

A Study of Public Health Practice during Covid-19 Lock down Period

Dr. NATARAJA R.

Assistant Professor, Hasanamba College of Education, Hassan, Karnataka State, India
Email: natarajrm23@gmail.com

Abstract: *The COVID-19 pandemic in India is part of the worldwide pandemic of corona virus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first case of COVID-19 in India, which originated from China, was reported on 30 January 2020. India currently has the largest number of confirmed cases in Asia. Today, corona virus has become a serious cause of global fear and concern. Due to the pandemic, the entire globe has come to a standstill, confining all of us to our homes. Thus, in addition to taking precautions to keep us safe from viruses, we also need to focus on our mental health to keep our sanity intact. "Every dark cloud has a silver lining". This is true even in the case of the ongoing corona virus induced lockdown. As social beings, it is difficult for all of us to stay at home all the time.*

The purpose of this study is to investigate the public health practice during covid-19 lock down period in Karnataka state, India. This study covers public routine life, habits, exercise, mental health, social service, sleeping, food and reading habits, coordinating with family, relationship with friends and neighbours, house hold work and using social media during this lock down period. The Data was collected through Google form from different category people of Karnataka state, India. The Google form questionnaire comprised of closed items, answers for all questions in questionnaire was recorded on 3 point scale comprised of yes, partially yes and no option. The data collected was analyzed by the use of descriptive and inferential statistics. From the analyzed data, major discussion was made and reported.

Key Words: Covid-19, Health, Habits, Home, Public, Practice.

1. INTRODUCTION:

Corona virus disease (COVID-19) is an infectious sickness because of a newly determined corona virus. The nationwide lockdown, introduced via Prime Minister Narendra Modi, because of the Covid-19 disaster in India has been the strictest in the world.

It is an unheard of revel in for all Indians all through this lockdown length due to the Covid-19 pandemic. Almost absolutely everyone goes via a hard phase and finding it hard to deal with the abrupt alternate in way of life.

What is going on in everyone's mind is the thought to adopt the change. Maybe the bulk of people seek a disciplined schedule so that they can invest the time in relevant concerns. Our attempt in this content is to direct public to manage time properly during this stay at home span, in order to strengthen our attempt, it is very essential to understand the public health practice and attitude of people towards the lockdown, hence this study was done to the public health practice during covid-19 lock down period in Karnataka state, India.

2. LITERATURE REVIEW:

News 18.Com performed a survey to analyse how corona virus has impacted couples in India and how they had been spending time with one another at some stage in the nationwide lockdown. The survey confirmed that 90% of the couples were spending a notably larger amount of time with each other, with nearly 40% of them have said that they may be spending close to 18 hours a day with their accomplice, because the assertion of the lockdown, almost 1/2 the couples (46%) are developing more healthy conduct to enhance their lifestyle. About 40% of couples have deepened their understanding of their partner with the aid of speaking greater overtly, Less than 10% of the couples said that their relationship has strained. As for single or long distance couples, a huge majority (70%) stay in contact with their companions over phone and video chats, making generation their finest ally. Almost 1/2 of them (44%) prefer to join on every occasion they miss sizable others, a small group of respondents (15%) want to set timelines for catching up to preserve the area.

The telephonic survey turned into undertaken from April 13, 2020 to April 16, 2020 across 4 states - Rajasthan, Bihar, Gujarat and Madhya Pradesh by means of market research company Advance Field & Brand Solution to assess the lockdown's effect on 'reading pattern' and 'time-spent' by using public, determined that the range of readers who used to spend over an hour on newspapers each day, has more than doubled to 38%, up from 16% in the pre-lockdown duration. The survey additionally highlights that the wide variety of readers who spent more than half an hour studying

newspapers is touching 72%, up from 42% pre-lockdown. But more importantly, the average time spent by means of these readers, which become 38 minutes earlier, has additionally long past up to 60 minutes on an average.

3. OBJECTIVE OF THE STUDY:

- To study the public health practice during covid-19 lockdown period.
- To study the public routine life during covid-19 lockdown period.
- To study the public social service attitude during covid-19 lockdown period.
- To study the public habits during covid-19 lockdown period.
- To study the public relationship with friends and neighbours during covid-19 lockdown period.
- To compare the difference between male and female people public health practice during covid-19 lockdown period.

4. METHODOLOGY:

The purpose of this study is to investigate the public health practice during covid-19 lock down period in Karnataka state, India. Descriptive survey method was used for this research study. A descriptive survey attempts to describe characteristics of phenomena, opinions, subjects, preference, attitudes and perceptions of people of interest to the investigation.

Sampling procedures:

Convenient sampling was used. The researcher selected 320 public of Karnataka State, India.

