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A Study on the Impact of Covid-19 on the Quality of Life of Community

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Abstract

Aim: To study on impact of Covid-19 on Quality of Life of community. **Background:** Corona virus disease-19 (Covid-19) Pandemic has largely affected the population around the world. Along with influence on overall health of community, Covid-19 has also affected social life, financial aspects; hence this survey will aid in understanding the ways through which the disease has affected the Quality of life of community. **Methods:** To carry out this study, an online questionnaire was prepared on Google forms and distributed among the Indian population. A total of 321 sample responses were received and data were analyzed by using descriptive statistics. **Results:** The study found that anxiety, stress and sleeplessness due to Covid-19 pandemic has reduced mental health status, mild to moderate changes in daily routine and the assess to extended family and friends was moderately changed with loss of contact with some friends and family, but not at all –impact on social life and economically also community has found it somewhat difficult to fulfill the family needs with decreased income during the pandemic and part of population had lost their job or closed their businesses.

Keywords: Covid-19 pandemic; Mental health; Social life; Economy

1 Introduction

Covid-19 has rapidly affected our day to day lives and businesses as well as disrupted the world trade and movements.¹⁻³ Advancement in human life is distressed and surfaced by novel corona virus- first outlined on December 2019 in a Wuhan city of China. Not only the rate of imparting of the disease influences the life but because of slackening of socio-economic activities and outspread curtailment to stay at home affects the daily

routine work^{3,4}, that is accountable for giving rise to threat and disruption in prolongation of life amid general population.^{3,5} The Covid-19 pandemic has mainly affected, 1) Mental health of people 2) Social as well as daily life of community 3) Economical status of individual families. An article published on Lancet pointed out that people in quarantine have reported a high prevalence of symptoms of distress and psychological disorders and some of these symptoms seem to persist long after quarantine. Restrictive

measures applied in several countries around the world appear to be effective in containing the spread of Covid-19.⁶ However, these measures have disrupted people's daily employment and daily activities and can therefore have important implications for their health and well-being.^{7,8} Covid-19 has led to severe and acute losses in many economies around the world due to illness and government-mandated social distancing orders. The impact and duration of the economic crisis on individual households, resulting from the pandemic, is difficult to predict as many uncertainties surround the crisis duration.

2 Material and methods

An online questionnaire is being utilized to conduct a survey study. The language chosen is either English or Gujarati (the subject's native language).

2.1 Duration of study

3 months (Jan 2021 – March 2021).

2.2 Subject recruitment procedure

Subjects were recruited according to the inclusion and exclusion criteria. Participation was voluntary and all participants gave informed consent electronically and without any remuneration for their participation.

2.3 Inclusion criteria for patient to be recruited

- Age: 18 to 85 years
- Gender: Male and female
- healthy people
- Patients diagnosed with covid-19
- patients suspected with covid-19

2.4 Exclusion criteria

- Age group less than 18 years
- Pregnant or nursing women
- Mentally ill person
- Alcoholics/Addicted

2.5 Ethical Approval

The study was initiated after receiving approval from the Independent Ethics Committee (ACEAS – IEC), 24th February 2021, CDSCO Reg. No.: ECR/281/Indt/GJ/2017 Date: 04/01/2018 & OHRP US DHHS Reg. no.: IRB00011046. This study was carried out among the Indian population to determine the impact of Covid-19 on Quality of life. The questionnaire was sent through online platform to the contacts of authors and also requested to further share among their contacts and encouraged to fill. 321 responses were accepted

online from different age groups of participants after approval of the project to till 24th March 2021. Responses to all elements of the questionnaire were required, and respondents could only submit their responses if all questions were answered. The Questionnaire was developed by using Google form which included consent, demographic details, and 5 sections. The first section was Questions on the informed consent and demographic details. The second section was the psychological domain which included 8 Questions regarding mental health, the third section was on economical domain which included 9 Questions on impact of Covid-19 on economical status, and fourth section was based on symptoms of Covid-19 and questions for corona positives. The last section was for the corona negative respondents which asked 2 Questions based on the precautions they took. All the questions were assessed for their responses.

