

# A Study to Assess the Post Covid Home Quarantine Stress Level in Second Wave among General Population in a Selected Community

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## ABSTRACT

**AIM:** The present study aims to assess the post covid home quarantine stress level in second wave among general population in selected community at SMCH. **METHODS AND MATERIALS:** A descriptive research design was used for the present study. A total 50 samples were collected using non probability purposive sampling technique. The demographic variable and level of stress was assessed using structured questioner, followed by that data was gathered and analyzed. **RESULTS:** the results the study revealed that there is a significant association between level of stress and demographic variable among the general population at the level of  $p < 0.01$  **conclusion:** Thus, the present despitess that factors associated with level of stress and demographic variable among general population.

**KEYWORDS:** covid 19, stress, quarantine, general public

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## INTRODUCTION

The COVID-19 pandemic brought the world to a drastic change. Since early 2020, social life has changed for many people around the world. (1)Government restrictions and new social norms led to a reduction in mobility and the spread of infection, avoidance of public transport, cancellation of the large events and temporary closing down of meeting places such as cafes, restaurants, museums or theatres. (2)

Comparable previous emergencies, such as the SARS outbreak, were strongly accuses stressors and media news on covid futhers enables anxiety and inducing psychological disease in terms of depression, anxiety but also panic attacks, and even psychotic symptoms, delirium, and increased rates of suicidal thoughts mainly due to government norms of covid 19(3)

Apart from the burden on the healthcare industry, the COVID-19 pandemic has significantly affected the economy and growth and development worldwide (4). In response to the socio-economic burden caused by this pandemic, governments in all sectors launched

many protocols and guidelines quickly in order to control over this un-controlable pandemic (5).

The phenomenal rise of COVID cases has put drastic pressure on government-run health care systems in almost every country across the world. (6) India, presently the second nation in the world, with high population and more than with 6 million positive cases (7)

In the lack of definitive treatment and vaccination available against corona virus, entire government was on process to enrich non pharmacological effects or intervention to control the uncertain pandemic (8).

Some of these non-pharmacological interventions, governmental norms, personal hygiene, home quarantine, other intervention rather than biomedicine, public awareness also act as stressors for both workers and non workers. (9).

Quarantine and isolation both involve separation from loved ones, lack of freedom, and boredom which can affect mental health as seen in the past pandemics and

during the second wave of covid-19 and lack of capital due to complete lockdown and economical decrease, closure of many industries, starvation furthers enhances the stress of population (10).

**Material and methods**

After obtaining and ethical clearance from the institutional ethical committee of Saveetha institute of medical and technical science and formal permission letter obtained from the head of the SMCH, present study was conducted. For the present study quantitative approach with descriptive research design was adopted. The samples were collected using a non probability purposive sampling technique from 50 samples. The inclusion criteria for the study,

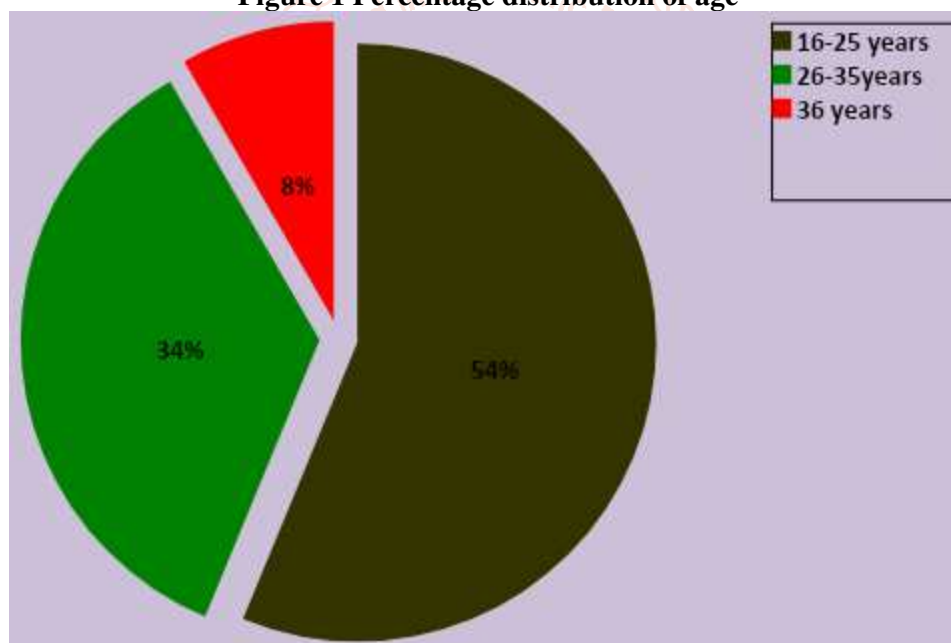
participants, who are available during the study period and who were cooperative and who understand both Tamil and English. Exclusion criteria for the study were, samples who were not willing to participate in the study .The purpose of the study was explained by the investigator to each of the study participants and a written informed consent was obtained from them. The demographic and the level of stress were collected from the samples using semi structured questionnaire. The data was analyzed by biostatistics. The sample characteristics were described using frequency and percentage. Chi-square was used to associate the level of stress with their selected demographic variables

