

ค่านิยมในการดูแลตนเองและสังคมเพื่อป้องกันและควบคุมการแพร่ระบาดของ ของไวรัสโควิด 19 และผลกระทบจากไวรัสโควิด 19 ต่อนิสิตปริญญาตรี ของไทยและอินโดนีเซีย : ศึกษากรณี มหาวิทยาลัยศรีนครินทรวิโรฒ และมหาวิทยาลัยตาตุลาโก

Values for Self-Care and Society to Prevent and Control the
Spread of COVID-19 and the Impact of COVID-19 on Thai and
Indonesia Undergraduate Students: A Case Study of
Srinakharinwirot University and Tadulako University

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บทคัดย่อ

งานวิจัยนี้มีวัตถุประสงค์เพื่อศึกษาค่านิยมในการดูแลตนเองและสังคมเพื่อป้องกันและควบคุมการแพร่ระบาดของไวรัสโควิด 19 และผลกระทบจากไวรัสโควิด 19 ต่อนิสิตปริญญาตรีของไทยและอินโดนีเซีย กลุ่มตัวอย่างได้แก่นิสิตปริญญาตรีมหาวิทยาลัยศรีนครินทรวิโรฒและมหาวิทยาลัยตาตุลาโก จำนวน 400 คน ใช้การสุ่มตัวอย่างอย่างง่าย เครื่องมือในการวิจัยคือ แบบสอบถามชนิดมาตราประมาณค่า 5 ระดับ ตรวจสอบคุณภาพด้านความเที่ยงตรงเชิงเนื้อหา มีค่าเท่ากับ 0.67-1.00 หาค่าความเชื่อมั่นโดยใช้ค่าสัมประสิทธิ์แอลฟาของครอนบาคมีค่า 0.93 และ 0.89 ผลการวิจัยพบว่า 1) ค่านิยมในการดูแลตนเองและสังคมโดยรวมของนิสิตอินโดนีเซียอยู่ในระดับมาก (M = 3.82, S.D. = 0.16) ส่วนนิสิตไทยอยู่ในระดับมากที่สุด (M = 4.39, S.D. = 0.14) 2) ค่านิยมในการดูแลตนเองและสังคมระหว่างนิสิตไทยและอินโดนีเซีย มีความแตกต่างกันอย่างมีนัยสำคัญทางสถิติที่ระดับ .05 3) ผลกระทบจากไวรัสโควิด 19 ต่อนิสิตไทยและอินโดนีเซีย มีค่าเฉลี่ยอยู่ในระดับมาก (M = 4.03, S.D. = 0.25) และ (M = 3.75, S.D. = 0.15) ตามลำดับ และ 4) ผลกระทบจากการแพร่ระบาดของไวรัสโควิด 19 ระหว่างนิสิตไทยและอินโดนีเซีย พบว่ามีความแตกต่างกันอย่างมีนัยสำคัญทางสถิติที่ระดับ .05 ดังนั้นมหาวิทยาลัยควรให้คำปรึกษาแก่นิสิตเพื่อช่วยจัดการกับความเครียดที่เกิดจากโรคระบาด ตลอดจนการลดค่าธรรมเนียมการลงทะเบียนหรือขยายเวลาการชำระเงิน

คำสำคัญ : ค่านิยม, โควิด 19, ผลกระทบจากโควิด 19, นิสิตไทยและอินโดนีเซีย

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Abstract

The objectives of this research was study self-care and social care values of Thai and Indonesian students in regard to preventing and controlling the spread of COVID-19 and the impact of the pandemic. The sample was comprised of 400 undergraduate students at Srinakharinwirot University in Thailand and Tadulako University in Indonesia, obtained by simple random sampling. The research instrument was a Google Forms questionnaire with a five-point rating scale. The content validity index was 0.67 to 1.00, and the reliability based on Cronbach's alpha coefficient was 0.93 and 0.89. The results showed that 1) the overall self-care and social care values of the Indonesian students were at a high level ($M = 3.82$, $S.D. = 0.16$), while the Thai students were at the highest level ($M = 4.39$, $S.D. = 0.14$); 2) there was a statistically significant difference at the .05 level between the self-care and social care values of the Thai and Indonesian students; 3) the overall impact of COVID-19 on Thai and Indonesian students was at a high level: ($M = 4.03$, $S.D. = 0.25$) and ($M = 3.75$, $S.D. = 0.15$), respectively; and 4) there was a statistically significant difference at the .05 level in the impact of COVID-19 between Thai and Indonesian students. Therefore, universities should provide counseling for students to help them deal with pandemic-induced stress, as well as reduce enrollment fees or extend the payment time.

