

Overview Of Supplement Use And PHBS Of Covid-19 Positive Isolasi Mandiri Patients At Bandung City Health Center

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Abstract:

Background: The Covid-19 pandemic has caused a global health emergency since early 2020, affecting various aspects of life, including public health. This study aims to describe the use of supplements and clean and healthy living behaviors (PHBS) in self-isolating Covid-19 positive patients in Bandung City.

Materials and Methods: This descriptive observational study used a cross-sectional approach and was conducted from October 2021 to April 2022 in several community health centers (puskesmas) in Bandung City. Data were collected through a questionnaire distributed via Google Form to patients exposed to Covid-19 and undergoing self-isolation from January to December 2021. The validity and reliability of the questionnaire were tested before being used in the study.

Results: The analysis revealed that 8 out of 9 questionnaire items were valid with an R count greater than the R table, while 1 item was invalid. The reliability test showed a Cronbach's Alpha value of 0.804, indicating that the questionnaire is reliable. The study found a significant correlation between PHBS and the alleviation of Covid-19 symptoms, although the correlation strength was weak ($r = 0.328$). This study indicates a relationship between clean and healthy living behaviors and the alleviation of symptoms in self-isolating Covid-19 positive patients in Bandung City.

Conclusion: These findings underscore the importance of implementing PHBS and the use of supplements in supporting the recovery of Covid-19 patients undergoing self-isolation.

Key Word: COVID-19, Self-isolation, Supplements, Clean and healthy living behaviors (PHBS)

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I. Introduction

In early 2020, the whole world entered into a global emergency because of a new virus case that galvanized the world and caused fear for the citizens of the world. This new virus was introduced under the name Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV-2) and the disease caused by the virus is called Covid-19 or Corona Virus Disease 2019¹. Covid-19 attacks the respiratory system so that it can cause mild to severe symptoms of infection characterized by cough, fever, shortness of breath, anosmia, pneumonia to respiratory failure. In the case of Covid-19 there are many cases of death which mostly occur in people who have comorbidities and the elderly².

According to the World Health Organization, globally until October 13, 2021 there were 237,470,988 confirmed cases of Covid-19 and 4,846,224 deaths (World Health Organization, 2020). According to the Indonesian Ministry of Health in Indonesia until October 14, 2021 there were 4,232,099 confirmed positive cases of Covid-19, 142,848 cases died and 4,069,399 cases recovered³. According to the Bandung City Covid-19 Information Center, until November 8, 2021 there were 43,241 confirmed positive cases of Covid-19, 1,422 cases died and 41,389 cases recovered⁴. According to the Covid19 Information & Coordination Center of West Java Province as of November 10, 2021 in West Java there are 1,466 patients who are still in isolation⁵.

According to WHO, Indonesia is designated as a Covid-19 disaster emergency. Therefore, the government has made many efforts that can reduce Covid-19 cases. Efforts made include work from home, school activities at home, limiting activities outside the home, spreading health protocol rules to independent isolation for infected people. In the end, the government established a quarantine policy in several areas called PSBB or large-scale social restrictions⁶. A person who is confirmed positive for Covid-19 or in close contact with an

infected person needs to carry out self-isolation to avoid the spread of Covid-19. Self-isolation is carried out for approximately 14 days because symptoms can appear during this period. Self-isolation needs to be done if a person experiences Covid-19 symptoms such as body temperature more than 37°C, respiratory distress, a person suspected of direct contact with a person suspected of Covid-19 and has traveled to a red zone area⁷.

Health supplements are products that can boost the body's immune system, supplement nutrients and improve health functions⁸. Covid-19 patients who carry out self-isolation are recommended to consume supplements that can help in increasing the body's immunity. According to research, several supplements can be used to minimize the risk of worsening due to Covid-19 infection, namely vitamins B, C, D, E, zinc, selenium and probiotics⁹. A person who performs self-isolation is important to maintain the body's immunity and implement PHBS. One of the causes of the rapid spread of Covid-19 is the lack of knowledge and the role of the community in implementing PHBS in everyday life. In addition, to maintain body immunity, balanced nutrition and supplements are needed to help the body fight Covid-19.

Therefore, this study aims to provide information about the description of the use of supplements and PHBS that can be carried out by positive patients with Covid-19 when carrying out Independent Isolation and Clean and Healthy Living Behavior (PHBS) to achieve recovery.

