



Enhancing Body Resilience Amidst COVID-19 Through Advocacy for Multivitamin Utilization

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ABSTRACT

The community service initiative focuses on addressing the impact of COVID-19 through informative socialization activities aimed at educators from Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek. COVID-19, caused by the SARS-CoV-2 virus, presents a significant threat to public health globally. This initiative seeks to enhance educators' knowledge of COVID-19, preventive measures, and the role of multivitamins in supporting immune systems. The socialization event featured an informational session, covering COVID-19 dangers, multivitamin usage, and preventive measures. Results indicated a significant improvement in educators' knowledge after the socialization. Multivitamins, including vitamin C and D, were highlighted for their immune-boosting benefits. The activity's success demonstrates the positive impact of collaboration between Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek and the University's LPPM. In conclusion, the initiative effectively enhanced educators' awareness and understanding of COVID-19 and multivitamins. The collaboration fostered a conducive working environment, contributing to the success of the socialization.

INTRODUCTION

COVID-19 (Coronavirus Disease 2019) is a form of coronavirus identified as Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) (Gorbalenya *et al.*, 2020). The initial detection of this virus took place in Wuhan, China, towards the end of 2019 (Evans, 2020). It targets the human respiratory system, impacting individuals across all age groups, encompassing children, adults, and the elderly (Anhusadar, 2020). Transmission of the virus occurs easily through droplets released during conversation, sneezing, and coughing by individuals infected with COVID-19. Moreover, direct contact with a confirmed positive COVID-19 individual, such as handshakes and holding hands, can lead to virus transmission as well (Singhal, 2020).

Typical symptoms of virus infection mirror those of the common flu, including cough, cold, and fever exceeding 37.5°C. Nevertheless, certain cases may experience severe complications, such as breathing difficulties, pneumonia, and even fatalities, particularly in individuals with chronic conditions like cardiovascular disease and diabetes (Huang *et al.*, 2020). Despite indications of stability in vital organs, blood tests frequently reveal a relatively low white blood cell count, such as leukopenia and lymphocytopenia (Hui *et al.*, 2020). Additionally, some cases display no symptoms at all, referred to as Asymptomatic Individuals (Zimmermann & Curtis, 2020).

Pharmacological therapy recommended for confirmed asymptomatic patients with comorbidities emphasizes the continuation of their regular treatment. This includes the oral administration of multivitamins, specifically vitamin C and vitamin D, alongside registered supportive treatments and medications with antioxidant properties (Burhan *et al.*, 2020). Supplements are divided into two categories: multivitamins and non-multivitamins. Multivitamins comprise three or more vitamins and minerals. Typically, these supplements include vitamin C, B-complex vitamins (such as B1, B2, B3, B5, B6, and B12), vitamin A, vitamin E, vitamin D3, vitamin K1, potassium iodide, copper, zinc, iron, beta-carotene, calcium, magnesium, chromium, and manganese. Most multivitamin supplements exclude hormones, drugs, or herbal ingredients (Angela C. Mattke, M.D, 2022). Pharmacists, especially those in the community, play a pivotal role in addressing the spread of COVID-19 through pharmaceutical care strategies. Pharmacists in developed countries contribute by identifying, assessing, educating, referring, and monitoring therapy success. To mitigate the spread of the COVID-19 virus, it is crucial to conduct educational and awareness campaigns by imparting information on healthy practices that can prevent infection (Razi *et al.*, 2020; Sufi Yanto *et al.*, 2020). Educating the public about the use of multivitamin supplements as immune system enhancers can be an effective measure. This initiative aims to

prompt the community to uphold immunity for preventing the spread of the COVID-19 virus (Yuneka, S., 2023). Through the execution of this initiative, data will be collected via surveys to assess community compliance, particularly when outside their residences. The survey aims to gather initial findings for stakeholders to implement further preventive measures against the spread of the COVID-19 virus (Prasetyawan, F., 2023).

IMPLEMENTATION AND METHODS

The implementation of this socialization activity follows three stages, consisting of pre-socialization, the actual socialization event, and post-socialization phases. In the pre-socialization stage, direct consultations are conducted with the target partners to identify current issues and needs. It is also crucial to ensure that the target partners are willing to participate in the socialization activities. The outcomes of these consultations are utilized by the socialization team to prepare for the execution of the socialization event, including the preparation of materials and other necessary elements.

The subsequent step involves carrying out the socialization activities, tailored to the outcomes of the consultations in the pre-socialization stage. The chosen activity is an informational session aimed at enhancing understanding and awareness regarding the dangers of COVID-19, the use of multivitamins, preventive measures against COVID-19 transmission, and the types of multivitamins effective in combating the spread of the COVID-19 virus. At this stage, socialization presentation materials in PowerPoint format and supporting documents such as questionnaires must be prepared in advance. The team will also prepare two types of questionnaires, the first to measure understanding related to COVID-19 concerning the socialization activity, and the second to evaluate the use of multivitamins in preventing the transmission of the COVID-19 virus.

