufik, 2022)

In the midst of this Corona virus outbreak, several PJOK teacher roles are needed. There are 4 roles that PJOK teachers have, one of which is the teacher as a motivator, the teacher as a facilitator, the teacher as an innovator, and the teacher as a guide. Aside from being an educator and teacher supervisor, PJOK is also the executor and motivator for the implementation of the school health business program (UKS). Moreover, most of the PJOK teachers in elementary schools (SD) also serve as UKS supervisors, so whether or not the implementation of the UKS program depends on the PJOK teachers as UKS supervisors. In UKS learning there is material about personal hygiene, so UKS coaches are required to have the competence to support students during a pandemic, one of which is the PJOK teacher training students to comply with health protocols such as how to wash hands properly and correctly so as to prevent transmission of Covid-19 . (Tuwu, 2020)

Based on research at SD Inpres Nggemo that there are still many deficiencies that teachers apply in preventing the transmission of Covid 19 such as, the habit of washing hands with soap which is a good habit and needs to be continued at school so that it continues to be carried out in their respective homes without being ordered by teachers or parents. There will be many problems that occur during a time like this, one of which is the lack of understanding of students in their studies and how to prevent transmission of Covid-19. (Asmarani et al., 2022)

Based on the background described above, the Role of the PJOK Teacher in Preventing the Transmission of Covid-19 at SD Inpres Nggemo, Maukaro District, Ende Regency, Formulation of the Problem Based on the background above, problems arise which can be formulated as follows: Nggemo, What is the role of the PJOK Teacher in preventing Covid-19 at SD Inpres Nggemo Research Objectives To find out efforts to prevent transmission of covid 19 in SD

Nggemo Presidential Instruction, Maukaro subdistrict. To find out the role of the PJOK Teacher in preventing the transmission of covid -19. Theoretical Research Benefits by reading this journal article, can give inputs to teachers, especially PJOK teachers regarding how to

prevent transmission of covid 19. (Santika, 2020) From this research it is hoped that it can enrich health knowledge in the school environment. The results of this study are expected to provide positive input and can be used by various parties, especially for PJOK teachers, PJOK teachers will better understand the importance of complying with health protocols and preventing the transmission of Covid-19 for students and all members of the community in the school environment. The role of the PJOK teacher is a professional educator who masters knowledge in the fields of physical education, sports and health. In health education which is also part of the School Health Effort, PJOK teachers have roles including, Instilling healthy living habits among students, supervising and checking student cleanliness, cleaning the school environment, conducting first aid and light treatment within the limits of their abilities, and during In this pademi, teachers play an important role in preventing the transmission of Covid-19 by implementing health protocols. Prevention of Covid Transmission 19 To prevent the transmission of Covid 19, including diligently washing hands for at least 20 seconds with running water and soap or if available with rubbing alcohol. When sneezing or coughing, cover your nose and mouth with a soft tissue or cleaning paper (something is wet and some are dry) and easily absorb liquid goods. Then, throw the tissue in a sanitary bin. Avoid touching your eyes, nose and mouth with hands that have not been cleaned. Clean and disinfect the surfaces of objects or items that we touch frequently.

The research model used in this research is a qualitative research with a descriptive research type. Qualitative research is used to understand, to find the meaning behind the data, to find the truth. Qualitative research is an assessment procedure that produces descriptive data in the form of written or spoken words from people and observable behavior (Sudarto, 1997:62). Qualitative research is research that is or has the characteristics that the data is stated as fair or as it is (natural setting) without being changed in the form of symbols or numbers, while the word research basically means a series of activities or a process of disclosing the secret of something that is not yet known by using a method of work or a systematic method, directed and accountable. (Sugiyono, 2013)