**RESULTS AND DISCUSSION**

**SECTION A: To assess the demographic variables of the general population**

Result shows that 34% of them had recurrent fever, 52.0% of them had 102-103 degree of temperature, 58.0% of them had more than one week of symptoms, 48% of have checked RTPCR after 7 days, 68% of them had 7 days quarantine, 38% of them followed medication regularly, 46% of them had stream inhalation of 3 times a day, 44% of them had treatment of naturopathy and 64% of them had not done post COVID RTPCR

**Figure 1 Percentage distribution of age**

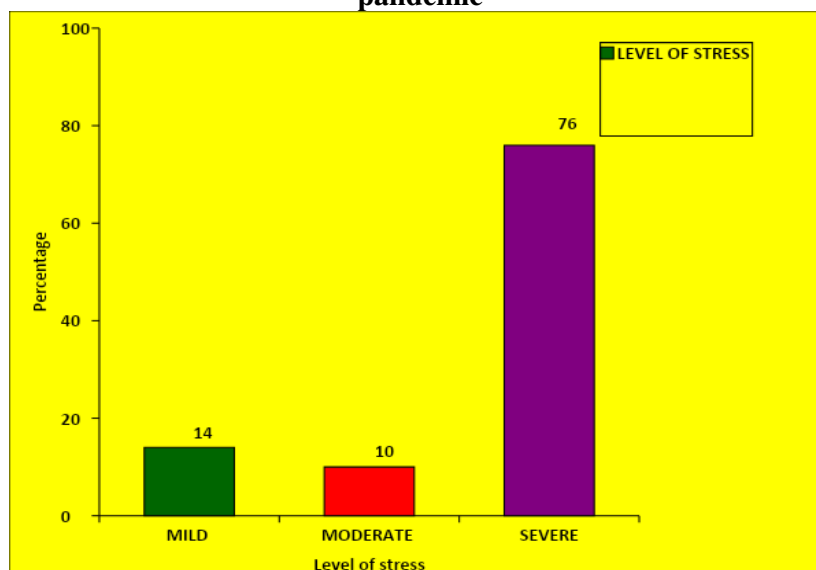


**SECTION B: TO ASSESS THE POST COVID HOME QUARANTINE SRESS LEVEL IN SECOND WAVE AMONG GENERAL POPULATION IN SELECTED COMMUNITY**

**Table 2: frequency and percentage distribution of level of stress among the general population**

Level of stress	Frequency (f)	Percentage %
Mild stress	7	14
Moderate stress	5	10
Severe stress	38	76

Table 1 shows that, about 38(76%) of them had severe stress, 5(10%) of them had moderate stress and remaining 7 (14%) of the were of mild stress.

**Figure 2 Percentage distribution of level of stress among the general population during covid pandemic**

### SECTION C: TO FIND OUT THE ASSOCIATION BETWEEN THE LEVEL OF STRESS WITH THE SELECTED DEMOGRAPHIC VARIABLES OF THE GENERAL POPULATION

The results show that the demographic variable education had shown statistically significant association with level of stress at  $p < 0.05$  level and the other demographic variables had not shown statistically significant association with level of stress among general population.

#### CONCLUSION

From the results of the present study shows significant improvement for researcher.

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