Table 1: Gender wise sample distribution

Gender			
		Frequency	Percent
Valid	Female	153	56.7
	Male	117	43.3
	Total	270	100.0

In present study out of 270 (100%) samples, 153(56.7%) subjects were females, 117(43.3%) subjects were Male.

Table 2: Locality wise sample distribution

Locality			
		Frequency	Percent
Valid	Metropolitan	34	12.6
	Rural	101	37.4
	Semi-urban	31	11.5
	Urban	100	37.0
	Other:	4	1.5
	Total	270	100.0

In present study out of 270(100%) samples, 34(12.6%) samples from Metropolitan, 101(37.4%) samples from Rural, 31 (11.5%) samples from Semi-Urban , 100(37.0%) samples from Urban, 4 (1.5%) samples from other background.

Table 3: Age wise sample distribution

Age			
		Frequency	Percent
Valid	18-30 years	109	40.4
	31-50 years	144	53.3
	51-65 years	17	6.3
	Total	270	100.0

In present study out of 270 (100%) samples 109 (40.4%) samples were aged between 18-30, 144 (53.3%) samples were aged between 31-50 years and 17 (6.3%) samples were aged between 51-65 years.

Table 4: Educational qualification wise sample distribution

Educational Qualification			
		Frequency	Percent
Valid	PhD	93	34.4
	Post Graduation	128	47.4

	Under Graduation	33	12.2
	PUC	1	.4
	SSLC	2	.7
	Other:	13	4.8
	Total	270	100.0

In present study out of 270 (100%) samples, 93 (34.4%) samples are Doctorate degree holders, 128 (47.4%) samples are Post Graduates, 33 (12.2%) samples are Under Graduates, 1(0.4%) samples are Pre University educated, 2 (0.7%) samples completed SSLC and 13 (4.8%) had other qualification.

Table 5: Educational stream wise sample distribution

Educational Stream			
		Frequency	Percent
Valid	Arts	75	27.8
	Science	75	27.8
	Commerce	49	18.1
	Humanities	24	8.9
	Engineering	18	6.7
	Medical Science	4	1.5
	Other:	25	9.3
	Total	270	100.0

In present out of 270(100%) samples 75(27.8%) samples are from Arts stream, 75(27.8%) samples are from Science background, 49(18.1%) samples are from Commerce background, 24(8.9%) samples are from Humanities background, 18(6.7%) samples are from engineering background, 4(1.5%) samples are from Medical Science stream and 25(9.3%) samples are other education background.

Table 6: Occupation wise sample distribution

Occupation			
		Frequency	Percent
Valid	Student	44	16.3
	Research scholar	10	3.7
	Teacher	46	17.0
	Assistant professor	126	46.7
	Associate Professor	7	2.6
	Professor	3	1.1
	Librarian	5	1.9
	Principal	8	3.0
	Agriculture	3	1.1
	Ayurveda gynaecologist	1	.4
	Engineer	3	1.1
	Homemaker	1	.4
	Retired	1	.4
	other occupation	12	4.4
Total	270	100.0	

In present study among 270(100%) samples 44(16.3%) are students, 10(3.7%) samples are Research Scholars, 46(17%) samples are Teachers, 126(46.7%) samples are Assistant Professors, 7(2.6%) samples are Associate Professors, 3(1.1%) are Professors, 5(1.9%) samples are Librarian, 8(3%) samples are Principal, 3(1.1%) sample are Agriculture background, 1(0.4%) sample are Doctor, 3(1.1%) samples are Engineers, 1(0.4%) sample are Homemaker, 1(0.4%) sample are retired and 12(4.4%) sample are other occupation background.

Tool used:

Public Health Practice during COVID-19 Lock down Period questionnaire developed by the researcher. It sends through the Google form. This questionnaire comprised of closed items. Answer for all 19 questions were recorded on 3 point scale comprised of yes, partially yes and no options.

Statistical techniques used:

The classified and tabulated data were subject to statistical analysis using percentage and chi square test.

Analysis and interpretation:

The data was analyzed on the basis of formulated objectives.

Table 7: Gender wise comparison

Gender wise comparison		
Sl. No.	Questions	p value
1	Are you bored of this Covid 19 lock down?	0.262
2	Are you suffering from any kind of mental stress or depression in this lock down period?	0.354
3	Are you doing regular exercise/yoga in lock down period?	0.930
4	Have you prepared your own routine for this lock down period?	0.212
5	Have you tried to increase your immunity during lock down period?	0.571
6	Have you tried to keep your house clean during this lock down period?	0.927
7	Have you done any sort of social service during this period?	0.494
8	Have you taken oil bath during this period?	0.245
9	Are you having food and sleep at your normal time during this lock down period?	0.459
10	Are you over sleeping during the lock down period?	0.080
11	Are you thinking eating more during this lock down period?	0.359
12	Have you read any new book during this lock down period?	0.029*
13	Have you learned anything new creative during this period?	0.160
14	Have you faced any coordinating issues in the family during lock down period?	0.532
15	Has your relationship with your neighbours become better during this lock down period?	0.686
16	Have you renew your relationship with your friends and relations on phone during this lock down period?	0.662
17	Are you finding cooking and other house hold work is hectic?	0.252
18	Are you finding it difficult to handle children during lock down period?	0.896
19	Can you be happy without using social media during this lock down period?	0.419

