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Research Article

Enhancing The Trust in Information Influence on Self-Care Behavior of Thai People on Covid-19 Pandemic

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Abstract

The purpose of this study was to develop and test the causal relationships between trust in information, knowledge, awareness, and psychological distress due to the COVID-19 pandemic on the self-care behaviors of people in Thailand. A cross-sectional study was conducted with 400 participants from four regions of Thailand sampled by a three-stage stratified sampling method. Quantitative methodology was used to test the research hypotheses verified via the self-care behavior of Thai people. The developed model was verified using structural equation modeling analysis.

The proposed model fits the empirical data according to which all variables have a positive effect on the self-care behaviors of Thai people. The most influential variables were knowledge that affected awareness and had a strong influence on self-care behaviors. This study clarifies that the model could be used in public health or health promotion applications for nurses to promote self-care behaviors in future epidemic situations.

Keywords

Trust In Information, Knowledge, Awareness, Psychological Distress, Self-Care Behavior

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Introduction

Coronavirus Disease 2019 (COVID-19) is a fast-spreading respiratory ailment caused by coronavirus 2 (SARS-CoV-2). (Thanh Le et al., 2020). A new pandemic incidence COVID-19 is a highly contagious disease that has spread around the world, posing a public health threat with far-reaching consequences. Public health, economics, social issues, travel, and international trade are all covered (Chakraborty & Maity, 2020). According to the World Health Organization's daily patient statistics, the number of cases in the COVID-19 epidemic has been increasing every day, both cumulatively and fatally, around the world. According to the current state of information, the total number of people infected worldwide is more than 200 million. (World Health Organization, 2021). It can be seen that the spread of the coronavirus has caused worldwide panic and has severe socio-economic impacts across all industries, including tourism, transportation, and many types of business disruptions. It also has a powerful effect on medicine and public health worldwide. (Alam et al., 2020). As a result, the most efficient vaccines and medications are critical to returning the world to normal as soon as feasible. The COVID-19 pandemic crisis that the world and Thailand are facing is an emerging disease that most people in the world still lack is awareness and knowledge of the outbreak. Taking care of yourself more prevention and spread of disease in addition, the mutation of the virus has accelerated the spread of the virus (Intawong et al., 2021). Therefore, the consumption of detailed information about COVID-19 increased exponentially; however, the news of the epidemic situation of COVID-19 will be presented in various formats. It can be seen that people are interested and interested in monitoring the COVID-19 situation in all aspects. It will be found that receiving information is both knowledge-based, emphasizing on describing the current problems facing today about the total number of infected patients. The total death toll and cured patients, On the other hand, reflects the mood (Tsao et al., 2021). It will cause a feeling of enlightenment in an event, such as an anxious mood. But on the other hand, the mood is sad, stressful, sad, depressed, and losing aspects. Will cause psychological distress to the recipient (Sameer et al., 2020; Xiong et al., 2020). However, information has resulted in people's knowledge about COVID-19, awareness about COVID-19, and self-care behaviors to reduce the danger of infection and the spread of infection to others. Self-care behaviors are very important for self-protection besides vaccination. In addition, the COVID-19 epidemic shows humanity that in the future, there may be emerging diseases that can cause more pandemics. Therefore, everyone and all sectors should work together to research what can be done to prepare for other problems. that may occur in the future, which should be learned from the COVID-19 outbreak in order to develop self-care behaviors.