II. Material And Methods

This study aims to analyze the relationship between supplement use, implementation of clean and healthy living behaviors (PHBS), and the disappearance of Covid-19 symptoms in patients exposed to Covid-19 in Bandung City. The inclusion criteria for this study involved patients who had been exposed to Covid-19 between January and December 2021, performed self-isolation, were declared cured, and took supplements and vitamins. The exclusion criteria included patients who were treated in advanced health facilities such as hospitals, pregnant and lactating women, and patients with a history of comorbid diseases.

The research location was determined through observation at several health centers in Bandung City. The research variables consisted of independent variables, namely the use of supplements and the implementation of PHBS, and the dependent variable, namely the disappearance of Covid-19 symptoms. The research instrument in the form of a questionnaire with a Likert scale was used to measure patient knowledge and behavior related to the use of supplements and PHBS in daily life.

The validity of the questionnaire was tested using the Spearman Rank correlation, with the question items considered valid if the r value was greater than r table. Reliability of the questionnaire was tested using Cronbach's Alpha formula, and the results were considered reliable if the reliability test value was more than 0.7. Validity and reliability tests were conducted using IBM SPSS Statistics software.

Data collection was carried out through observation and filling out questionnaires by respondents who met the research criteria. The questionnaire was distributed through the WhatsApp application in the form of Google Form. The collected data were processed through editing, coding, entry, and tabulation stages. Data analysis was carried out in two stages, namely univariate and bivariate analysis.

Research conclusions were drawn after the data were analyzed, to determine the level of knowledge, description of the use of supplements, application of PHBS, and the relationship between the level of knowledge of positive patients with Covid-19 with the use of supplements and the application of PHBS in achieving recovery

III. Result And Discussion

This research was carried out in a descriptive observational manner with a cross-sectional approach, taking place from 27 October 2021 to 27 April 2022 at several community health centers in Bandung City, including the Sekejati, Mandala Mekar, Astana Anyar, Babatan, Cigadung, Cijagra Baru and Babakan Surabaya health centers. The research results are presented in qualitative and quantitative descriptive form, describing the use of supplements and the implementation of clean and healthy living behavior (PHBS) during Covid-19 positive self-isolation in 32 community health centers in Bandung City. The research instrument was a Google Form questionnaire, with the research population being patients who had been exposed to Covid-19 in January-December 2021 and were self-isolating in Bandung City. Data collection was carried out using a questionnaire that had been tested for validity and reliability¹⁰.

Table 1. PHBS Variable Validity Test Results

Variable	Question	Rcount	Rtable	Description
	Question 1	0.376	0.294	Valid
	Question 2	0.307	0.294	Valid
	Question 3	0.609	0.294	Valid
	Question 4	0.294	0.294	Valid
PHBS	Question 5	0.542	0.294	Valid
	Question 6	0.577	0.294	Valid
	Question 7	0.412	0.294	Valid
	Question 8	0.546	0.294	Valid

	Question 9	-0.357	0.294	Tidak Valid
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Based on table 1, the results of the validity test show that 8 of the 9 questions are valid because the calculated R value is greater than the R table (0.294), while 1 question item is invalid because the calculated R value is smaller than the R table. Therefore, 8 valid questions can be used for further research, while 1 invalid question is not used.

Reliability testing was carried out using the Cronbach's Alpha method, and the results showed that the questionnaire was reliable with a reliability value greater than 0.70.

Table 2. Observations of organoleptic gel preparations

Variable	Alpha Cronbach	Rcritical	Description
PHBS	0.804	0.7	Reliable

Based on table 2, it shows that each questionnaire question on each variable is reliable and can be used in further research.

Univariate Analysis

Univariate analysis is used to describe the characteristics of each research variable. Based on the primary data obtained, a questionnaire was collected which was administered to 100 respondents. Univariate data in this study is data on respondents' characteristics and descriptions of each variable.

Overview of Supplement Use When Self-Isolating Positive for Covid-19

Table 3. Distribution of Supplement Consumption

Statement	Description	Frequency	Percentage (%)
Did you also take supplements or vitamins when your SELF ISOLATION was positive for Covid-19?	Yes	657	100
	No	0	0
Total		657	100

In table 3 above, it can be seen that all Covid-19 patients consumed supplements and obtained a percentage of 100%. This is in line with the guidelines of the Indonesian Ministry of Health (2020)¹¹ which states that during a pandemic it is important to increase the body's immune system to fight bacteria, viruses and other organisms that can cause disease. One way to help increase the body's endurance is by consuming health supplements. Health supplements are used to supplement vitamin deficiencies in the body so that the immune system can function optimally and prevent conditions from worsening when exposed to Covid-19¹². In this study, all respondents consumed health supplements, which means that respondents already knew about the importance of increasing body resistance by consuming supplements to help the body fight the Covid-19 virus.