In present study for the question “Are you bored of this Covid 19 lock down?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.262$). In present study for the question “Are you suffering from any kind of mental stress or depression in this lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.354$). In present study for the question “Are you doing regular exercise/yoga in lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.930$). In present study for the question “Have you prepared your own routine for this lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.212$). In present study for the question “Have you tried to increase your immunity during lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.571$).

In present study for the question “Have you tried to keep your house clean during this lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.927$). In present study for the question “Have you done any sort of social service during this period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.494$). In present study for the question “Have you taken oil bath during this period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.245$). In present study for the question “Are you having food and sleep at your normal time during this lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.459$). In present study for the tenth question “Are you over sleeping during the lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.080$).

In present study for the question “Are you thinking eating more during this lock down period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.359$). In present study for the twelfth question 43 female subjects and 17 male subjects answered No, 29 female subjects and 27 male subjects answered partially yes and 81 female subjects and 73 male subjects answered yes, **there was a statistically significant difference** in answered given by subjects belonging to different gender (i.e., $p=0.029$). In present study for the question “Have you learned anything new creative during this period?” there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.160$). In present study for the question “Have you faced any coordinating issues in the family during lock down period?” there was no statistically significant

difference in answered given by subjects belonging to different gender (i.e., $p=0.532$). In present study for the question "Has your relationship with your neighbours become well during this lock down period?" there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.686$).

In present study for the question "Have you renew your relationship with your friends and relations on phone during this lock down period?" there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.662$). In present study for the question "Are you finding cooking and other house hold work is hectic?" there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.252$). In present study for the question "Are you finding it difficult to handle children during lock down period?" there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.896$). In present study for the question "Can you be happy without using social media during this lock down period?" there was no statistically significant difference in answered given by subjects belonging to different gender (i.e., $p=0.419$).

5. FINDINGS, DISCUSSION AND IMPLICATIONS:

The major findings and discussion of the study are as follows:

- 63% of people bored of this Covid 19 lock down.
- 70% of people not suffer from any kind of mental stress or depression in this lock down period.
- 20% of male and females are not doing regular exercise/yoga in lock down period. They have sufficient time, then also not doing. This is not healthy progress.
- Maximum people followed their own routine timetable in this lock down period. But only 12.2% people not followed any time table for his daily work.
- 88% of people tried to increase their immunity during lock down period.
- 89% of people worked to keep their house clean during this lock down period.
- 71% of people done any sort of social service during this period. Except the 25% men and 31% women.
- Only 20% of people not take food and sleep at their normal time during this lock down period.
- 49% of males and 35% of females over sleeping during the lock down period. However 21% of males and 17% of females eating more during this lock down period.
- 57% of people read new books during this lock down period. However 78% of people learned something new creative during this period.
- 39% of women and 43% of men faced more coordinating issues in the family during lock down period. This is a traumatic development.
- 50% of people opinion increase their relationship with neighbours become better during this lock down period. However 64% of people opinions renew their relationship with their friends and relations on phone during this lock down period.
- 29% of women and 36% of men's feel cooking and other house hold work is hectic. Maybe that's why today more demand creating to outside food.
- 41% of people opinion it is difficult to handle children during lock down period.
- 34% of people are happy without using social media during this lock down period. This is a healthy development. The lockdown period has proved to be good in terms of quality time with family, a better understanding of kids and their day to day activities.

6. CONCLUSION:

Use some time in lockdown wisely, instead of strain and anxiety make use of this time to enhance your competencies and stay superb. As Napoleon hill stated "Every adversity brings with it a seed of equal or greater possibility". When you observed undoubtedly you can get many new opportunities in existence under any circumstances.

Interesting reality! This lockdown period is the exceptional time whilst you could take pleasure in your pastimes and make the first-class use of this unfastened time to make yourself happy and relaxed.

Stay @ Home. Stay Safe.

REFERENCES:

1. News18com. News18Lifestyle. [Online]. Available from: <https://www.news18.com/news/lifestyle/coronavirus-impact-on-indian-couples-and-how-theyre-spending-time-during-lockdown-2621121.html> [Accessed 15 May 2020].
2. ET bureau. The Economic Times Politics. [Online]. Available from: <https://economictimes.indiatimes.com/news/politics-and-nation/readers-spending-more-time-on-newspapers-during-lockdown/articleshow/75339312.cms?from=mdr> [Accessed 03 September 2020].