Literature Reviews

Trust In Information

Trust in information on COVID-19 refers to information regarding the issue, precisely what is reported through many channels. It is actually where acceptance or belief stems from (Elgendy et al., 2020). As learning about the epidemic comes from relying on trust in information, the COVID-19 crisis is an opportunity to learn basics about the disease and the virus that causes it for people (Chang et al., 2020). Based on a review of previous studies, the effectiveness of marketing messages that promote company success and consumer perceptions of value and trust have been investigated (Nurittamont, 2021). Consistent with studies in the early stages of the epidemic, obtaining information from reliable sources will lead to greater awareness among people (Goodwin et al., 2020). In the modern era, using the Internet to search for information in the elderly is not a barrier to information or accessing information to increase knowledge. All ages can access information and knowledge (Hinjoy et al., 2020). As a result of the COVID outbreak, this crisis should be used as an opportunity to thoroughly transform public access to information to improve knowledge of the virus that causes COVID-19 and understanding of disease prevention and control (Intawong et al., 2021). The recipients will feel more emotionally connected to the event after learning about COVID-19. It generates a sense of discomfort, leading to mental and emotional distress, stress, anxiety, depression, and insomnia (Abisha Meji & Dennison, 2020). The global impact of the COVID-19 pandemic has resulted in high levels of psychological anguish and mental symptoms, as the epidemic status has been recognized (Serafini et al., 2021). Informed

people who trust reliable information about COVID-19 have a significant positive effect on our knowledge of COVID-19 and the surveillance status in the epidemic. The epidemic will affect mental and emotional distress, and the incident will trigger a positive effect, causing people to be self-aware of the epidemic. Therefore, the hypotheses are as follows.

H1: Trust in information has a positive effect on knowledge.
H2: Trust in information has a positive effect on psychological distress.

Knowledge

Knowledge refers to receiving facts, news, and information about things that have happened stored in the brain's memory and then processed through analytical thinking by using knowledge as a combination of previous experiences (Alahdal et al., 2020). Based on a review of previous studies, knowledge influences human beings in various fields, making it possible to survive in terms of health, food, work, and business. Studies have shown that the influence of knowledge management applies to business efficiency (survival) (Phayaphrom et al., 2021). As seen in response to COVID-19, the disease will spread to other people. Knowledge, in general, contributes to understanding, so more information is equal to awareness (Dunker et al., 2020). A similar study found a statistically significant correlation between awareness and knowledge, awareness and preparedness, awareness, and related behaviors of COVID-19 using Pearson's correlation coefficient (Nindrea et al., 2020). A descriptive analysis of knowledge, behavior and compliance among 5,761 respondents in China showed that hospital mask use increased by comparable rates across all age groups and in all regional areas compared to before the pandemic (SUN et al., 2020). From all the studies, it can be seen that knowledge has a positive effect on awareness of COVID-19 and having better self-care behaviors of the people. Therefore, the hypotheses are:

H3: Knowledge has a positive effect on the awareness of COVID-19.
H4: Knowledge has a positive effect on self-care behavior.

Psychological Distress

Psychological distress refers to a state in which a person cannot adjust to the stress caused by frustration or critical situations that affect a person's mood changes (Marques et al., 2021). According to a COVID-19 Response Study, people are aware of the epidemic, but the impact of suffering on the psyche increases with awareness (Hussain et al., 2021). In addition, studies have found that psychological anxiety and distress can lead to improvements in hygienic self-care behaviors, which are important factors in preventing the spread of the disease (Tsao et al., 2021). This is consistent with a long-term study of psychological responses regarding the fear of contracting COVID-19 which causes people to feel isolated and worried about their income. Still, this distress is linked to a greater awareness of health and wellness (Kar et al., 2020). Appropriate public perception and anxiety study leads to near-universal public awareness of COVID-19 transmission routes and public mask use. The high-risk groups were older people, patients with chronic illnesses, and health professionals (Sayeed et al., 2020). According to a study, emotional changes in distress are influenced by the social environment that determines beliefs and attitudes in the community, leading to positive social behavior (Moreno et al., 2021). It can be seen that from this psychological distress, most people are more aware of COVID-19 and will exercise better self-care behaviors. Therefore, the hypotheses are as follows.

H5: Psychological distress has a positive effect on self-care behavior.
H6: Psychological distress has a positive effect on COVID-19 awareness.

