

A Descriptive Study to Assess the Lifestyle Changes Adopted During Covid-19 Among Young Adults Residing in Selected Districts, Kerala

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Abstract

Corona virus disease 2019 (COVID 19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [1]. It is transmitted chiefly by contact within factious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus and is characterized especially by fever, cough, shortness of breath and may progress to pneumonia and respiratory failure. The present study was a descriptive study to assess the lifestyle changes adopted during covid-19 among young adults residing in selected districts, kerala. The research approach was quantitative, and the research design adopted was descriptive survey design. 100 samples were selected by purposive sampling technique. An informed consent was obtained from the study subjects. The study was done using online structured questionnaires. Data was analyzed using descriptive and inferential statistics. The result revealed that majority of samples 62% have changes in dietary habits and 69% preferred indoor activities during this pandemic. Among samples 33% gained weight, 41% had mild anxiety during this period and 46% preferred cooking as most common leisure activity during this time. There is a greater elevation in social media usage. There was a significant association between lifestyle changes and selected demographic variables. The various changes that have become a part in our lives during this pandemic tragedy. The way forward must also be to learn the art of living with corona. And this cannot be without some changes to our lives.

Keywords: Covid-19; Lifestyle changes

Introduction

Corona virus disease 2019 (COVID 19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [1]. It is transmitted chiefly by contact within factious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus and is characterized especially by fever, cough, shortness of breath and may progress to pneumonia and respiratory failure. Common symptoms include fever, cough, fatigue, shortness of breath and loss of taste and smell. Sometimes no symptom at all. While the majority of cases result in mild symptoms, some progress to acute respiratory distress syndrome (ARDS). The time from exposure to onset of symptom is typically around 5 days but may range from 2 to 14days [2].

The emergence of covid-19 pandemic has severely impacted individuals from all walks of life. The rapid spread of the disease to nearly all parts of the country has posed enormous health, economic, environmental, and social challenges to the entire human population. The pandemic situation demands a certain way of shaping the society by adopting various lifestyle changes in order to reduce virus spread and safeguard oneself. The various changes that have become a part in our lives during this pandemic tragedy include - personal hygiene, health consciousness, work from home, social distancing, use of mask and sanitizer, online teaching. In a video talk recently, Union Minister Nitin Gadkari said we needed to learn the art of living with corona. The way forward must also be to learn the art of living after corona. And this cannot be without some changes to our lives [3].

The entire world is in the phase of complete lockdown due to the covid 19. It has put restrictions on all our preferences - what we eat, where we go, the way we school our children, how we work, how we exercise and entertain ourselves have all been affected

dramatically. We become more responsible regarding maintaining hygienic habits and help others in upholding them. We have been asked to remain socially distended from our friends and relatives. Moreover, we have been asked to use protective measures like face mask, sanitizers, and washing hands at regular intervals etc. to contain the health risk. In the employment sector all cooperate sector companies have directed to shift to work from home. Now a days the mode of greeting has been changed from hugging or shaking hands to joining our hands and say Namaste. People have been adopted for cooking and eating nutritious food at home rather than junk foods or seeking restaurants [4].

Considering the above facts, the investigator felt there is a strong need to assess the lifestyle changes of the young adults during covid 19.

Statement of the problem

A descriptive study to assess the lifestyle changes adopted during covid 19 among the young adults residing in selected districts, Kerala.

Objectives

- To assess the lifestyle changes adopted during covid 19.
- To find out the association of the impact of the lifestyle changes adopted during covid 19 with the selected demographic variables.

Assumption

There may be changes in the lifestyle of young adults during covid 19.

Hypothesis

There will be significant association between the lifestyle changes with the selected demographic variables among the young adults.

Review of literature

Studies related to health behaviors affected during covid-19

An observational study was conducted by Anthony Vipin Das and Raja Narayanan “to assess demographics and clinical profile of patients with ocular disorders presenting during the covid-19 lockdown in India” on March 23, 2020 and April 19, 2020. Result shows that the majority of patients were male 62.16% and presented from the local metropolitan region 56.21%. Based on the ocular disorders, the majority of the patients were emergency related 65.02%, followed by urgent 8.14% and routine 26.85% in nature. The most common emergencies were microbial keratitis 23.74%, followed by corneal trauma 16.39%. The study concluded by highlighting increase in number of patients in emergency department from 46.11% to 21.20% [5].

