
The Parenting Styles on Handwashing Behavior for Preventing Coronavirus Disease 19 Spread on Children with Intellectual Disability in Indonesia

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Abstract: *The increasing number of Coronavirus Disease 19 (Covid 19) in Indonesia has made the government implement health protocols, one of which is washing hands. Children with intellectual disability who have intellectual abilities below the average and have difficulty implementing it. The parenting style applied to children will affect the child's behavior, one of which is handwashing behavior. This study aimed to determine the relationship of parenting style on handwashing behavior for spread preventing of Coronavirus Disease 19 spread in children with intellectual disability. This study utilized a quantitative correlation with a cross-sectional approach. A total of 33 parents who have children with mild intellectual disability in Special School 2 Banjarmasin were recruited. The research instrument are the parenting style questionnaire and the handwashing behavior observation sheet. The results showed from 33 parents who applied democratic parenting were 21 people (63%), as many as 19 children (57%) with good handwashing behavior. Spearman ranks test obtained $p\text{-value} = 0.000 < \alpha = 0.05$. There was the significant relationship between parenting style on handwashing behavior for Preventing Coronavirus Disease 19 Spread on Children with Intellectual disability. The right parenting style for children with intellectual disability can help children learn about hand washing behavior correctly.*

Keywords: *Covid 19, Handwashing Behavior, Parenting, Intellectual disability*

INTRODUCTION

Parents usually want their child perfectly developed (Yuliandika & Suryandari, 2019) but not all children in this world are born with perfection, some children are born with a certain specialty. These children may need the help of others in carrying out their daily activities. These children are children who are also included in the scope of children with special needs. Children with special needs are children who have special characteristics and are different from children in general without always showing mental, emotional, and physical abilities. Children with special needs (special needs children) can also be called slow and retarded children still have good potential for children with special needs to be succeed. Children with special needs can also be interpreted as children who experience physical, mental, intelligence and emotion so that special learning is required (Anggeriyane et al., 2022; Anggeriyane & Rahayu, 2022; Atmaja, 2019).

According to data recorded on January 2, 2021, it was reported that people with COVID 19 diagnosis are 87.225.457 cases in the world, 758.473 cases in Indonesia, 15.219 cases in South Kalimantan, and 3.383 cases in Banjarmasin (Satuan Tugas Penanganan COVID-19, 2021). The high number of cases of the Covid 19 in Indonesia has forced the government to take a policy, namely to dismiss all educational institutions. This policy is expected to minimize the spread of the Coronavirus in Indonesia because the closure of all educational institutions means it can reduce the risk of interacting with many people and can prevent the spread of the Coronavirus. This is no exception with educational activities in special schools, which should receive more attention in preventing the spread of the Coronavirus. This condition makes parents have to take over the role of the teacher in

the learning process at home. Parents are required to be able to replace the teacher's task in providing learning at home, so that it makes parents have to be more creative in choosing learning methods and parents must have effective and interesting ways for children so that children want to study at home and don't get bored while learning (Anhusadar & Islamiyah, 2020).

The number of children with intellectual disability in the world is estimated to be between 1-8% of the total population (Astuti & Dwi, 2019). The number of children with mild intellectual disability in South Kalimantan according to the Education Institution of South Kalimantan (2021) is 992 children who attend school. Banjarmasin is the city with the highest number of children with mild intellectual disability are 207 children who attend school. Special School of C Category is a special group for students with intellectual disability (Anggeriyane, 2019).

The parents must apply to children with special needs during a pandemic is the application of clean and healthy living behaviors, one of which is washing hands. Clean handwashing has proven to be effective in preventing transmission of the Coronavirus because washing hands can kill viruses attached to hands and can reduce the risk of exposure to the Coronavirus, but it is not easy for children with intellectual disability to apply handwashing because they have intellectual limitations who usually have difficulty understanding or learning and carrying out daily activities (Kementrian Kesehatan RI, 2020).