Keywords: Values, COVID-19, the impact of COVID-19, Thailand and Indonesia students

Introduction

COVID-19 was first detected in December 2019 in Wuhan, the capital of Hubei Province in China, and it subsequently spread around the world. The World Health Organization (WHO) declared COVID-19 a Public Health Emergency of International Concern (PHEIC) on 30 January 2020, and designated the outbreak as a pandemic after it spread rapidly to all regions of the globe. As of May 2020, more than 6.1 million cases of the novel coronavirus had been reported worldwide, with approximately 3.7 million deaths in 215 countries globally. As of 20 February 2021, there were a total of 111,218,170 COVID-19 cases reported globally, along with 2,462,186 deaths and 86,086,551 recoveries. Cases in Southeast Asia accounted for 9% of the total,¹ according to the World Health Organization.²

Given the above facts, ministries of health and relevant agencies in various countries have implemented measures to control and prevent the spread of COVID-19, such as restrictions on tourism, quarantines, recommendations to shelter in place,

and online study. In addition, people have been urged to follow local regulations to help prevent and reduce the risk of contagion in their communities.

Individual conduct is associated with values, which therefore determine a person's behavior, in this case as it pertains to adhering to the requirements of the Ministry of Public Health aimed at limiting the spread of COVID-19. Values also contribute to social change. As such, the value of protecting oneself and society from infection with the COVID-19 virus is crucial because it reduces risk, mortality, and the government's cost burden, which is evidenced in the situation report on the transmission of COVID-19 by the Department of Disease Control in Thailand.¹ Many countries have managed to contain the spread of the virus, but a relaxation of government measures has typically led to a resurgence. As COVID-19 is likely to become endemic, people in society need to take care of themselves and show social responsibility by strictly following the measures imposed by the government.

It is clear that COVID-19 has had significant

repercussions for people in society in terms of the economy, public health, psychology and the educational systems of many countries around the world. With respect to the impact of the pandemic on the educational system in particular, many universities around the globe were forced to move to 100% online learning in the second half of the second semester of the academic year 2019 onward to curb the spread of the coronavirus, with more than 1.2 billion students having stayed at home.³

Thailand's initial wave of COVID-19 began in mid-January and lasted to mid-March. From mid-March until mid-May 2020, the number of cases leaped to around 3,000 per day, mainly from local transmissions. Indonesia is another Southeast Asian country that has been badly affected by COVID-19, as it has had the highest number of cases in the region¹. As of 5 April 2021, the Indonesian government had reported 1,537,967 confirmed cases of COVID-19 in all 34 provinces of Indonesia, with 114,475 active cases, 41,815 fatalities, and 1,381,677 people having recovered from the illness. Therefore, the researchers were interested in studying the self-care and social care values of Thai and Indonesian students in regard to preventing and controlling the spread of COVID-19. Thus, the study focused on a sample of students in Thailand and Indonesia, which are countries in Southeast Asia that have been severely affected by COVID-19. The results obtained from the research can be used to promote desirable values in students and reduce the spread of the coronavirus in the long run. The findings can also be used to formulate guidelines for providing care, advice and assistance to students, as well as encouraging to them to study and develop themselves further.

Conceptual Framework

The researchers applied the concepts of Smith⁴, and Rokeach⁵, which values are abstract

principles that are central to an individual's self-concept. They function as a guideline for assessing situations and determining an individual's social and ideological constructs. Values are fundamental beliefs that lead to the formation of attitudes and enable people to determine what is important to them.

Objectives of the Study

1. To study the levels of self-care and social care values and compare the differences in self-care and social care values between Thai and Indonesian students.
2. To study the level of impact of COVID-19 and compare the differences in the impact of the COVID-19 pandemic on Thai and Indonesian students.

Research Methodology

Population and Sample The population was 22,457 students from Srinakharinwirot University in Thailand and 24,000 students from Tadulako University in Indonesia.