Studies related to dietary habits during covid-19

A study was conducted by Vidhi Mehta on “the impact of covid-19 on dietary habits of middle-class population in Mulund, Mumbai India”. Changes in dietary habits were reported in 84% of the study population. About 56 % of the participants reported increase in the amount of conception of main meals, 27% reported changes in the preferred foods for main meals and 17% reported changes in the timings of consuming main meals. About 42% of the participants reported that they choose foods which required minimal preparations, 28% reported that they preferred ready-to-eat foods and 30% reported that they preferred legumes/vegetables/animal-based foods for their main meals [6].

Studies related to mental health changes during covid-19

A study was conducted by Bhalal Ahmad Bhat, Samira Khan, Humaira Jasminon impact of covid-19 on psychological health and

social life of people in Kashmir". The aim of this study was to survey the general public in Kashmir to better understand their levels of psychological impact, anxiety, depression and stress during the initial stage of the covid-19 outbreak. The results of the study revealed that 76.5% respondents believe that lockdown is the temporary solution to prevent the spread of covid-19 infection leading to many problems such as psychological problems (67.5%), social problems (53.5%), economic problems (48.5%) and academic problems [7].

Research approach

The research approach adopted for this study is quantitative research approach.

Research design

A descriptive survey research design is used to carry out to assess the lifestyle changes adopted by young adults during covid-19.

Setting of the study

This study was conducted through an online survey using a structured questionnaire among young adults in age group 18-35 years from the districts like Thrissur, Kottayam and Ernakulam.

Sample and sample size

Sample of this study consists of young adults in the age group 18 to 35 years. Sample size is 100.

Data Collection

The data collection was done using online structured questionnaires for a period of one week.

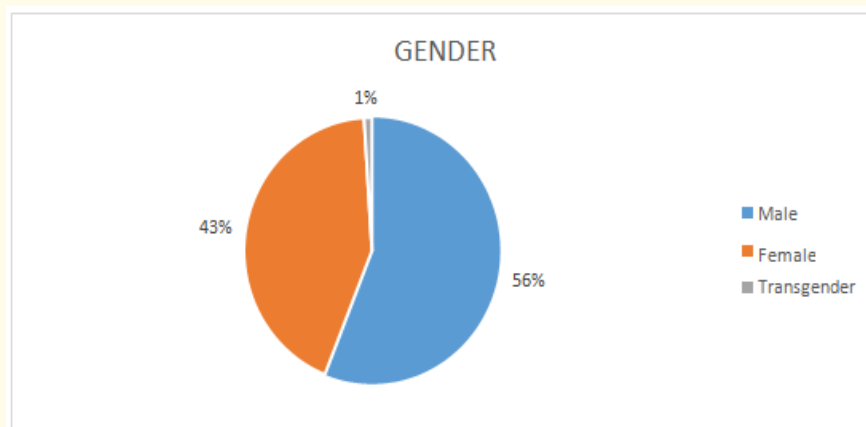
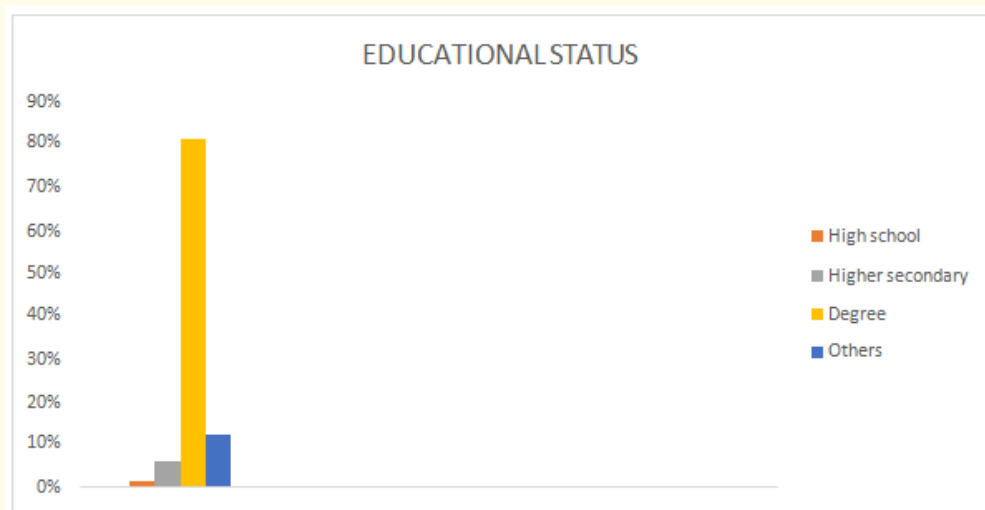


Figure 4.1: Distribution of subjects according to gender.



