

BEING PRODUCTIVE IN COMPLETE ISOLATION - A SURVEY

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ABSTRACT

In 2019 -2020 coronavirus is a major public health issue and self-isolation is among the best suggestions to reduce the spread of the virus. COVID-19 is a communicable disease caused by a newly discovered virus named 'coronavirus' which is rapidly spreading all around the world. The coronavirus pandemic is being, with physicians seen as the frontline soldiers with the war against the disease. COVID-19 infected people are experiencing mild to moderate respiratory disorder and they are getting recovered without requiring special treatment but for some, it is a fatal outcome. As a mitigatory measure, lockdown is imposed by most of the governments. The main aim of this study is about the public perception of being productive during the lockdown. A self-structured questionnaire was distributed through google forms linked to 100 individuals of the general population of India. The questionnaire was studied carefully and answers were marked by the participants. The results were collected and the data were analysed using SPSS software version 20. The majority of Indian population are aware of COVID -19 and that they know the density of medical support. The overall accept lockdown as a necessary measure. Most of them know about the COVID -19 outbreak associated with the population around the world. 90% of the participants know the outbreak of coronavirus and the advantages of being isolated. The results of this survey concluded that in India people are aware and they know how to be productive during this isolation period. The study shows that being productive can make people do more things and be creative and learn more things.

Keywords: Coronavirus ; Isolation ; lockdown ; Online Survey ; Productivity.

INTRODUCTION

Coronavirus disease (COVID-19) is an infectious disease caused by a new type of discovered coronavirus. The people who are infected with the COVID-19 virus will experience problems ranging from mild to moderate respiratory illness along with other health issues and recover without requiring special treatment. (Choudhari and Thenmozhi, 2016). Older people, experiencing medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop a serious form of illness. (Keerthana and Thenmozhi, 2016) Because of COVID -19, pandemic outbreak Indian government has put a law to isolate the public from the public, i.e. staying at home for the safety of the people's health and life.

Isolation means staying at home when a person has a symptom of COVID-19 and it is possible to have been exposed to the virus (Bowdle and Silvia Munoz-Price, 2020). By avoiding contact with other people,

a person helps prevent the spread of disease to other homes and the community(Wilder-Smith and Freedman, 2020). Self-quarantine or self-isolate, it's important to keep in mind that the vast majority of people who have contracted COVID-19 thus far have experienced mild symptoms similar to the common cold or flu, and have recovered fully. The virus can be fatal for those who are considered(Menon and Thenmozhi, 2016)(Samuel and Thenmozhi, 2015; Kannan and Thenmozhi, 2016). That's why it's very important to take the necessary steps to prevent the virus from spreading. (Nandhini, Babu and Mohanraj, 2018)The virus transmits from mouse, nose, outer ear to the middle ear via the nerve such as trigeminal, facial and reaches muscle such as tensor tympani muscle, stapedius muscle through various foramina(Hafeez and Others, 2016)(Krishna, Nivesh Krishna and Yuvaraj Babu, 2016; Pratha and Thenmozhi, 2016; Seppan *et al.*, 2018). Making a routine no matter how big or small will bring some normalcy in life during this uncertain time. This is easier for people who live alone, but for those like people who live with family, it can be difficult to find a moment to themselves to open the windows of their room, light a candle, and scroll through some web pages to get some creative inspiration before going to the workspace to do homework(Divya *et al.*, 2019). Clinical manifestations include respiratory symptoms.(Paramasivam *et al.*, 2020).Mobile phones being an integral part of society contribute a high risk of human to human transmission since the coronavirus can transfer from the infected surface. (Sriram, Thenmozhi and Yuvaraj, 2015; Thejeswar and Thenmozhi, 2015).Symptoms such as cardiopulmonary disorder involvement of cardiovascular problems.(Johnson *et al.*, 2020).

When quarantine/lockdown has been extended, people have been trying to find a good balance between relaxing and rejuvenating whilst also being productive and students with summative essays, final exams, and dissertations still on the agenda for May and June, they still have a lot to do. Here are a few of the things some people have been trying to do to stay productive during this unprecedented time. (Sekar *et al.*, 2019).They set a weekly goal *ie*, They go for a daily walk, clean the house, do some spring cleaning, start a family tree, learn a new skill, Plan their dream vacation, revisit their New Year's resolutions. (Kaye *et al.*, 2010) . This way, they still get things done, but not trying to do everything in one week, and then As quarantine/lockdown has been extended, people have been trying to find a good balance between relaxing and rejuvenating whilst also being productive. Today this message is very much clear all over the World.