Sampling Procedure

1. Survey data was collected from the Student Affairs Division Office of the President at Srinakharinwirot University, A total number of 22,457 students. There were a total of 24,000 students at Tadulako University. Therefore Population is 46,457 people.
2. The researcher calculated the sample size using Yamane's sample size formula,⁶ with the sampling error = .05, the formula $n = N/1 + Ne^2$ was used. Substitute the sample size = $46,457/1 + 46,457(.05)^2 = 396.55$ people, or about 400 people.
3. Simple sampling from the faculties of both universities was done through random selection, that is the Faculty of Engineering represented the science group, and the Faculty Education represented the social science group.

4. Simple random sampling was done to obtain 100 students from each faculty for each year at both universities; each university has 200 students, for a total of 400 students.

Development of the Instrument

1. The researchers studied the values of taking care of oneself and society to prevent and control the spread of the COVID-19 and its impact on students.

2. Content validity was checked by three experts to verify consistency between the questions and the objectives, with the Item Objective Congruence Index (IOC) used as the decision-making criteria; the IOC value was 0.67-1.00.

The process of collecting data from Indonesia

The questionnaire was prepared in Indonesian using back-translation to ensure the tool's quality, clarity and accuracy. The steps were as follows.

Step 1: Translation from Thai into English by the project leader.

Step 2: Verification of the translated research tools by experts who use English as their native language to check for the appropriateness of the language.

Step 3: Translation from English into Thai by a bilingual member of the research team who is fluent in both Thai and English and had never seen the original research tool before.

Step 4: Comparison of the original and the reverse-translated set of research tools to consider the suitability of the language. The translation of English into Indonesian was done by a bilingual research team member based in Indonesia who is fluent in both English and Indonesian, which was checked by another expert in English and Indonesian.

3. The questionnaire used to collect the online data was adapted for Google Forms, and was piloted with

a group of 60 people. To determine the reliability, Cronbach's alpha coefficient formula was used with the values of 0.93 and 0.89, respectively.

The mean score was classified into five levels (1.00-1.80= very low; 1.81-2.60 = low; 2.61-3.40 = moderate; 3.41-4.20 = high; and 4.21-5.00 = very high)

Ethical considerations The researchers sought approval from the Human Research Ethics Committee and received certificate number SWUEC/E-459/2020 on 19 February 2021.

Data collection The data collection period was from 7 April to 10 May 2021.

1. Data collection from Thai students: The researcher wrote a letter to the vice - rector for Academic Affairs requesting information on the sample groups.

2. Data collection from Indonesian students: The researchers sent the Google Forms questionnaire to the students via email with attached documents, instructing them to answer it truthfully and voluntarily. The students were assured that the information obtained would not have any effect on their grades and would only be used for research purposes.

Data statistics, i.e., frequency, percentage, mean and standard deviation, and independent t-test.

Results and Discussion

Research results A summary of the research results is presented below:

In terms of the level of self-care and social care values of the Thai and Indonesian students in regard to the prevention and control of COVID-19, Indonesian students overall had a total mean score at a high level (M = 3.82, S.D.= 0.16). The highest mean score was for covering mouth and nose when sneezing or coughing (M = 4.59, S.D. = 0.74). This was

followed by wearing a fabric or surgical mask (M = 4.43, S.D. = 0.81). However, cleaning frequently touched surfaces such as tables and benches with 70% alcohol or soapy water had a lower score than other aspects (M = 2.92, S.D. = 1.21). As for Thai students, the total mean score was at a very high level (M = 4.39, S.D. = 0.14). The highest mean score was for wearing a fabric or surgical mask (M = 4.85,

S.D. = 0.46), followed by appropriately using, cleaning and disposing of masks (M = 4.72, S.D. = 0.48); meanwhile, wiping mobile phones with an antiseptic or alcohol had the lowest score (M = 3.68, S.D. = 0.97). The study compares the differences in self-care and social care values with regard to the prevention and control of COVID-19 between Thai and Indonesian students as shown in Table 1.

Table 1: Comparison of the mean differences in self-care and social care values with regard to the prevention and control of COVID-19 between Thai and Indonesian students

Students	n	Mean	S.D.	t-test	df	p-value
Indonesian	200	16.81	2.79	10.40	398	.00*
Thai	200	19.32	1.96			

P* < .05

Table 1 shows a statistically significant difference between Thai and Indonesian students in terms of self-care and social care values with regard to the prevention and control of COVID-19 at the .05 level.