Sl No	Variables	Frequency	Percentage (%)
1	Food Preferred Before Outbreak of Covid 19		
a	Pulses and cereals	11	11
b	Non vegetarian foods	54	54
c	Fruits and vegetables	27	27
d	Junk foods (pizza, burger, etc)	8	8
2	Food Preferred During the Outbreak of Covid 19		
a	Pulses and cereals	16	16
b	Non vegetarian foods	22	22
c	Fruits and vegetables	62	62
d	Junk foods (pizza, burger, cake etc)	0	0
3	Meals Per Day Before the Outbreak of Covid 19		
a	1-2 times	16	16
b	3-4 times	74	74
c	4-5 times	9	9
d	5-6 times	1	1
4	Meals Per Day During the Outbreak of Covid 19		
a	1-2 times	17	17
b	3-4 times	17	17
c	4-5 times	62	62
d	5-6 times	4	4

5	Food Purchasing During Covid Season		
a	Supermarket	33	33
b	Online purchase	2	2
c	Grocery shops	27	27
d	General stores	38	38

Distribution of Subjects according to changes in Dietary Habits.

Sl No	Variables	Frequency	Percentage (%)
1	Time of Getting up Before Covid 19		
a	Before 5am	7	7
b	5- 6am	24	24
c	6- 7 am	41	41
d	After 7am	28	28
2	Time of getting up during Covid 19		
a	Before 7 am	31	31
b	7-8am	33	33
c	8-9am	16	16
d	After 9 am	20	20
3	Weight Gain During this Period		
a	1-2 kg	33	33
b	2-3 kg	17	17
c	More than 3kg	0	0
d	No change	50	50
4	Activity Pattern Preferred During Covid 19 Period		
a	Indoor activity (cards, carom,)	55	55
b	Outdoor activity(badminton)	26	26
c	Yoga /Meditation	16	16
d	Aerobics	3	3

Distribution of subjects according to changes in Physical Health Status.

SI No	Variables	Frequency	Percentage (%)
1	Anxiety changes during the period of covid 19		
a	Never	30	30
b	Rarely	41	41
c	Sometimes	0	0
d	Often	29	29
2	Depression During Covid 19		
a	Never	59	59
b	Rarely	32	32
c	Sometimes	0	0
d	Often	9	9
3	Use of Mobile Phones During Covid 19 to share Feelings		
a	Never	16	16
b	Rarely	24	24
c	Sometimes	0	0
d	Often	60	60
4	Activity Preferences to Reduce Anxiety		
a	Listening to music	69	69
b	Yoga/meditation	7	7
c	Reading books	16	16
d	Others	8	8

Distribution of subjects according to changes in Mental Health Status.

SI No	Variables	Frequency	Percentage (%)
1	Entertainment Activity Preferred During Covid 19 Period		
a	Cooking	46	46
b	Gardening	27	27
c	Craftworks	15	15
d	Others	12	12
2	Purpose of Using Mobile Phones During Covid 19		
a	Online classes	34	34
b	Work from home	11	11
c	Entertainment purposes	54	54
d	Others	1	1
3	Social Media Usage Before the Outbreak of Covid 19		
a	Always check	25	25
b	Moderately check	56	56
c	Rarely check	19	19

d	Not at all	0	0
4	Social Media Usage During the Outbreak of Covid 19		
a	Always check	45	45
b	Moderately check	46	46
c	Rarely check	9	9
d	Not at all	0	0
5	Preference of Mobile Application During Covid 19		
a	WhatsApp	60	60
b	Facebook	12	12
c	Instagram	21	21
d	Others	7	7

Distribution of Subjects According to Social Media usage and Entertainment Activity

Association between lifestyle changes and selected Demographic Variables

- There is significant association between activity pattern preferred during covid-19 with gender and marital status.
- There is significant association between anxiety changes during covid-19 with age, marital status and economic status.
- There is significant association between mobile application preferred during covid-19 with age, gender, marital status and religion.

Implication

The result can be disseminated to community and motivate them about healthy lifestyle changes for new normal state of life.

Conclusion

The various changes that have become apart in our lives during this pandemic tragedy. The way forward must also be to learn the art of living with corona. And this cannot be without some changes to our lives [8].

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