defines that qualitative research is a particular tradition in social science that is fundamentally dependent on humans both in its field and in terms of it. It defines things that are relevant to good meaning and a variety of beliefs and interests by focusing on the different forms of things that give rise to different meanings. All activities are good if the purpose is clear. Likewise with qualitative research. Fundamentally, qualitative research has two objectives, namely to describe and explore and to describe and explain. The research approach used in this study is a qualitative descriptive approach. This approach tries to understand the individual from the subject being studied. Descriptive is an ongoing process If this happens naturally, the researcher must describe or describe everything that he encounters directly, in detail and in depth, regarding the method or role of the PJOK teacher in the process of preventing the transmission of Covid-19 at the school. Qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from people and observed behavior. (Moleong, 2021). Research location This research was conducted at SDI Nggemo, Maukaro sub-district, Ende district. This location was chosen to research the Teacher's Role in the Prevention of Covid-19 Transmission. Time of Research When the research was conducted from 16 August to 02 September 2021. Based on the topics studied in this study, the key informants were PJOK teachers and students at SDI Nggemo Maukaro sub-district, Ende Regency. Data Collection Techniques To obtain accurate data in this study, the researchers used a collection technique. Observation technique is a direct observation activity carried out in the process of researchers in the data collection process, while involved in the activities under study. This observation activity aims to know and identify a social situation. Observations in this context are related to the prevention of covid-19 transmission at SD Inpres Nggemo, Maukaro District, Ende Regency. Documentation is a record of past events. Documentation is used to obtain data in the form of diaries, photographs obtained by informants relating to the prevention of Covid-19 transmission at SD Inpres Nggemo, Maukaro sub-district, Ende Regency. The word analysis comes from the Greek, consisting of the words "ana and lysis" ana means above (above), lysis means to break or

destroy. By definition, analysis is a process of resolving data into its constituent components to reveal its characteristic elements and structure. mixing them together to gain a new understanding. The data analysis process in qualitative research is carried out before entering the field, during the field, and after from the field. Prior analysis in the field is carried out on data from preliminary studies, or secondary data, which will be used to determine the research focus. Then data analysis in the field of Miles and Huberman models is carried out when data collection takes place, and after completing data collection within a certain period. At the time of the interview, the researcher had already analyzed the answers of the interviewees. Reducing data meant summarizing, selecting the main things, focusing on the important things, looking for themes and patterns and removing unnecessary ones. Data reduction can be done by doing abstraction. Abstraction is an attempt to make a core summary, processes and statements that need to be maintained so that they remain in the research data. In other words, this data reduction process is carried out by researchers continuously when conducting research to produce core notes from the data obtained from the results of data mining. Thus, the purpose of this data reduction is to simplify the data obtained during data mining in the field. Data obtained I Data mining is very complicated data and data is often encountered that has nothing to do with the research theme. So with conditions like this, researchers need to simplify again and discard data that has nothing to do with it. with the research theme. Presentation of data After presentation, the next step is to display the data. In qualitative research data presentation can be done in the form of brief descriptions, charts, relationships between categories and the like. Miles and Huberman revealed that what is most often used in presenting qualitative research data with narrative text. Conclusions or verification are the final stages in the data analysis process. In this section the researcher draws conclusions from the data obtained. This activity is intended to find the meaning of the data collected by looking for relationships, similarities, or differences. Conclusions can be drawn by comparing the suitability of the statement from the research subject with the meaning contained in the research.

Method

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Data analysis

The word analysis comes from the Greek, consisting of the words "ana and lysis" ana means above (above), lysis means to break or destroy. By definition, analysis is a process of resolving data into its constituent components to reveal its characteristic elements and structure. mixing them together to gain a new understanding. The data analysis process in qualitative research is carried out before entering the field, during the field, and after leaving the field. Prior analysis in the field is carried out on data from preliminary studies, or secondary data, which will be used to determine the research focus. Then data analysis in the field of the Miles and Huberman models is carried out when data collection takes place, and after completing data collection within a certain period. At the time of the interview, the researcher had already analyzed the answers of the interviewees. Reducing data meant summarizing, selecting the main things, focusing on the important things, looking for themes and patterns and removing unnecessary ones. Data reduction can be done by doing abstraction. Abstraction is an attempt to make a summary of the core, processes and statements that need to be maintained so that they remain in the research data. In other words, this data reduction process is carried out by researchers continuously when conducting research to produce core notes from the data obtained from the results of data mining. Thus, the purpose of this data reduction is to simplify the data obtained during data mining in the field. The data obtained in data mining is data that is very complicated and also often encountered data that has nothing to do with the research theme. So with conditions like this, researchers need to

simplify again and discard data that has nothing to do with the research theme. Presentation of data After presentation, the next step is to display the data. In qualitative research data presentation can be done in the form of brief descriptions, charts, relationships between categories and the like. Miles and Huberman revealed that the most frequently used in presenting qualitative research data with narrative text Conclusion or verification is the final stage in the data analysis process. In this section the researcher draws conclusions from the data obtained. This activity is intended to find the meaning of the data collected by looking for relationships, similarities, or differences. Conclusions can be drawn by comparing the suitability of the statement from the research subject with the meaning contained in the research.