Table 4. Frequency Distribution of Supplements Consumed

Statement	Description	Frecuency	Percentage (%)
What supplements or vitamins do you consume?	Vitamin C	626	37,57
	Vitamin D	405	24,31
	Vitamin E	249	14,95
	Zinc (Seng)	290	17,41
	Selenium	79	4,74
	Herbal	9	0,54
	Honey	6	0,36
	Vit. B	1	0,06
	Spirulina	1	0,06
Total		1666	100

In table 4, to help increase immunity, Covid-19 positive patients consume various supplements. The most frequently consumed supplement by Covid-19 patients was vitamin C by 626 respondents or 37.57%, followed by vitamin D by 405 respondents or 24.31%, zinc by 290 respondents or 17.41%, vitamin E by 249 respondents or 14.95%, selenium as many as 79 respondents or 4.74%, herbs as many as 9 respondents or 0.54%, honey as many as 6 respondents or 0.36%, and the lowest was consuming vitamin B spirulina with 1 respondent each or 0.06%, and this is in line with the direction from the Indonesian Ministry of Health (2020) in the Covid-19 management protocol pocket book which states that in patients confirmed positive for Covid-19 the vitamins that can be consumed are vitamins C, D, E, zinc (zinc) and selenium.

Vitamin C is the most dominant vitamin consumed by Covid-19 patients. This is in line with research conducted by Mukti¹³ which stated that vitamin C was the supplement most consumed when infected with Covid-

19. According to BPOM (2020), in the body's defense system, vitamin C contributes to supporting cellular function in the innate and adaptive immune systems. Vitamin C is used in Covid-19 therapy because of its function in improving the immune system and antioxidants. The maximum limit for using Vitamin C as a supplement is 1000 mg/day. According to research conducted by Garcia¹⁴ which states that vitamin C can weaken excessive immune responses in Covid-19 patients. When infected with microbes, macrophage activation will be excessive to produce inflammatory mediators which can be reduced by administering vitamin C¹⁵. Based on this, vitamin C shows positive results when used to prevent worsening of the condition of Covid-19 patients.

During the Covid-19 pandemic, vitamin D has also become a micronutrient whose levels can determine the risk of infection and infection status. Based on research conducted by Ghasemian et al¹⁶ on Covid-19 patients in Indonesia, 37.7% of patients experienced vitamin D deficiency and 32.2% experienced vitamin D insufficiency. This shows that insufficient vitamin D levels can be one of the risk factors for infection with the Covid-19 virus. In Covid-19 sufferers, Vitamin D can increase the ability of phagocytosis and increase recognition of pathogenic microbes, reduce excessive production of pro-inflammatory cytokines, play a role in inhibiting cytokine storms or immunomodulation and homeostasis of the immune system¹⁷. Therefore, vitamin D can be given as a supplement to minimize the risk of infection and also as additional therapy for Covid-19 sufferers. The maximum limit for using vitamin D as a supplement is 400 IU/day¹⁸.

Vitamin E is a vitamin that has strong antioxidant properties that can protect cell membrane damage caused by free radicals and provide anti-inflammatory effects so that it can support the immune system¹⁹. Vitamin E is involved in defense and increasing the cytotoxic activity of Natural Killer (NK) cells and inhibits the production of PGE2 in macrophages thereby protecting T cells. Therefore, it is necessary to use Vitamin E alone or in combination during the Covid-19 pandemic to increase the body's resistance. The maximum limit for using vitamin E as a health supplement is 400 IU/day²⁰.

Apart from supplementation with vitamins, minerals are also very important for increasing the body's immunity in fighting Covid-19 infection. Minerals that can play a role in viral infections such as zinc and selenium. When an infection occurs, zinc can act as an antioxidant and anti-inflammatory. Zinc can play a role in preventing the entry of viruses and inhibiting viral replication. Zinc deficiency in the body can increase Reactive Oxygen Species (ROS) and proinflammatory mediators²¹. This is in line with Tedjaatmadja's study²² which states that zinc plays a role in the inflammatory process, especially in the respiratory system and can balance the immune system so that it is useful in Covid-19 therapy. Therefore, consuming zinc can be useful in relieving symptoms and reducing the risk of Covid-19 infection. The maximum limit for using zinc as a supplement is 30 mg/day²³.