The implementation of the socialization activity in the form of an informational session will also involve discussions with educators about the transmission of COVID-19, preventive measures against COVID-19 virus transmission, and the role of multivitamins in supporting the immune system.

The final stage involves post-socialization evaluation, which includes assessing the activities, especially during the execution of community service activities. At this stage, an evaluation questionnaire will be distributed to assess the extent to which the socialization activities have met the goals and needs of partners at Madrasah Ibtidaiyah Hidayatul Mustafid in Trenggalek.

RESULTS AND DISCUSSION

During the implementation of Large-Scale Social Restrictions (PSBB), it is not feasible to conduct socialization by gathering a large number of people. Therefore, community service is carried out by inviting representatives of educators. There are two types of questionnaires with different topics: one containing information about the COVID-19 pandemic and another containing information about the use of multivitamins as an Immune Support System to strengthen the immune system. Both questionnaires are intended for the targeted educators through representatives of Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek. The socialization activity took place on Saturday, January 14, 2023, from 09:00 to 12:00 WIB, at Dapur King, Jalan I Gusti Ngurah Rai Number 30, Tulungagung Regency.

A total of 12 participants in the counseling session, comprising educators from Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek, including the Headmaster, Secretary, Treasurer, and representatives from each class's parents, attended the event. Figure 1 illustrates the socialization process to educators initiated by the school head. Before the socialization activity commenced, the socialization team distributed questionnaires to measure the level of knowledge about the COVID-19 pandemic and the extent of understanding regarding the use of multivitamins to enhance the immune system. Multivitamins serve various purposes with minimal side effects compared to medications, aiming to suppress and reduce the spread of the COVID-19 virus, especially in a school environment with a significant student population.



Picture 1. Socialization Process and Ended with Discussion

The analysis regarding the educators' strong and comprehensive understanding facilitated the comprehension of the socialization process, making it easier for the information to be conveyed. Discussions involved the Headmaster, Secretary, Treasurer, and representative teachers from each class of Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek.

Throughout the implementation of the socialization activities, health protocols were strictly adhered to, with evidence that all participants had received their second booster vaccines. At the end of the socialization session, social assistance was provided by distributing multivitamins to representatives from Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek. During the socialization event, photos and videos were taken as documentation. Depicts the distribution of multivitamins to representatives from Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek, and an evaluation of the socialization activities was conducted. Several statements in the questionnaire were related to the implementation of these activities. In general, respondents expressed that the socialization activities were in line with the predefined objectives and needs. Educators hope that future socialization efforts will not only be limited to them but will also extend to the students of Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek.

CONCLUSIONS AND RECOMMENDATIONS

CONCLUSION

Through this community service activity, the level of knowledge about COVID-19 and the usage of multivitamins in Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek, represented by 12 participants, was observed during the socialization on the prevention of COVID-19 virus transmission. Based on the survey results, there is a significant difference in educators' knowledge after the conducted socialization. The dissemination of information regarding the utilization of multivitamins as support for the immune system has the potential to enhance educators' awareness of the importance of maintaining health and immunity during the COVID-19 pandemic. The use of multivitamin supplements can provide significant benefits in caring for health and strengthening the immune system of educators, playing a crucial role in protecting them from the possibility of viral infections. This socialization supports educators in implementing better COVID-19 prevention measures, such as following health protocols, maintaining cleanliness, and overall health awareness. With a better understanding of the benefits of multivitamins and support for the immune system, educators can serve as examples and inspirations for students and the surrounding community in implementing COVID-19 prevention measures. During this pandemic, adopting a holistic

approach to maintaining health, including the use of multivitamins as part of a comprehensive immune system support strategy, is crucial.

The socialization on the usage of multivitamins as immune system support in Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek provides significant benefits in the efforts to prevent COVID-19 and ensures the health and safety of educators and the school community.

RECOMMENDATIONS

In this socialization activity, there has not been education on selecting the right multivitamin. Proper selection involves providing clear information about the types of multivitamins, their contents, recommended dosages, and alignment with educators' needs. For the next steps, an evaluation is necessary to obtain comprehensive results regarding a healthy lifestyle.

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The close collaboration between Madrasah Ibtidaiyah Hidayatul Mustafid Trenggalek and the LPPM of Kadiri University exemplifies a positive synergy between an educational institution and a research institute. This collaboration creates a mutually beneficial working environment, strengthening the relationship between higher education institutions and the community, and providing tangible benefits to all parties involved. Thus, this collaboration not only supports the success of community service activities but also lays the foundation for sustainable cooperation in the future.

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