Improving Self-Efficacy with Nanogold-Nanosilver and Bodysanitizer for Communities in The Midst of Pandemic Covid-19

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ABSTRACT
The purpose of this study is to look at the use of nanogold and nanosilver based supplement capsules (NGNS) and the use of bodysanitizers made from eucalyptus in the midst of the COVID-19 pandemic. Medical effects, self-efficacy, health protocols and religiosity and spirituality after consuming NGNS moringa capsules and using the bodysanitizer will be the focus of this article. Limited scale test was conducted on 25 people with a variety of illness. Temporary results from interviews and observations indicated that: 1) For cases of diabetes and its wounds, the obtained data shows that the wounds dried up. 2) In the case of a weak body, the result shows that the body come to fresher, fitter and better. 3) In the case of rheumatism, the pain is no longer felt. 4) In the case of coughs and colds, result showed that all were cured. 5) In the case of flu and fever, the body will no longer have a fever and the flu has gone. From result of the limited observation out of 5 cases, implications showed for an increasing self-efficacy. So the conclusion was that by consuming Moringa capsules along with the correct health protocol, the community will be protected from COVID-19 through which self-efficacy increases. Implementing health protocols wearing masks when leaving the house, increasing immunity with moringa capsules, drinking and eating healthy food, keeping the distance, washing hands, reading prayers toward God, feeling grateful, and being happy are the keys to better life in the new normal era in the midst of the COVID-19 pandemic.

Keywords: Nanogold; Nanosilver; bodysanitizer; self-efficacy

1. INTRODUCTION
Self-efficacy is a sense of success (Kiralp, 2015), and in the midst of the current global pandemic self-efficacy can be read as a sense of success in passing through the COVID-19 pandemic healthily and happily. Cognitive abilities swayed the self-efficacy (White et al., 2017) by which in turn increases self-efficacy and strengthens the body's immunity. The role of religious and spiritual (Kashani et al., 2014) is also significant in increasing self-efficacy. In addition, self-efficacy boosted through experience of consuming supplements made from Nanogold and Nanosilver (NGNS) which constitutes as a form of experience (Haugland, Wahl, Hofoss, & DeVon, 2016). The NGNS that mixed with Moringa leaves are distributed to the community members in the midst of the COVID-19 pandemic in order to increase immunity. Based on literature review and research results, Moringa leaves are vegetables that have strong immune-enhancing substances. The nanogold mixed with moringa can enhance a body immunity. Taking this NGNS-based moringa capsule, in particular go along with being religious and spiritual, has proven to increase the sense of success and self-efficacy.

In addition, taking the NGNS supplement along with using a bodysanitizer can increase a sense of healed and a healthy life. During distributing NGNS supplements to the community members in the midst of the COVID-19 pandemic, they implemented a health protocol procedure. Their adherence to and implement with health protocols are due to high self-efficacy. After all, those who take part in this research are encouraged to wash their hands with running water and soap, to use a mask, face shield and gloves and to maintain a safety distance of two meters from each other, during which the interview session was conducted.
which limited to 20-30 minutes listening to any complaints and feedback from them.

In addition, being observing in worshiping God and using health protocols encourages a healthy and calm life in the midst of the COVID-19 pandemic. This fact shows that self-confidence to success and self-efficacy encourages people to discipline in consuming nanogold and nanosilver every day according to the instructions, namely twice a day -- before bedtime at night, and after breakfast in the morning. The subjects who were undisciplined in daily consuming NGNS were due to a lack of belief in the efficacy of the NGNS. They doubt and are fear on any risks posed by NGNS, including getting fat. Fear of the long-term effects leads them to drink it occasionally, thus the effectiveness of this supplement is less pronounced.