Parenting style is the best way that parents can do in educating children as an embodiment and sense of responsibility to children (Simanjuntak et al., 2019). The parents' role in teaching and helping their children to carry out daily activities, but if parents are wrong in providing parenting, it will have a bad impact on children. Each parenting pattern has advantages and disadvantages so the parents are not wrong in educating their children. Every parent has their way and parenting pattern in guiding and educating their children.

Parenting style is any parental actions applied to children. Teaching and caring for children at home is the obligation of all parents to shape the child's personality. Parenting styles consist of three types, namely democratic, permissive, and authoritarian parenting. Through parenting applied by parents, especially democratic parenting, children are expected to develop their independence well. Democratic parenting strongly supports the development of independence in children, permissive and authoritarian parenting can be negative on children's independence (Pujiana & Anggraini, 2019). According to preliminary study data conducted by researchers on 5 parents of students with intellectual disability at special school 2 Banjarmasin, 1 of them applied authoritarian parenting, 2 parents who apply permissive parenting, 2 parents apply democratic parenting style.

METHOD

This study used a quantitative correlational research design with a cross-sectional approach. The independent variable is parenting and the dependent variable is handwashing behavior. The population and sample are all parents who have children with mild level of intellectual disability for 1-6 classes on special school 2 Banjarmasin totaling 33 parents with total sampling technique.

The data collection for parenting used a questionnaire from Qalbi & Zubaidah's research containing the parenting styles of parents consist of authoritarian, permissive, and democratic which consisted of 29 questions of 30 questions were valid questions. The results of the reliability test using Cronbach's Alpha the value of the parenting questionnaire is 0.952, which means this questionnaire is declared reliable with $\alpha > 0.6$ (Qalbi & Zubaidah, 2017). This observation sheet contains hand washing behavior in children with intellectual disability to prevent the spread of Covid 19 which consists of 17 hand washing behaviors.

Data analysis was performed by univariate and bivariate analysis. The bivariate analysis using the Spearman Ranks test with a significance level of p value < 0.05 . This study was approved by the Health Research Ethics Committee of University of Muhammadiyah Banjarmasin, with a reference number of 077/UMB/KE/V/2021. This research refers to the National Guidelines for Health Research Ethics (PNEPK in Bahasa) of the Indonesian Ministry of Health such as autonomy, informed consent, confidentiality, anonymity, Beneficence-non maleficence, right to justice. This research was carried

out during a pandemic so that researchers pay attention to strict health protocols.

RESULTS

Demographic characteristics data describe things related to research respondents. There are seven variables in the demographic data characteristics of respondents. The distribution of demographic characteristics (Table 1) and the results of the relationship of parenting on handwashing behavior (Table 2) are as follows:

Table 1. Socio-demographic Characteristic of Respondents

Respondent Characteristics	Frequency (n)	Percentage (%)
Children's Age		
8-11 (Children)	20	60.6
12-16 (early teens)	13	39.4
Children's Gender		
Male	21	63.6
Female	12	36.4
Parent's Age		
30-35 years old	8	24.2
36-45 years old	16	48.5
46-50 years old	9	27.3
Parent's Education Level		
Elementary School	7	21.2
Junior High school	13	39.4
Senior High School	10	30.3
Collage	3	9.1
Parent's Occupational		
Private	8	24.2
House wife	18	54.5
Trader	4	12.1
Teacher	2	6.1
Civil servant	1	3.0
Parenting Style		
Authoritarian	2	6.1
Permissive	10	30.3
Democratic	21	63.6
Handwashing Behavior		
Less	6	18.2
Enough	8	24.2
Good	19	57.6
Total	33	100

Table 1 shows that the characteristics of most respondents in this study are 8-11 years of children age (60%) dan gender of children are male (63,6%), age of parents are 36-45 years (48,5%), parent's education level is junior high school (39,4%), parent's occupational is house wife (54,5%), parenting of democratic (63,6%) and good handwashing behavior (57,6%).