The next part presents the level of impact of COVID-19 and compare the differences in the impact of the COVID-19 pandemic on Thai and Indonesian students. As seen in Table 2 The average impact of COVID-19 was greater on Indonesian students (M = 3.75, S.D. = 0.15). The dimension of travel and tourism showed the highest level (M = 3.92, S.D. = 0.04), followed by aspects of COVID-19 that affect

learning (M = 3.72, S.D. = 0.19). The average of the socio-economic impact on health during the COVID-19 was lower than other aspects (M = 3.70, S.D. = 0.15). The overall effect of COVID-19 on Thai students was found to be at a high level (M = 4.03, S.D. = 0.25). When considering each aspect, it was found that the impact on travel/tourism was at the highest level (M = 4.31, S.D. = 0.14), followed by the socio-economic impact (M = 4.09, S.D. = 0.24), while the mean for aspects of the COVID-19 that affect learning was lower than the others (M = 3.81, S.D. = 0.30).

Table 2: Levels of the impact of COVID-19 on Thai and Indonesian students (n = 400)

Statements	Indonesian Students			Thai Students		
	Mean	S.D.	level	Mean	S.D.	level
Aspects of the COVID-19 that affect learning						
The outbreak of COVID-19 has affected learning.	4.66	0.61	very high	4.75	0.46	very high
The epidemic of COVID-19 has forced student to study online instead of in the classroom.	4.54	0.76	very high	4.68	0.74	very high
Online learning makes student learns and understands the same as studying in the classroom.	2.73	1.02	moderate	2.68	1.31	moderate
Aspects of the COVID-19 that affect learning						
Online learning makes it convenient to consult with instructors.	2.86	1.02	moderate	4.14	0.91	high
Online learning does not give student full knowledge, unlike the classroom.	3.94	1.04	high	4.27	1.09	very high
Student lacks the technological equipment to study online.	3.71	1.07	high	3.69	1.13	high
If the situation is normal, prefer to study online rather than in the classroom.	2.88	1.27	moderate	2.55	1.54	low
Total	3.72	0.19	high	3.81	0.30	High
Socio-economic impact on health during the COVID-19 epidemic						
Parents are affected economically by the COVID-19 outbreak.	4.21	0.88	very high	4.50	0.80	very high
The COVID-19 outbreak affects family and results in lower income.	4.24	0.81	very high	4.41	0.95	very high
The COVID-19 pandemic made families spend more money than usual.	3.87	0.92	high	4.27	0.88	very high
Family was affected by layoffs as a result of COVID-19.	2.75	1.20	moderate	3.36	1.45	moderate
Staying in the house for a long time are uncomfortable.	3.35	1.16	moderate	4.18	1.07	high
Staying in the house for a long time are boring.	3.78	1.05	high	4.29	1.02	very high
Like staying in the house for a long time.	3.18	1.18	moderate	2.92	1.48	moderate
Total	3.70	0.15	high	4.09	0.24	high
Impact on travel and tourism						
Student cannot able to travel outside the area during the outbreak.	4.06	0.88	high	4.29	0.83	very high
Student cannot travel to public places.	3.73	0.91	high	4.22	0.96	very high
Student cannot travel to tourist attractions.	3.87	0.91	high	4.54	0.81	very high

Travel is restricted to various locations.	4.12	0.93	high	4.39	0.83	very high
There is a lack of convenience in regard to using public transport.	4.04	0.95	high	4.47	0.86	very high
There is a lack of transportation for travel.	3.71	0.98	high	3.94	1.17	high
Total	3.92	0.04	high	4.31	0.14	very high
Overall	3.75	0.15	high	4.03	0.25	high

Table 3: Comparison of the Differences in the Impact of the COVID-19 between Thai and Indonesian Students

Students	n	Mean	S.D.	t-test	df	p-value
Indonesian	200	20.99	2.34	6.359	398	.00*
Thai	200	22.58	2.67			

P* < .05

Table 3 shows that the impact of COVID-19 on Thai students differed from Indonesian students at a statistically significant level of .05.