2. METHOD

This applied research employed qualitative methods. The research locus was in Probolinggo regency, East Java. This research collected the data through a questionnaire and series of following interviews every two weeks to the research subject. The results of the questionnaire were collected from the subject during their visit to take capsules and hand sanitizer. Afterward, the questionnaire was analyzed and confirmed in direct interviews with the subject about the effect of consuming Moringa capsules and of using hand sanitizer.

Time for distribution of capsule supplement and of hand sanitizer during which interview conducted

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<thead>
<tr>
<th>Time</th>
<th>Supplement</th>
<th>Bodysanitizer</th>
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<tbody>
<tr>
<td>19 July 2020</td>
<td>V</td>
<td>V</td>
</tr>
<tr>
<td>2 August 2020</td>
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<tr>
<td>16 August 2020</td>
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<td>30 August 2020</td>
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<td>6 September 2020</td>
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<td>20 September 2020</td>
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The allocated time for distributing moringa capsules and hand sanitizer are 6 meetings, namely on July 19, 2020, August 2, 2020, August 16, 2020 and 30, 6 September 2020, and 20 September 2020. The results obtained during these 3 months are subsequently summarized and written in this article.

A. Instrument

There are four launched instruments, namely the medical impact of the NGNS which includes the question whether colds, coughs, rheumatism, indigestion and dizziness frequently come; and is there diabetes or any previous disease history? The self-efficacy instrument in consuming NGNS moringa capsules includes questions around the belief in choosing a capsule in order to be healthy and fitter, as well as being ready to accept any risks from the effects of the capsules, and being more persistent in taking capsules every day in regular way. The health protocol instrument comprised questions pertinent to compliance with health protocols, whether to use a mask when going out, whether to maintain social distancing with other people, whether to wash hands frequently with soap, whether to sunbathe every day and use a hand sanitizer. Instruments of religiosity and spirituality included a belief that the life is a gift from God has provided safety in the COVID-19 pandemic with which God is the main support; God helps people; The COVID-19 pandemic is a test and a warning from God so as to humans to introspect and to repent any sins.

The scale test limited to 25 people with various problems. The results of the interviews, the questionnaires and the observations were described in 5 different cases, as follow.

3. RESULTS AND DISCUSSION

The distribution of NGNS moringa capsules was carried out to 25 people with different medical histories. The efficacy of NGNS supplements, furthermore, was observed in this study. The health development in these five cases is described as follows.

A. Medical Effect

The subject A had a case of diabetes along with a wound that had dried up. This 78-year-old male suffered from diabetes mellitus along with his swollen legs. After consuming nanogold and nanosilver, diabetes was getting better. He was able to engage in any activities even though he still used a cane to walk. He became healthier and better. Swelling wound in the legs decreases. He was able to walk to the mosque and any places he wants. The body feels fit. Subject B had a case of rheumatism. Due to the supplements, the pain is no longer felt. It runs more smoothly. The subject is a woman aged 65 years. She became a domestic maid, suffered from high blood pressure. He frequently had a cold and cough. After consuming moringa capsules, her coughs and colds had reduced, and alleviated in pain and in rheumatism, had stable blood pressure, and sleeping soundly at night.
Subject C who felt a weak body, subsequently became fresh, fit and eventually no more feeling weak. Subject C is a 46 years old woman. He works as a farm laborer and domestic maid. This woman is very busy during tobacco season. Initially she easily falls sick and tired while working in the fields. Subject C complained that his body is in weak and sore. After she took the supplement capsule, he did not have a cold and cough any longer, even did not feel dizzy, and subsequently ate and drank with appetite. Even though she rarely used any health protocols, the subjects felt strong and resilient in the midst of the COVID-19 pandemic. Every day she worked hardly as usual. She works as a cooking helper from 07.00 to 10.00, afterward goes to the fields planting tobacco, watering and cleaning the grass. The consumption of moringa capsules increases her immune system during the Covid pandemic.