Selenium is a mineral that the body needs. In Covid-19 patients there is a link between selenium deficiency and the risk of mortality. Selenium deficiency can cause vasoconstriction and blood clots, leading to tissue damage. Therefore, meeting the body's selenium needs can prepare the body to face the dangers of Covid-19 infection earlier²⁴. The maximum limit for using selenium as a supplement is 200 µg/day²⁵.

In this study, there were 0.54% of respondents who consumed herbal products. Apart from vitamins and minerals, herbal products have also been approved by BPOM RI to help maintain the body's immune system²⁶. Therefore, herbal products can also be consumed when exposed to Covid-19 which has a role in helping maintain the body's immune system, not to treat Covid-19.

Table 5. Frequency Distribution of Supplement Consumption

Statement	Description	Frequency	Percentage (%)
How many times a day do you take supplements? or these vitamins?	Once a day	434	66,06
	Twice a day	148	22,53
	Three times a day	73	11,11
	Other	2	0,30
Total		657	100

As seen in table 5 above, the most dominant frequency of supplement consumption is once a day for 434 respondents or 66.06% and the lowest is 2 respondents or 0.3%. The results of this study show that respondents fall into the category of frequently consuming supplements. This is in line with research by Khusmalinda & Zulaekah²⁷ which states that the category of consuming supplements is divided into 3, namely often if 4-7 times a week, rarely if 1-3 times a week and never if < once a week. In this study, there were also patients who consumed supplements more frequently, namely 2 to 3 times a day. This is because Covid-19 patients feel anxious and assume that the more often they consume it, the faster they will recover. The use of supplements is a rational effort to increase the body's resistance during Covid-19 infection as long as they are used according to each individual's needs.

Table 6. Frequency Distribution of Duration of Supplement Consumption

Statement	Description	Frequency	Percentage (%)
How long did you take the supplement until you were declared	2-3 days	70	10,65
	4-7 days	179	27,24

cured?	8-14 days	365	55,55
	>14 days	43	6,54
Total		657	100

The most dominant length of time for Covid-19 patients to consume supplements was 8-14 days with 365 respondents or 55.55% and the lowest was more than 14 days with 43 respondents or 6.54%. This is in line with the decision of the Indonesian Ministry of Health²⁸ regarding the clinical management of corona virus disease 2019 (Covid-19) which states that the use of supplements to increase endurance in patients with confirmed Covid-19 can be used for 14 days. In this study, the duration of use was dominated by 8-14 days, this corresponds to the incubation period for the Covid-19 virus which can reach 14 days. During this incubation period, symptoms usually begin to appear, so supplements are needed to reduce the risk of worsening of the condition.

Description of Clean and Healthy Living Behavior

Table 7. Frequency Distribution of Clean and Healthy Living Behavior

Question	Behavior	Fequency	Score	Mark
When carrying out self-isolation and implementing PHBS, you wash your hands using soap/running water/hand sanitizer	Always	503	4	2.012
	Often	125	3	375
	Sometimes	21	2	42
	Never	8	1	8
	Total Question Score	657	4	2.437
When doing self-isolation and implementing PHBS, you shower twice a day	Always	446	4	1.784
	Often	131	3	393
	Sometimes	71	2	142
	Never	9	1	9
	Total Question Score	657	4	2.328
When carrying out self-isolation and implementing PHBS, you consume food with balanced nutrition such as vegetables, fruit and milk	Always	391	4	1564
	Often	206	3	618
	Sometimes	51	2	102
	Never	9	1	9
	Total Question Score	657	4	2.293
When self-isolating and implementing PHBS, you should rest every day for 6-8 hours	Always	479	4	1916
	Often	128	3	384
	Sometimes	45	2	90
	Never	5	1	5
	Total Question Score	657	4	2.395
When doing self-isolation and PHBS, you change the bedding every week	Always	154	4	616
	Often	171	3	513
	Sometimes	280	2	560
	Never	52	1	52
	Total Question Score	657	4	1.741
When carrying out SELF-ISOLATION and implementing PHBS, you should do physical activity for at least 30 minutes/day	Always	275	4	1.100
	Often	185	3	555
	Sometimes	145	2	290
	Never	52	1	52
	Total Question Score	657	4	1.997
When doing SELF-ISOLATION and implementing PHBS, you bask in the sun	Always	390	4	1.560
	Often	161	3	483
	Sometimes	72	2	144
	Never	34	1	34
	Total Question Score	657	4	2.221
When carrying out SELF-ISOLATION and implementing PHBS, you avoid stress by continuing to think positively	Always	469	4	1.876
	Often	131	3	393
	Sometimes	50	2	100
	Never	7	1	7
	Total Question Score	657	4	2.376
Total Score	17.788/8 = 2.223,5			
Highest Score	2.628			