Results and Discussion (70%)

Student Status

The total number of students from SDI Nggemo for the 2020/2021 academic year from class I to class VI is 90 people, with class I is 18 people, class II is 18, class III is 20 people, class IV is 13 people, class V is 13 people , and class VI as many as 9 people, with a total of 39 male students and 51 female students. The data for SDI Nggemo participants can be seen in table 4.3 below:

List of Table 4.3
State of Student

No	Class	Gender Amount		Jumlah
		Amount	male Female	
1	I	8	10	18
2	II	9	9	18
3	III	8	12	20
4	IV	5	7	12
5	V	6	7	13
6	VI	3	6	9
Jumlah		39	51	90

Description of Research Results Data

Efforts to Prevent the Transmission of Covid-19(Yakob et al., 2020). Efforts to avoid transmission of Covid-19 in elementary schools require the cooperation of all school residents.

So all students, teachers and school staff need to comply with health guidelines, such as:

1. Maintain distance at school,
2. Maintain cleanliness in the school environment and classrooms.
3. Do a swab test

Covid-19 Prevention Efforts The teacher as an exemplary person. If you read the current reality, it is indeed a very difficult task for a teacher to carry out. Because when compared to some of these educational phenomena, where there are many stories, both through television and through print media, we have been presented with news about various acts of teacher violence. All students continue to carry out activities or learning activities as well as at school. It's just that the difference between teaching and learning is done at home and at school. Corona virus is now a very serious and dangerous virus all over. All activities that invite crowds, crowds and interactions have begun to be restricted, or even closed, including schools. School activities also have to be closed for a while which also makes teachers overwhelmed in handling learning. (Mubaroq & Halima, 2021) The role of the teacher is very important considering the learning process can't meet face to face anymore. The teacher must really make every effort so that students can understand the material presented online and offline. The teacher is the first and foremost person as education is the vehicle for printing the nation's generation. During this pandemic the role of PJOK teachers in elementary schools is very important, the teacher's task is not only as a teacher, but also as a facilitator who must be able to provide learning motivation to students so that students remain enthusiastic in participating in the learning process at school. The teacher is also able to play the role of a second parent for students, which although limited by not too long to meet with students during class hours, the teacher can take the time when students who want to ask questions find difficulties in learning (Sambo et al. ., n.d.) Teachers must really be able to be inspired and imitated by students in preventing the transmission of Covid-19. With the role of all Indonesian people and in the end teaching and learning activities will return to their original form through face to face at school and in class. Education does not only transfer knowledge from teacher to students but more importantly

and provides a good role model to change students' character for the better.

The Role of the PJOK Teacher

The Covid-19 virus is a large family of viruses that can cause mild to severe illnesses, such as colds and serious illnesses such as SARS and MERS infection with Covid-19. May cause moderate to severe symptoms. Clinical symptoms that arise are difficulty breathing, coughing and fever, besides that it can be accompanied by severe shortness of breath. these viruses

They are referred to as pandemics because they quickly travel to various countries, one of which is brought by tourists or people visiting other countries who appear to be aware that they have been exposed to the corona virus so that they spread it to other people who have not been exposed. One of the countries exposed to this corona virus is Indonesia. Many sectors in Indonesia were affected. The education sector is one of the factors that has felt the impact of this pandemic. Many schools and colleges were closed to reduce the spread of the corona virus. This makes the government and related institutions think of alternatives for the continuity of the learning process. This also affects teachers, especially PJOK subject teachers in elementary schools who must always provide motivation to students during the Covid-19 pandemic. As a PJOK teacher, you must always look for information about Covid-19 so you don't get left behind from information related to this virus. A teacher should also always instruct his students to also find out information about Covid-19. This is very good to do, because a teacher can also see how far students' understanding of Covid-19 is. PJOK teachers also always give directions to students to always maintain health and exercise frequently so that the immune system is maintained. (Erlin et al., 2020)

Conclusion.

Based on the results of the discussion of writing my article, it can be concluded:

1. The role of the teacher is as an educator, teaching, training, the role of the teacher in carrying out tasks at school must be able to become himself as a second parent and be able to attract students' sympathies so that any lesson

given should be able to motivate students in teaching.

2. During this pandemic, teachers must also play an important role in preventing the transmission of Covid-19. Teachers also do their best to motivate learning, but in the midst of this pandemic, parents are required to accompany and supervise them to continue to motivate children to remain passionate about learning.

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