Awareness

Awareness refers to the way a person perceives understands, and chooses abilities in reaction to an event is called awareness (Hussain et al., 2021). Awareness of information influences decision-making and behavioral choices (Nurittamont, 2021). Individuals must be aware of how the COVID-19 situation affects themselves and society. According to a literature review, to assess the overall awareness of each epidemic, governments should make more efforts to raise awareness among people through various communication channels by providing education on COVID-19 in

7. Different languages on multiple platforms enhance the awareness of infection and self-care behaviors (Xiong et al., 2020). A study in Indonesia found that when a person is knowledgeable, they develop awareness, engage in self-care behaviors to prevent infection, and participate in standardized rules or social activities to avoid disease. As a result, it reduces the spread of COVID-19 (Nindrea et al., 2020). A general awareness survey of students in Uganda found that when individuals are aware, they can participate in self-care to prevent COVID-19 infection and follow the rules to prevent and reduce infection (Abisha Meji & Dennison, 2020). This is consistent with studies that have found that educating people to raise awareness of the epidemic situation is very important in establishing appropriate behaviors to prevent the spread of disease (Alahdal et al., 2020). In addition, a study on COVID-19 patients in Egypt, who were quarantined at home, found that in dealing with the spread of the infectious disease, social awareness is essential for appropriate behavioral practices for infected patients and those who are quarantined at home (Elgendy et al., 2020). From all studies, it can be seen that awareness has a positive effect on people's well-being and self-care behaviors during the COVID-19 pandemic. Therefore, the hypotheses are as follows.

H7: Awareness has a positive effect on self-care behavior.

Self-Care Behavior

Self-care behavior refers to any action that focuses on promoting good health, being free from illness, in leading everyday life (Gottwald, 2006). Trust in Information Influences Human Behavior: Research has shown that marketing communications significantly influence building trust relationships with airline services (Nurittamont, 2019). It also prevents diseases or exposure to pathogens that cause health problems. In difficult epidemic situations, which can lead to pandemics, self-hygiene and crowd avoidance are needed to reduce the spread of disease (Elgendy et al., 2020). Conspiracy theories can be seen as being linked to beliefs about health-protective activities. They are favorably connected with other unrelated conspiracy theories and negatively correlated with trust in government and a propensity for critical thinking. They resist believers from adhering to fundamental health rules and sophisticated health safeguards (Juanchich et al., 2021). Therefore, Thai people's self-care behavior in COVID-19 has many factors that lead to behavioral changes in taking care of yourself.

Methodology

A cross-sectional design was conducted. A stratified, three-stage random sampling approach was used to identify the settings. The first four regions, including North, Central, South, and Northeast, were randomly selected from a six-region system. Second, a province was randomly chosen from each of these regions. Third, the sample population of five people in each area was randomly selected as a volunteer. The sample size for this study followed Krejcie and Morgan (1970), with 400 respondents. The researcher developed the tool as a questionnaire. This measure was translated into Thai using a forward and backward translation method, with the reverse translation process allowed. (When a skilled translator or team of translators identifies the translated text in another version and the language back to the original language) was used to achieve this goal. The researchers then used the tool to complete an online questionnaire. Researchers have developed this tool to fill out online questionnaires using snowball sampling techniques (Etikan, 2016). An online questionnaire was sent to a sample of respondents at the study time. The questionnaire was used as a primary data collection tool.

Each item was rated on a five-point Likert scale, ranging from "least" (1) to "highest" (5). The questionnaire was divided into two sections: 1) the demographic characteristics of the respondents: gender, age, income, region where the nature of the community education level, occupation, and average monthly income; 2) public opinion: 1. Trust in COVID-19 information 2. Knowledge 3. Psychological distress, 4. Awareness 5. Self-Care Behavior: In addition, the measurement's reliability was assessed as a pre-test on 30 respondents before conducting a major survey, and Cronbach's alpha coefficient was 0.83. Quantitative research statistics, including descriptive statistics describing demographic characteristics and secondary statistics, were conducted using the ADANCO 2.2.1 software.

Results And Discussions

Model Testing

In the hypothesized model, the structural equation model showed the quality of the path coefficients shown in **Figure 1 .**The determination coefficients of the influence test (ADANCO (2.2.1 show the commitment coefficients test, knowledge = 0.076, awareness = 0.478, psychological distress = 0.159, and self-care behavior = 0.268, indicating that the predicted variance of the predictor (R^2 (was low to moderate.