Table 2. The Relationship of Parenting on Handwashing Behavior

Variable	Hand Washing Behavior			Total	
	Less	Enough	Good		
Parenting	Authoritarian	1 50.0%	0 0.0%	1 50.0%	2 100.0%
	Permissive	4 40.0%	6 60.0%	0 0.0%	10 100.0%
	Democratic	1 4.8%	2 9.5%	18 85.7%	21 100.0%
Total		6 18.2%	8 24.2%	19 57.6%	33 100.0%
p-Value					0.000
r					0.703

Table 2 shows that 18 parents who apply democratic parenting in good handwashing behavior on children with intellectual disability in the category of good child handwashing behavior.

DISCUSSION

Table 1 show that the majority of parents apply democratic parenting to children with intellectual disability, 21 people (63.6%). Zumantara (2015) democratic parenting can direct the activities or behavior of children rationally and respect children and encourage children's decisions to be independent. Democratic parenting pattern are rational where parents always base their actions on ratios or thoughts. Parents are also realistic about the child's abilities, giving the child the freedom to choose and take an action that the child wants and by subtly approaching the child (Pratiwi & Mualimah, 2018). Parents with intellectual disability children applying democratic parenting style can develop the independence of children with intellectual disability as seen from parents who always provide opportunities for children to carry out daily activities at home. However, parents do not let their children do it alone, parents always supervise their children in doing activities.

According to researchers based on phenomena in the field, it shows that democratic parenting is appropriate to use in developing the independent behavior of children with intellectual disability. One of the actions is washing hands because in this parenting pattern children are allowed to be independent and develop themselves but still with parent's control. Parents always invite and involve children to do homework so that children get used to doing activities on their own without any help from others, especially to take care of themselves, one of which is washing hands before eating and after using the toilet. When a child makes a mistake, parents will give a warning and give directions to the child gently and firmly, so that the child does not repeat the same mistake.

A total of 10 respondents (30.3%) who applied permissive parenting based on questionnaire stated that if their child wet the bed without being advised if the child did not want to eat and drink by himself, the parents would feed him, and the child would not spend it alone. Qalbi & Zubaidah (2017) permissive parenting is characterized by parents who are very involved with their children but have little demand or control over their children. Parents who apply permissive parenting do parenting by pampering children, freeing children but without sufficient supervision, they tend not to reprimand or warn children, and very little guidance is given by them so that it will make children with intellectual disability tend to have low levels of creativity and independence because children will tend to be naughty, spoiled, weak, and dependent on others.

Parents who apply authoritarian parenting are 2 respondents (6.1%). Parents tend to scold when children make mistakes and think children can do every activity themselves which is marked by parents who scold when children wet the bed, do not want to take a bath, eat and brush their teeth. Qalbi & Zubaidah (2017) parents use authoritarian parenting styles that limit, scold and punish

children, where parents pressure or force children to obey parental rules. Authoritarian parenting will produce children who are timid, quiet, closed, do not take the initiative, like to oppose, parents who apply authoritarian parenting tend to give strict rules to their children so that when a child makes a mistake, they immediately scold the child. Parents punish forcibly when children do not comply with parental rules. The nature of imposing will on children with intellectual disability will have an impact on the child's psychology so that it will affect the development of children's behavior and poor emotional control. If parents apply this parenting pattern to children with intellectual disability who experience an inability to adapt behavior and have mental barriers, the child tends to develop into a person who likes to argue and dare to fight (Wijanarko, J. & Setiawati, 2016).

The statement above can be concluded that appropriate parenting pattern applied to children with intellectual disability is a democratic parenting pattern characterized by parents who direct the activities or behavior of the child rationally and respect the child because it is seen from the condition of the children with intellectual disability who must receive realistic guidance or direction towards children's abilities subtly.

The results of table 1. show that of the 33 children with intellectual disability, 19 children (57.6%) with good handwashing behavior, 8 children (24.2%) with sufficient handwashing behavior, and 6 children (18.2%) with poor handwashing behavior. Children with intellectual disability are the same as normal children who will have fun and receive optimal love, acceptance, and affirmation. Getting sufficient structure, wise guidance, clearly defined rules, firm boundaries, logical consequences, and good directions will bring children with intellectual disability to be able, confident, and responsible like normal children in general so that will make mentally retarded children can adapt well to a good mindset. All of this will greatly affect the behavior of future children, especially in terms of washing hands (Purbasari, 2020).

