



Impact Of Covid-19 Pandemic on Physical, Mental, Social and Economic Status among Adults with a View To Develop and Evaluate Learning Package at Selected Villages of Gokak Taluk, Karnataka.

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Abstract

Context: COVID-19 is a recent highly pandemic viral disease detected and many people got affected by COVID-19. So far very limited studies have been conducted on impact of COVID-19 pandemic among community people. None of the studies have been conducted to develop and evaluate learning package for improving quality of life among adults. Hence this study has been chosen. **Aims:** The aim is to help the adults to overcome from the impact of Covid-19 pandemic with the help of learning package. **Settings and Design:** The study will be conducted in two phases, Cross sectional study design and Pre- experimental research design will be carried in selected villages of Gokak Taluk. **Subjects and Methods:** 1300 adults will be selected using multistage random sampling technique. The impact of Covid-19 pandemic on physical, mental, social and economic status will be assessed using self constructed assessment scales. Then the learning package will be developed and evaluated for its effectiveness on small scale samples before distribution. **Conclusions:** This study will raise the awareness to overcome from the impact of Covid-19 pandemic

Keywords: COVID-19, Learning package, physical status, mental status, social status, economic status.

DOI: 10.48047/ecb/2022.11.11.52

INTRODUCTION

As the global burden COVID-19 continues to increase, particularly in low and middle income countries such as India, it imposes huge costs on physical mental social and economic status of individuals. As of march 11, 2021 more than 11 million people in India had been infected with COVID-19, and about 158,000 had died. The spread of COVID-19 in India is of great concern due to the country's large and densely populated areas with widespread poverty and high migration rates. On March 24, 2020, the Indian government ordered a nationwide lockdown, which was extended until June in four phases, and later further extended to specific containment zones.

SUBJECTS AND METHODS

Study Design: The study will be conducted in two phases, those are as follows

Phase I: Cross sectional design consists of data collection regarding physical, mental, social, and economic status among adults.

Phase II: Pre- experimental research design consists of development and evaluation of learning package among 60 adults selected by random sampling technique.

Study duration: Ongoing study at time of this report and is being carried out for 3 years.

Study Setting: The study will be conducted in selected villages of Gokak Taluk.

Sample Size: The sample size calculated for the present study is based on prevalence of impact of COVID-19.

Prevalence: Adjusted sero-prevalence across Karnataka was 46.7% (95 % CI: 43.3-50.0). Including 44.1 % (95 % CI: 40.0-48.2)

Formula:

$$n = \frac{(Z_{\alpha})^2 p(1 - p)}{(d)^2}$$

where Z_{α} is the critical value of the Normal distribution at α (e.g., for a confidence level of 95%, α is 0.05 and the critical value is 1.96), 'p' is the expected prevalence and 'd' is the precision.^{9,10}

Here we take, $p = 40\%$ and $d = 0.0304$

The minimum sample size is 998.

Final sample size is 1300

Study population and inclusion and exclusion criteria: In this study population will be comprised of adults aged between 18-60 years old.

a) Inclusion criteria:

1. The adults in the age group between 18-60 years will be included.
2. The adults who can read and write Kannada or English language

b) Exclusion criteria:

1. The adults who are not willing to participate in the study.
2. The adults who are mentally retarded/ mental ill/ bed ridden.

Sampling methods: multistage random sampling technique will be used to recruit the required number of samples.

1st stage : 10 villages will be selected by simple random sampling technique out of 131 villages from Gokak Taluka.

2nd stage: 130 families will be selected from each selected villages by simple random sampling technique.

3rd stage : 1 adult will be selected from each selected families by simple random sampling technique. Total 1300 samples will be recruited for the study from 1300 families from 10 villages.

Development and evaluation of tool and learning package : The following Tools will be developed to generate necessary data

SECTION I: Baseline characteristics:

Baseline characteristics of adults like age, occupation, type of family, educational status, did you have any information on COVID-19, source of information on COVID-19, type of house and monthly income of family.

SECTION II: Self constructed assessment scales:

Scales will be developed to assess the impact of Covid-19 pandemic on physical, mental, social and economic status. The scales will be developed by reviewing relevant literature and consulting experts. Developed tool will be pretested before conducting main study on small samples to check the reliability of the tool.

Development and evaluation of learning package:

Learning package will be developed to improve the quality of life of adults and to overcome from the impact of Covid 19. learning package in present study would be printed material consisting various interventions or guidelines to overcome the impact of Covid 19. Learning package will be developed in local language at the level of understanding for samples. It will be developed by reviewing relevant literature. It will be validated by subject experts, then prepared based on the suggestions and guidance of the experts. Finally learning package will be evaluated for its effectiveness on small scale samples before distribution.

Data collection technique: Data collection will be done after obtaining ethical clearance form institutional ethical committee. Permission for conducting research in the selected villages will be obtained from Taluka Health Officer from Gokak. After selecting families for the study, purposes of present study will be informed to each head of the family and written informed consent will be obtained from each samples for collection of data. Learning package will be distributed to each participants after data collection. The learning package will include fallowing aspects

I. Physical Status: interventions to improve physical status include

- a. Personal hygiene
- b. Physical exercises
- c. Yoga
- d. Household activities
- e. Rest and sleep
- f. Balanced diet
- g. Recreational activity
- h. Medication

II. Mental Status: interventions are advised to overcome from altered mental status.

- a. Understanding and managing stress
- b. Management of anxiety

III. Social Status: interventions are advised to overcome from altered social status.

- a. Managing work and family

- b. Maintaining effective communication
- c. Maintaining social relationship effectively

IV. Economic Status: interventions are advised to overcome from altered economic status.

- a. Creating sources of income
- b. Effective money management
- c. Effective management of resources

Learning package will be prepared in regional language of the study setting that is Kannada. Preparing learning package in regional language will make it easy for the samples to understand and follow it. Methods of enhancing health status will be described in the learning package that can be easily followed by the subjects and implement in improving their health status. Appropriate figures, instructions and tables will be included wherever necessary. The learning package will be constructed in such way that it can be easily understood and practiced by general public.

Plan of data analysis: The data analysis will be planned by using descriptive and inferential statistics with the help of SPSS version 20. The plan for data analysis is as follows:

Descriptive statistics:

- * Frequency and percentage distribution will be used to analyze baseline characteristics of adults.
- * Descriptive statistics like Mean, Median and Standard Deviation will be used to analyze the current physical, mental, social and economic status among adults.

Inferential Statistics:

- * Chi-square test will be used to find out the association between impacts of COVID 19 on physical, mental, social and economic status of adults and demographic data.

DISCUSSION: The present study was conducted to assess the impact of COVID-19 pandemic on physical, mental, social and economic status among adults with a view to develop and evaluate learning package. In order to achieve the objectives, quantitative descriptive research approach and experimental research approach was adopted. The simple random sampling technique was used to select the samples. The

study was conducted over a period of 6 weeks from 02/10/2021 to 15/11/2021. The data was collected from adults from selected villages of Gokak Taluk. The findings of the study have been discussed with reference to the objectives and with other related literatures. The findings are discussed in the following 2 section.

CONCLUSION: Majority of adults had mild functional impact, moderate anxiety, moderate stress, moderate social impact, and moderate economic impact. The impact of COVID-19 was more before distributing the learning package. Hence the learning package was effective.

FINANCIAL SUPPORT AND SPONSORSHIP

Nil.

CONFLICTS OF INTEREST

There are no conflicts of interest.

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