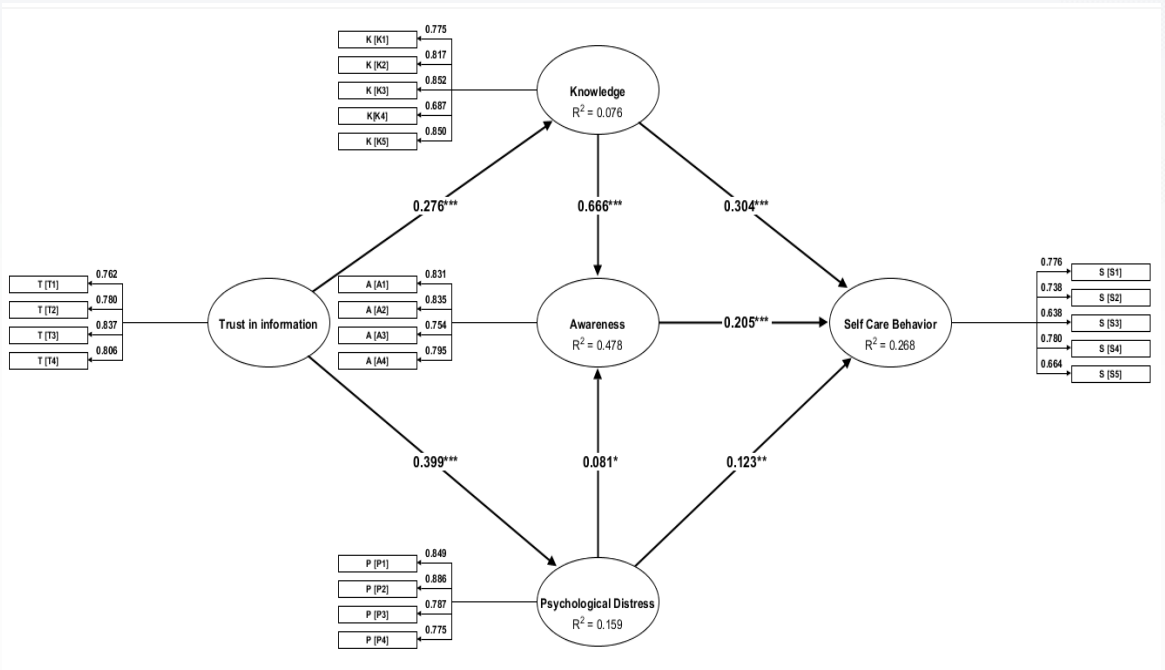


Figure 1 : The Results of Research and Hypothesis Testing

TABLE 1:
Path Coefficient and Hypothesis Testing Results

Effect/Hypothesis	Original Coefficient β	Mean value	Standard error	t-value	p-value (2-sided)	Interpretation
H1 Trust in information → Knowledge	0.27	0.27	0.05	4.70	0.00	Accept
H2 Trust in information → Psychological Distress	0.39	0.40	0.04	9.29	0.00	Accept
H3 Knowledge → Awareness	0.66	0.66	0.06	10.86	0.00	Accept
H4 Psychological distress → Awareness	0.08	0.08	0.03	2.03	0.04	Accept
H5 Knowledge → Self-care behavior	0.30	0.30	0.07	4.13	0.00	Accept
H6 Awareness → Self-care behavior	0.20	0.20	0.06	3.31	0.00	Accept

H7	Psychological distress → Self-care behavior	0.12	0.12	0.04	2.92	0.00	Accept

The structural equation model shows the quality of path coefficients. Figure 1 shows a hypothesis test based on the results presented in Table 1. As a result of the hypothesis testing, seven hypotheses had significant correlations between latent variables with p-values lower than 0.05. In addition, the predicted variance of the predictor (R2) was low to moderate. In this study, it was shown that the relationship of trust in information about COVID-19 influences knowledge, psychological distress, awareness of COVID-19, and the adoption of self-care behaviors in the epidemic situation, and it can be concluded that the predictor value is related to self-care behavior in the COVID-19 outbreak. This shows relatively low R2 values Table 1. shows the path coefficients and hypothesis test results. It can be seen by testing accept hypotheses: H1 (β=0.27, P<0.00), H2 (β=0.39, P<0.00), H3 (β=0.66, P<0.00), H4 (β=0.08, P<0.04), H5 (β=0.30, P<0.00), H6 (β=0.20, P<0.00), H7 (β=0.12, P<0.00).