Participation was voluntary and all participants gave informed consent electronically and without any remuneration for their participation.

2.6 Statistical analysis

Data of this study was compiled in the Microsoft Excel sheet. The demographic data and other individual/group variables were analyzed using t-test (paired and unpaired), ANOVA and further survey questions needed descriptive statistics.

3 Results

3.1 Impact on different variables

• Gender

Out of total 321 participants, 172 males and 149 females responded. Out of 172 males 30 (17.44 %) were found to be corona positive and 142 (82.56 %) corona negative respectively. male candidates out of 172 were corona positive. Out of 149 females, 38 (25.50%) were found to be corona positive and 111 (74.50%) corona negative respectively, Thus, numbers of corona positive cases in female group were quite more compared to males.

• Age

We distributed the respondents into three age groups category, 1. Age group between 18-30 years (Younger) 2. Age group between 31-50 years of age (Elder) and 3. Age group Between 51 to 85 (Older). Total 117 subjects have given response between the age group of 10-30 years, and we found 13 corona positive (10.26%) and 83 (89.74%) corona negative. Total 96 subjects have given response between the age group of 31-50 years, and we found 12 corona positive (13.54 %) and 105(86.46 %) corona negative. Total 108 subjects have given response between the age group of 51-85 years, and we found

43 corona positive (39.81 %) and 65 (60.19 %) corona negative. Study suggests more corona positive cases with increasing the age.

• Marital Status

Study suggests that 55 (26.44 %) married, 8 (7.62 %) unmarried and 5 (62.50) divorced people were found to be corona positive and 153 (73.56 %) married, 97 (92.38 %) unmarried and 3 (37.50 %) divorced people were found to be corona negative. Corona positive cases are more in married and divorce people compared to the unmarried.

• Educational Level

According to education level subjects were distributed into 1. Below 7th pass (n=1) all are corona negatives, 2. Above 7 Pass but below 10th Pass (n=7) all are corona negatives, 3. 10th pass (n=54), 22 (48.9%) corona positive and 23 corona negative (51.1%), 4. 12th pass (n=80), 19 (23.8%) corona positive and 61 corona negative (76.6%), 5. Graduates (n=104), 18 (17.3) corona positive and 86 (82.7) corona negative, 6. Postgraduates (n=72), 9 (12.5%) corona positive and 63 (87.5%) corona negative, and 7. Ph. D (n=12), all corona negative cases. Study suggests that corona positive ratio more in the 10th pass to graduate level of subject as compared to higher education qualified (Ph. D) and below 10th pass lower educational qualified subjects.

• Types of Family

Nuclear family (n=120) have more number of corona positive cases (n=28, 23.3%) compared to the joint family (n=201) corona positive cases (n=40, 19.9%). Out of total 321, subjects living in city (n=118) show 26 corona positive cases and 92 corona negative cases. Subjects living in town (n=50) show 5 corona positive cases and 45 corona negative cases. Subjects living in village (n=153) show 37 corona positive cases and 116 corona negative cases. Study suggests more corona positive cases in city and villages than the town. This result may be due to the migration of city person in village (native place) due to lockdown situation in covid-19.

• Type of House

Out of 321 subjects of our study, 224 subjects reside in the house/bungalow and 97 reside in the flat/apartment. Out of which 43 (19.20) and 25 (25.77%) found corona positive and 181 (80.80%) and 72 (74.23%) found corona negative from house/bungalow and flat/apartment respectively. Study suggests more corona positive cases in flat/apartment compared to the house/bungalow.