Handwashing behavior in this study included several assessments, namely tools, steps, and time to wash hands. The handwashing behavior of children with intellectual disability was found to be in a good category. However, at the point of handwashing steps, it was found that some children still lacked mastery and were not sequential because of the condition of children with intellectual disability who had difficulties in remembering or memorizing the steps to wash their hands properly and there were some children with intellectual disability who had motor disorders which made it difficult for children to wash their hands. hands properly and correctly so that it will have an impact on children's health problems, especially during the Covid 19 pandemic as it is today because the washing of hands by children is not perfectly clean and the virus or germs on the hands do not disappear (Ahmad, 2018; Khushartanti, 2012).

Hand washing of children with intellectual disability in this study can also be categorized as good for several reasons, one of which is the application of parenting patterns that are following the conditions of children with intellectual disability such as parents who always guide, direct, and teach children in terms of washing hands but without any coercion from a parent. Another reason is that not all mentally retarded children experience motor weakness, children who have good motor skills will also support children's behavioral abilities in washing their hands, even though children still have difficulty remembering the steps to wash hands correctly and do it not sequentially but this is not This becomes a problem because, with the direction of the parents, children can still wash their hands properly and correctly.

The results of table 2 show that research conducted on 33 respondents found that 21 parents who applied democratic parenting were 18 people (85.7%) with good handwashing behavior. This can be seen from the results of filling out the parenting style questionnaire, parents tend to advise if their children do not want to bathe themselves, parents will teach and guide children if children cannot wear their shoes, parents will give a lot of praise to children if they are not able to wear their shoes. Can perform an activity on their own such as helping to prepare food. When observing hand washing, parents also help children by directing and guiding children gently so that mentally retarded children can wash their hands properly.

Based on the correlation coefficient of 0.703 and the significance value or Sig. (2-tailed) of 0.000 means that there was a very strong and one-way significant relationship between parenting style and hand washing behavior to prevent the spread of Coronavirus Disease 19 in children with intellectual disability at Special School 2 Banjarmasin. In line with Anggraini & Sari (2020) explained that democratic parenting will produce characteristics of children who are independent and can control themselves. Parenting style that is applied from an early age will affect the development and behavior of children's independence, one of which is in terms of washing hands.

The study found only 2 authoritarian parenting style with one child had poor hand hygiene behavior whilst the other one has good hand hygiene behavior. It can be seen from the results of filling out the questionnaire that mothers tend to scold when children make mistakes and think children can do every activity themselves which is marked by parents who scold when children wet the bed, do not want to take a bath, eat and brush their teeth. Zumantara's research (2015) the proves that in addition to the negative impacts that can be generated from this parenting pattern, several positive impacts can help mentally retarded children, namely, children tend to have competencies and responsibilities like adults.

The majority of parenting applied by parents is democratic parenting and followed by most of the handwashing behavior was in the good category. The results showed that there was a significant relationship between parenting and handwashing behavior, which means that the better the parenting applied by the parents with good guidance and direction, the better the handwashing behavior of intellectual disability children in Special School 2 Banjarmasin. It is expected that parents apply appropriate parenting styles to their children and encourages them to explore their potential and abilities by providing many positive activities so that children can learn independently, especially in activities of daily life such as washing hands (Jayanti et al., 2020).

CONCLUSION

Most of the parenting style applied by democratic category. Most of the handwashing behavior on children with intellectual disability was good category. There was the very strong significant relationship between parenting style on handwashing behavior for Spread Prevention Coronavirus Disease 19 on Children with intellectual disability in Special School 2 Banjarmasin. This research is expected to be a reference and self-evaluation of good parenting style such as democratic can be applied to intellectual disability children and as information for parents about the importance of washing hands, especially during the Covid 19 pandemic.

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