Moreover, the model fit test measures the observed values from the standardized root mean squared residual (SRMR) values showed the goodness of model fit; it has SRMR = 0.07 lower 0.08 and HI95 (0.05), HI99 (0.05) lower SRMR score. Therefore, the model of this study was selected because the SRMR value was 0.07, which met the criteria for model fit. (Hu & Bentler, 1999).

Discussions

The objective of this study was to develop and test a model to show the correlational influence of self-care behaviors among Thai people during COVID-19. The results of this study revealed that the emphasis should be given to providing credible information to people to build confidence in information, enhance knowledge among people and to raise awareness and positively affect self-care behaviors of Thai people at the moment; this study suggests that psychological distress can also have a positive effect on self-awareness and self-care behaviors. Therefore, it can be said that for people to take care of themselves during the epidemic crisis, the public must be provided reliable, accessible, and truthful information, which will lead to knowledge and understanding of the epidemic and promote preventive measures, including self-care behaviors. Similarly, it is essential to educate people from all countries worldwide to stay up-to-date on COVID-19, to understand and act appropriately to reduce infection (Dechsupa et al.,2020; AL-Rasheedi et al., 2021). Another study found that many countries use digital technology to deliver essential information to residents. Therefore, information technology is critical in preventing the spread of the disease.

On the contrary, people affected by COVID-19 experience depression, anxiety, and melancholy (Serafini et al., 2021). The study also found that promoting public awareness of COVID-19 is important to reduce their chances of getting infected and infecting others (Tantrakarnapa & Bhopdhornangkul, 2020; Hussain et al., 2021; Gunawan et al., 2020). This is also consistent with the study of the dependence of information on knowledge. It also increases the awareness of COVID-19 and affects self-care behaviors. This is consistent with self-care and health promotion theories (Gottwald, 2006; Levin, 1983). One study reported that the COVID-19 crisis had enabled people worldwide to track the progress of the epidemic, both mutations in infection and vaccine production. Finding a cure is now essential for individuals to adapt to new self-care behaviors (Labban et al., 2020). Therefore, this study showed that the model could reduce the risk of disease and control the spread of COVID-19.

Limitations And Recommendations for The Study

The limitations of the present study are as follows: 1) independent variables derived from this study should be studied qualitatively to gain insights and determine more effective health care behaviors in the areas of sanitation. 2) cross-sections study will be limited as data was collected during the second phase of the COVID-19 outbreak in Thailand that prevented in-depth personal interviews within the allotted timeframe. Recommendations for further research for future comparative studies should be conducted with neighboring countries in situations comparable to Thailand. Further studies and research design methods require diversification of data collection, intervention nursing programs, or innovations to promote self-care behaviors in epidemic situations

and select appropriate strategies to assist in adjusting self-care behaviors to increase immunity to prevent infection. Public awareness programs should also be promoted to help control the spread of COVID-19.

Conclusion

The researcher used a quantitative survey to find reliable conclusions following the empirical data. In conclusion, it was found that seven hypotheses in this research were accepted. The results of this study highlight the self-care behaviors of Thai people in the context of COVID-19. Benefit from trust in information, knowledge, psychological distress, and awareness may allow humanity to see the beginnings of emerging epidemics in the future. Therefore, from the model of the study, trust in the correct information from reliable sources and the fact that when people experience some degree of mental distress, it leads to awakening are also factors that should be evaluated. There is a drive to seek accurate and sufficient knowledge about COVID-19, leading to an awareness of developing appropriate self-care behaviors and social responsibility. This study highlights the benefits of the country's health service system and is a suitable approach for promoting the self-care behaviors of people in the country.

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Biographical Statements

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