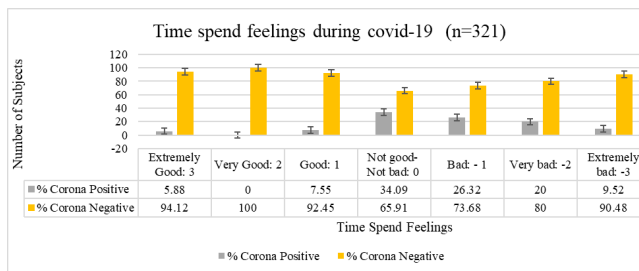


Fig 1. Impact on mental health



Fig 2. Feelings of participants during the time of Covid - 19

3.2 Descriptive Results

3.2.1 Impact on mental health

Participants were asked how they felt during pandemic time. Overall, prevalence and levels of anxiety and stress increased, and depression symptoms remained unaltered during COVID-19 outbreak. An article published on Lancet pointed out that people in quarantine have reported a high prevalence of symptoms of distress and psychological disorders and some of these symptoms seem to persist long after quarantine.^{8,9} In this present study, results are similar that most of the respondents did not felt any symptoms however, 33.85% respondents felt anxiety after hearing news of Covid-19 but fear of Covid-19 was too much that 81.67% respondents avoided travelling and going to job. 83.54% respondents avoided meeting other people outside.

3.2.2 Impact on social life

Restrictive measures applied, appear to be effective in curtaining the spread of Covid-19.^{6,8} Then also, these measures have disrupted peoples' daily activities and can therefore have important implications for their health and well-being.^{7,8,10} The present study bolsters the hypothesis that daily routines were changed during pandemic; 31.32% respondents felt moderate change and 30.98% respondents felt mild change in their daily routines. 42.54% respondents were stressed due to social distancing and 33.22% respondents opined that "Yes, there have been moderate changes, with loss of contact with some friends and family, but not at all".

3.2.3 Impact on Economy

The impact and duration of the economic crisis on individual households, resulting from the Pandemic, is difficult to predict as many uncertainties surround the crisis duration.¹¹ One of the objective of the present study was to find out how the individuals economy is affect with Covid-19; when the data was collected, 79.82% respondents had got their monthly income decreased during this pandemic and 65.22% respondents lost their job/closed their business and most of them who had lost their job or closed their business, found somewhat difficult to fulfill their needs.

3.2.4 Covid-19 symptoms and precautions

Symptoms of Covid-19 infection have also affected the personal quality of life. Fever, cough and sore throat were the common symptoms in corona positive respondents; 60.55% respondents felt the same common symptoms for which home remedies was the common care they took as well as they visited doctor. Now, out of that 60.55% respondents who felt the corona like symptoms 36.64% were found to be corona positive; the symptoms were not bothersome at all for that corona positive respondents and 76.47% of them were treated with home quarantine and medicine.

Out of 321 respondents 78.82% were corona negative and the precautions they took were wearing mask, hand sanitization and social distancing was most common whereas avoiding go out of home, avoiding frequent touching to mouth, nose and eyes as well as cleaning/disinfecting the surface were less common precautions corona negative respondents took.

4 Conclusion

The aim of the survey was to study the impact of Covid-19 on the quality of life of community. From the results it can be conclude that citizens felt anxiety, stress and sleeplessness due

to Covid-19 pandemic, though majority of the respondents felt none of the given symptoms. A part of respondents felt mild to moderate changes in their daily routine and the assess to their extended family and friends was moderately changed with loss of contact with some friends and family, but not at all. Anxiety didn't play a role though fear of Covid-19 was too much that respondents avoided travelling, respondents avoided meeting other people outside that was how the social life of people affected Covid-19 pandemic. This finding is similar to the impact of the COVID-19 pandemic on the quality of life and depression, anxiety, and stress levels of individuals above the age of eighteen.¹²

During this time most of the citizens lost their job/ closed their business and other had their income decreased; they found it somewhat difficult to fulfill their family needs. A cross sectional study performed by the Wiriya Mahikul and other researched on Mental health status and quality of life among Thai people after the COVID-19 outbreak: a cross-sectional study provide the similar kind of justifiable result.¹³ Fever, cough and sore throat were the common symptoms in corona positive symptoms which were mainly treated with home quarantine and medicine; home remedies were found to be effective as preventive measure as well as wearing mask, hand sanitization and social distancing found to be effective preventive measure for corona negative respondents.

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