Discussion

This study shows that, overall, Indonesian students' behaviors in terms of self-care and social care were at a high level (M = 3.82, S.D. = 0.16). In particular, the mean for covering your mouth when sneezing or coughing was higher than those of other items (M = 4.59, S.D. = 0.74). This result is consistent with the results of the study of Klomjai, et al.⁷ who examined people's knowledge and behavior about protecting oneself from new variants of the coronavirus. The respondents thought that if there is no tissue, when coughing, or sneezing, it is best for people to use their elbow and inner forearm to cover their mouth and nose instead of using their hand (M = 1.16, S.D. = 0.76). As for Thai students, the total mean score was at the highest level (M = 4.39, S.D. = 0.14). In addition, the mean for the item "wearing a fabric or surgical mask as a normal part of being around other people" was higher than that of other behaviors (M = 4.85, S.D. = 0.46). This is consistent with the study by Azlan et al.,⁸ Zhong et al.,⁹ and Khamsaen,¹⁰ which found that the respondents engaged in the protective behavior of

wearing a mask 98-99.80% of the time when they left the house. On average, Thai students wore hygienic masks or cloth masks when going out more often than taking other precautions, which implies that they had received information from the Ministry of Public Health¹ or campaigns from various media urging Thai people to wear masks while waiting to be vaccinated.

The results of an independent t-test showed a statistically significant difference at the .05 level between Thai and Indonesian students' self-care and social care values with regard to the prevention and control of COVID-19. Thai students' higher mean score than Indonesian students may be due to the fact that the study took place during the third wave of COVID-19 in Thailand. The government declared a state of emergency in all localities on 26 March 2020, and extended the period until 31 May 2021,¹¹ resulting in a huge impact on Thai students. This situation may have made Thai people more concerned about preventing the spread of COVID-19. In contrast, educational activities in Indonesia at the time were being conducted both onsite and online, especially for higher education, albeit with strict observance of health protocols. Cultural arts activities were allowed with a maximum capacity of 25%, but they also needed to follow local health protocols.¹²

Regarding the comparison of the differences in the impact of the COVID-19 between Thai and Indonesian students shows a statistically significant differences at level of .05. When considered in detail, it was found that an average for the socio-economic impact on health during COVID-19 epidemic was the lowest ($M = 3.70$, $S.D. = 0.15$). The item about the COVID-19 outbreak causing families to be affected and lowering incomes was at a very high level ($M = 4.24$, $S.D. = 0.81$). However, the item about families being affected by layoffs as a result of the COVID-19 had the moderate level ($M = 2.75$, $S.D. = 1.20$). This shows that the students' families were affected in the early stages in terms of their jobs and lower incomes, but it had not yet resulted in layoffs. The study of Durbas et al.¹³, which looked into the anxiety and stress levels of 1,265 Turkish university students after the outbreak of COVID-19 via an online questionnaire distributed between February 27 and March 8, 2021, found that the socio-economic factor had the lowest level in the stress scale measurement.

Meanwhile, Thai students were most greatly affected by COVID-19 in the aspect of travel/tourism ($M = 4.31$, $S.D. = 0.14$), followed by the socio-economic impact ($M = 4.09$, $S.D. = 0.24$), while the mean for aspects of the COVID-19 that affected learning were lower than the others ($M = 3.81$, $S.D. = 0.30$). This may be due to the fact that the data were collected after the Songkran festival, when COVID-19 a new wave was spreading in many areas quite quickly. A large number of people were infected, and there was a rising death toll from COVID-19. The finding that Thai students had a higher mean score than Indonesian students may be due to the time the data was collected, which was after the Songkran festival, when a new wave of COVID-19 had spread to many areas quite quickly. Furthermore, the government had declared a state of emergency in all localities from 26 March 2020 and

extended it until 31 May 2021, resulting in a huge impact on Thai students.¹¹ This situation may have made Thai people more concerned about preventing the spread of COVID-19.^{14,15} In contrast, educational activities in Indonesia at the time were being conducted both onsite and online, especially for higher education, albeit with strict observance of health protocols. Cultural arts activities were allowed with a maximum capacity of 25%, but they also need to follow local health protocols.¹⁰ Meanwhile, regarding the Indonesian students, the Ministry of Education and Culture lifted the internet data quotas from March to May 2021 from seven to fifteen gigabytes per month for students, teachers and lecturers¹², which may have mitigated the adverse impacts to some degree.

Conclusion and Implications

Given the results of this study, it is suggested that universities in both countries implement blended learning, incorporating both online and onsite instruction. In addition, universities may allocate time appropriately according to the context if the pandemic eases and the situation improves. Regarding the socio-economic impact on health during the COVID-19 pandemic, both Indonesian and Thai students were impacted at a very high level in terms of jobs and incomes in their families. Thus, universities should provide counseling for students to help them deal with pandemic-induced stress, as well as reduce enrollment fees or extend the payment time.

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