Subject D tends to has flu. Since consuming the supplement, he was cured. He is a man who works as a pedicab driver. Currently he is 54 years old. Every day he works outside the home, and he still wears a mask when working outside. Subject D did not experience coughs and colds and rarely felt dizzy. The only headache is “if he doesn’t have money”, jockingly he said. However, this subject felt fitter after consuming moringa capsules. He feels that moringa capsules add resilience when working in the midst of a pandemic. If he has worked pedaling a rickshaw on the streets, after which once he experiences fatigue and aches, then simultaneously he takes Moringa capsules. He said, “I take capsules as the pain came in after pedaling his rickshaw, after that it feels light in the body”. In a day he drank twice.

Subject E had a case of cold and fever cough. He recovered. She is a 55 years old woman who works as a housewife. She has a history of working as a TKI (Indonesian Migrant Worker) as a domestic maid for 20 years abroad. Then she married a foreign national holder and currently lives in her hometown with her husband. The complaints of her illnesses are ranged from gout, fever, coughs and colds. He can’t walk far enough because of uric acid. After two weeks of consuming moringa capsules, he no longer had complaints of rheumatism and able to walk. After consuming nanogold for a month, he felt he was cured from coughs, and colds, a little less pain and can run smoothly. The pain was healed and he could walk long distances. When asked if there were any complaints of dizziness, he answered: none. It’s just that, he continued, if his children behave improperly, he feels dizzy thinking about the behavior of his children.

B. Self-Efficacy and Religious Stances

A sense of success can be viewed from the results of interviews and questionnaires distributed to the five subjects. They strongly agree with the statement in the questionnaire that, "I feel healed by consuming Moringa capsules. I choose to drink Moringa capsules so as to be healthy, before which I was looking around for information on the efficacy of NGNS moringa capsules."

Subject A was 78 years old grandfather whose diabetes and tried to consume NGNS-based moringa capsules. He frequently complained about difficulty of walking due to diabetes. Even so, this subject can sleep well and eat regularly. He went to the mosque everyday. Besides, subject uses masks when leaving the house. His religious belief is very high that this life is a gift from God, diligently worship and pray to recover from all diseases and live a healthy life. Subject A choses Moringa capsules in order to be healthy and to increase immunity during the Covid pandemic. This subject believed that many benefits came from moringa capsules.

Subject B believed that the supplement capsule could reduce pain. He admitted that it was very effective. Fact has it that subject B recovered quickly from coughs and colds. Subject B adhered to health protocols such as wearing a mask, maintaining social distancing and washing hands with soap during the current pandemic. Subject B has strong spirituality and a high religious attitude. He points out that this life is a gift from God. He was always diligent in worshiping God. His self-efficacy is a self-suggestion to recover and live a healthy and fitter life.

Subject C had high self-efficacy to survive in the midst of the COVID-19 pandemic. This very fact was obtained from a questionnaire that the subjects chose moringa capsules to be healthy, along with a high spirit of life during the pandemic, to feel fit by consuming moringa capsules. Subject C also recommended moringa capsules for her husband to take in the capsules after she tried the capsules for one month. During the current pandemic the subject C, however, washed his hands using soap, kept his distance and had spiritual and religious beliefs stated that life was a gift from God, even though he could not be patient in the midst of severely trials of life.

Subject D, at first, had doubts on the effectiveness of moringa capsules. the results of a questionnaire show his view before consuming the Moringa capsules. Initially this subject did not feel being healed with moringa capsules. However, after consuming moringa capsules regularly for a month, he felt healthy and fitter and recovered from a cold-cough, so was his digestion. Subject D consistently wore a mask and regularly sunbathing in morning
and afternoon. Subject D considered life full of trials, but remained happy because he observes in praying to God.

Subject E believed that moringa capsules could cure illnesses in the form of rheumatism and flu. By continuously taking Moringa capsules, he felt that there were three changes, namely the rheumatic pain healed, the urine was smooth and he could walk easily. After his flu is cured, he believes that the efficacy of Moringa capsules increase endurance and immunity.