The behavior of Covid-19 patients who are self-isolating in implementing Clean and Healthy Living Behavior (PHBS) can be calculated using the index formula $\% = \text{Total Score} / Y \times 100$, then index $\% = 2,223.5/2,628 \times 100\% = 84.61\%$ (Good).

Total score: The total score of questions obtained from all questionnaire question scores divided by the number of Clean and Healthy Living Behavior (PHBS) questionnaire questions.

Y: Number of respondents x highest alternative answer.

Based on table VII, it can be seen that respondents have good behavior in implementing Clean and Healthy Living Behavior (PHBS) as an effort to accelerate healing from Covid-19 with a value of 84.61%. In the question with the highest score with a score of 2,437 in the question "When carrying out SELF-ISOLATION and implementing PHBS, you wash your hands using soap/running water/handsanitizer". This shows that the behavior of Covid-19 patients already knows the importance of washing their hands to avoid spreading the virus. To prevent the spread of the Covid-19 virus, you can wash your hands before and after carrying out activities using soap for 20 seconds. This is in line with research conducted by Hidayat et al²⁹ which states that washing hands can remove dirt and reduce disease-causing microorganisms on the hands, thereby preventing worsening of conditions when infected with Covid-19. Apart from washing your hands, you can also maintain cleanliness, such as bathing twice a day and changing your bedding regularly. This can be done to minimize the occurrence of transmission between family members during self-isolation. According to research by Karuniawati & Putrianti³⁰ implementing PHBS can minimize the spread of Covid-19 by prioritizing health so that a quality life can be created and become a habit.

Apart from preventing Covid-19, implementing PHBS can also be done to help speed up the recovery of Covid-19 patients, such as consuming food with balanced nutrition, resting 6-8 hours a day, doing physical activity for at least 30 minutes/day, sunbathing in the sunshine and avoiding stress by positive thinking. This is in line with research by Akbar & Aidha³¹ which states that adequate nutritional intake is very necessary so that cells can function optimally. When nutritional intake is met, the immune system will increase and reduce the risk of infectious diseases.

During self-isolation you also need to rest 6-8 hours per day. This is because when you rest, the body's immune system will work optimally in producing antibodies. Physical activity can also influence the recovery of Covid-19 patients. Doing physical activity for at least 30 minutes/day can reduce the risk of various diseases³². Basking in the sunshine is also an important thing to do during self-isolation. This is in line with research by Lucas et al³³ which states that sunbathing can help in the absorption of vitamin D. Vitamin D is needed by the body to increase the body's immunity so that it can ward off disease, especially Covid-19. Good sunlight can be obtained from 9 to 12 and 3 in the afternoon because it contains ultraviolet B. To get enough vitamin D, you can do it for at least 10-30 minutes a day.

When you are positive for Covid-19, avoiding stress by thinking positively is also an important thing to do. Stress can be dangerous because it can reduce the body's immune system so that it can worsen the condition of Covid-19 patients. This is in line with research by Andiarna & Kusumawati (2020) which states that when stressed the body will release stress hormones such as epinephrine and norepinephrine which can reduce the body's immunity, fast heart rate, increase blood pressure and produce excess sweat.

Therefore, implementing PHBS is important whether there is or is not a Covid-19 pandemic. During self-isolation, it is important to apply PHBS to maintain immunity so that the recovery process is faster. By implementing PHBS during this pandemic, we can prevent Covid-19 cases from spreading again.

Bivariate Analysis: Spearman Rank Correlation

In this study, there were two variables that were thought to have a correlation between them, therefore bivariate analysis was carried out to determine the correlation between the two variables. There is an independent variable which is the use of supplements and implementing clean and healthy living behavior and a dependent variable which is the disappearance of Covid-19 symptoms. In this study, 100 respondents were obtained and then hypothesis testing and data processing were carried out using SPSS version 20 with the Spearman Rank correlation technique.

