



Analysis of the Effectiveness of Family Approach System Model as Efforts to Optimize Germas Program

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Abstract

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BACKGROUND: Family approach system (FAS) model is an approach to health education as efforts to optimize community movement healthy living (Germas) program days of the pandemic coronavirus disease 2019 (COVID-19) which involved cadres.

AIM: This study generally aims to analyze the effect of FAS model as an effort to optimize the Germas program. Specifically, the specific objective of this study is to analyze the effect of FAS model on the level of knowledge, attitudes, intentions, and public behavior regarding Germas.

MATERIALS AND METHODS: This research was conducted using a cross-sectional method with a total sample of 3,026 people. The instrument used was a questionnaire to measure the effectiveness of the FAS model, knowledge, attitudes, intentions, and behavior. The statistical test used is the Wilcoxon Signed Rank Test.

RESULTS: The increase which indicates the good category knowledge of the respondent is 97.4% with a value of $p = 0.000$, a positive attitude has also increased to 90.4% with a value of $p = 0.000$, and good intentions also have a significant increase to 94.2% with $p = 0.000$. The respondent's good behavior also experienced a significant increase to 87.0 with a value of $p = 0.000$.

CONCLUSIONS: There is an influence of the FAS model on people's knowledge, attitudes, intentions, and behavior regarding Germas during the COVID-19 pandemic.