From 5 cases above, there are implications for increasing the sense of success and self-efficacy of those taking the supplements. It can be seen that the five subjects consumed Moringa capsules for a month, and eventually come to be healthy and fitter. Out of the five subjects, there were 4 who had high self-efficacy, while 1 person had doubts about the effectiveness of moringa capsules. The religious beliefs and spirituality of the five subjects emphasized that life is a gift from God.

C. Discussion

The results research on 25 subjects which come to 5 different cases explained that nanogold and nanosilver supplements were alternatives medication to increase immunity during the COVID-19 pandemic. Out of the 25 people, they felt healthy and could do daily activities and back to work. Cured cases were found in those who suffered from a medical history with diabetes, gout, high blood pressure, cough, cold and fever after consuming NGNS.

Self-efficacy (Pajic, Uceluse, Kismihók, Mol, & den Hartog, 2018) encourages individuals to adapt easily. During the Covid pandemic, apart from adapting to new norms and regulations, they also took NGNS supplements along with the use of a bodysanitizer. High self-efficacy makes emotions stable, happy, enthusiastic, feels comfortable and healthy in turn encourages self-suggestions to stay healthy and disciplined in using a bodysanitizer. Bodysanitizer made from white wood oil which makes the skin smoother and the body healthy. Skin becomes warmer, smoother, brighter if one uses a bodysanitizer after shower. The bodysanitizer usage twice a day can make the skin warm, mainly because the bodysanitizer absorbs into the skin. In this end, they feel healthier.

Religious and spirituality encourages a person to surrender to God (Baharuddin & Ismail, 2015). It turns out that individuals will feel happier and calmer in facing the COVID-19 pandemic during which they patient and observe to God command which accompanied by the belief that God gives any best way and always loves servants who leave matters to God with sincerity (Bagheri, Zarea, & Esmaili, 2013). Individuals who consume NGNS using health protocols and relentless worship God have a strong urge to live healthy and are confident (Charkhabi, Mortazavi, Alimohammadi & Hayati, 2014).

Even so, they need group services (Launikari & Puukari, 2005) which comprises communities, such as village and Islamic boarding schools to provide guidance and counseling through which they learn together (Launikari & Puukari, 2005). They come together in consuming supplements, discipline in consuming it every day as an effort to prevent COVID-19, adhere to health protocols and observe religious attitudes. The ensuing development of Guidance and Counseling in affected communities in the midst of the COVID-19 pandemic can be explore in further research, namely applying humanistic counseling for individuals who take NGNS supplements with a history of congenital diseases. In addition, counseling with a humanistic model is set to listen empathically to the counselee's complaints while consuming NGNS. Strengthening and encouraging the counselee will actually increase the sense of success during consuming nanogold and nanosilver. Counseling with the Cognitive Behavior Modification (CBM) approach (McGowan, Behar, & Luhmann, 2016) can also be applied to the adolescent community who uses a bodysanitizer as a prevention against COVID-19 in the next research. Teens will live cleaner, bathe regularly in the morning along with bodysanitizer on the skin regularly in an effort to increase immunity from the corona virus.

4. CONCLUSION

1. A scale test limited to 25 people with different cases improves health, self-efficacy, spirituality and adherence to health protocols. 25 people showed healthy and can improve immunity amid the COVID-19 pandemic.

2. The results applied during July-September 2020 resulted in 1) For cases of diabetes with wounds, the results were dry. 2) In cases of weakness, the results are fresh, vit and not limp. 3) The case of gout and rheumatism: the pain is no longer felt, it goes better and smoother. 4) Cases of cough, cold and fever are cured. 5) If you want flu and your body will get better and not become flu.

3. A self-efficacy in consuming NGNS supplements and adhering to health protocols as well as spiritual and religious attitudes can increase the body’s immunity to stay healthy when working outside the home during the COVID-19 pandemic.

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5. REFERENCES