The following hypotheses were tested:

H0: There is no correlation between the use of supplements and the implementation of Clean and Healthy Living Behavior (PHBS) and the disappearance of Covid-19 symptoms.

H1: there is a correlation between the use of supplements and the implementation of Clean and Healthy Living Behavior (PHBS) and the disappearance of Covid-19 symptoms.

Table 8. The Relationship between Supplements and the Disappearance of Covid-19 Symptoms

		Consuming Supplements	Disappearing Symptoms
Consuming Supplements	Correlation	1,000	,486**
	<u>Coefficient</u>		
	Sig. (2-tailed)		,000

	N	657	657
Spearman's rho	Correlation Coefficient		
		,486**	1,000
Disappearing Symptoms	Sig. (2-tailed)	,000	.
	N	657	657

Based on table 8 above, it is known that the significance value or Sig. (2-tailed) of 0.000 is smaller than 0.05. According to Nursalam³⁴ if the significance value is <0.05 then the variable is correlated. So it can be interpreted that there is a correlation between the supplement variable and the loss of symptoms. From the table also obtained a correlation coefficient of 0.486. According to Sugiyono³⁵ the correlation coefficient is at a moderate level of relationship in the range (0.4 - 0.59). So it can be interpreted that the level of strength of the relationship (correlation) between the supplement variable and the loss of symptoms is 0.486 or moderate. The correlation coefficient in the table above is positive, namely 0.486 so that the relationship between the two variables is unidirectional. Thus it can be concluded that H0 is rejected and H1 is accepted, which means that there is a correlation with a moderate and unidirectional level between the use of supplements and the loss of symptoms in positive Covid-19 patients who carry out independent isolation in Bandung City. Therefore, it can be interpreted that if the patient regularly consumes supplements, the symptoms will disappear quickly and the healing rate will be faster.

Table 9. Relationship between PHBS and the disappearance of Covid-19 symptoms

		PHBS	Disappearing Symptoms
	Correlation Coefficient	1,000	,328**
PHBS	Sig. (2-tailed)	.	,000
Spearman's rho	N	657	657
	Correlation Coefficient	,328**	1,000
Disappearing Symptoms	Sig. (2-tailed)	,000	.
	N	657	657

Based on table 9 above, it is known that the significance value or Sig. (2-tailed) 0.000 is smaller than 0.05. According to Nursalam³⁴ if the significance value is <0.05 then the variable is correlated. So it can be interpreted that there is a significant relationship (correlation) between the Clean and Healthy Living Behavior (PHBS) variable and the loss of symptoms. From the table also obtained a correlation coefficient of 0.328. According to Sugiyono³⁵ the correlation coefficient is at the level of a weak relationship in the range (0.2 - 0.39). So it can be interpreted that the level of strength of the relationship between the supplement variable and the loss of symptoms is 0.238 or weak. The correlation coefficient number in the table above is positive, namely 0.328 so that the relationship between the two variables is unidirectional. Thus it can be concluded that H0 is rejected and H1 is accepted, which means that there is a weak and unidirectional correlation between the application of PHBS and the disappearance of symptoms in positive Covid-19 patients who carry out independent isolation in Bandung City. Therefore, it can be interpreted that if patients apply PHBS during self-isolation, it can help accelerate the healing of covid-19, even though it has a weak correlation.

IV. Conclusion

Based on the results of research at three health centers in Bandung City, it was found that Vitamin C was the most widely used supplement during self-isolation for Covid-19, with a percentage of 37.57%, followed by Vitamin D (24.31%), Vitamin E (14.95%), Zinc (17.41%), Selenium (4.74%), herbs (0.54%), honey (0.36%), and Vitamin B and Spirulina (0.06%). The implementation of Clean and Healthy Living Behavior (PHBS) during self-isolation includes resting 6-8 hours a day, consuming balanced nutritious food, bathing twice a day, avoiding stress, basking in the sun, and washing hands with soap and using hand sanitizer, with good PHBS behavior in the 84.61% category. Rank Spearman correlation analysis showed a significant relationship between the use of supplements and the disappearance of Covid-19 symptoms until recovery, with a correlation coefficient of 0.486, and the implementation of PHBS also showed a significant relationship, although weaker, with a correlation coefficient of 0.328.

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