Even the whole India is under lockdown for months and being a responsible citizen it's our duty to be at home and follow all the instructions given by the Government to support them as of now this is the only Vaccine we have is we should interact only with our family members and try to do as much as possible work from home even Government play a significant role to supply all the necessary things to the doorsteps (McCall, 1992). No doubt it is a difficult time for all of us, but we should challenge ourselves to fight not only with this difficult time but also with the boredom we all are facing. Try to make this boredom as an opportunity to change in oneself, our goals, learn something new and productive(Vasudevan *et al.*, 2012). So let's have some ideas to practice at home during COVID 19 Lockdown., and this new situation in the world has found many of us unprepared(Le Pore and Loewer, 1987). At one moment, people were making summer plans and going about life as usual, and the next, they had to deal with lockdowns and self-isolating. It can prove especially challenging dealing with those who are away from their homes and 'stuck' in another country, However, there are things to do and keep in mind that can help with studying, keeping a positive attitude, and generally coping with the situation better.. So, people take advantage of this lockdown by granting themselves some time and work on their future goals, physical and mental health(Vogel, 1998). During this time people utilize every movement in learning new things and thinking to be productive as much as they want for themselves. The aim of the study is to make people think that being in a lockdown can be productive, and they can learn new things.

MATERIAL & METHODS

An online survey was conducted with a self-prepared questionnaire with a sample size of 100 participants comprising the general population. The questionnaire consists of questions that helped in collecting socio-economic data. Questions that combines questions related to facts. The participants were given a short introduction about the need of the study that how to be productive in complete isolation and learning new things during this quarantine. The questionnaire was violated in the standard manner. Measure such as selection of participants randomly. Steps to preventing asking irrelevant questions to the participants placing restrictions over participants population and age group are taken to minimise the bias occurring in sampling. The questionnaire was circulated using the online platform 'GOOGLE FORMS'. Descriptive analysis were carried out using the statistical software 'SPSS SOFTWARE VERSION 2.0'. The result of the survey was represented in the form of pie chart

RESULTS AND DISCUSSION

The study shows that being isolated can help to reduce COVID -19 and being isolated can make people do more productive things and they can learn new things .

In this study there are specific limitations linked to the data and gathering method . Online surveys are cheap ,simple to set up and don't require a physical contact with the participants and the interviewers that was during the covid -19 lock down . However,one survey raises the limit of sampling methods that cannot reach people that are not affordable with the technologies or the internet.

Moreover, online survey do not allow a depth analysis of the results and in our study there are 100 participants out of 100 participants 75.6% of respondents they are aware of coronavirus and they take precautions to avoid coronavirus in similar article figure 1: In our study out of 100 participants 96.7% of them are safe during this lock down and 4.3% are not safe during lock down and in similar study 98.8% them are safe during this lock down .stephenson Mj Rosengrants A knitter P childhood now the safety parents belief and manuscript(Stevenson and Stanton, 2014) isolated can guide us form coronavirus and 5.4 % don't think . In a similar study 96.5 % are safe and they think being isolated can guide us from viruses Bertille AND Fournier charriere E Pons G Ghaluense M Mange National survey of knowledge perception (Bertille *et al.*, 2013).

Figure 3: In our study out of 100 participants 10.% of them face difficulties during this lock down and in similar study 98% of them face difficulties during this lock down At Ameneh LEL Mugharbi M Athameh M essie EJ Abugsouh S Child attitude knowledge and creative think isolation(Athamneh *et al.*, 2015) figure 4: In our study out of 100 participants 93.3% of them learn new things during this lock down and 6.7% they don't . In similar study 95.6 % they learn new things Stephenson MJ RescensramR kneeler childhood fever Parental Beliefs and complete isolation can help them do productive things .(Chang, Liu and Huang, 2013; Athamneh *et al.*, 2015). Figure 5: In our study out of 100 participants 96.7% feel protective isolation helpful and 4.3% they don't feel protective in isolation. In a similar study there 98.8%they feel protective during this isolation Bertie N Fournier charrie M Managing home isolation with children are very protective (Kühn, 2004).

Figure 6: In our study out of 100 participants 93.3% clean their sink with hygiene products such as sanitizer ,soap etc to avoid coronavirus and 6.7% they don't .In similar study have 95.5% the clean their house easy R pasqueilore P zavod w king an educational does it reduces the coronavirus and 6.7%they don't In similar study they have 95.5% clean their house casy R Pasquasille P zavod W.King an educational does it reduce the coronavirus (Kühn, 2004; Viner *et al.*, 2020)Figure 7: in our study out of 100 participants 95.3% of them clean their house and door knobs with damp clothes and detergent and 5.5 % they don't In similar study 96.4% of them clean their houseSingh's Padmini P Food we understand of cleaning their house and it's danger and practices Indian pedistor 2015 . 501-5 (Lozny and McGovern,

2019). Figure 8: In our study out of 100 participants 82.2% of them do sleeping and eating 23.3 % learn new things and 21.1% of all the above and 12.2% spending time with their family and 11.1% chilling with Netflix and prime in similar study many learn new things that is 80% of them learn new things Kelly M Salim LJshiely F.O Sullivan R de and EG MS Gilluidy knowledge ,productive and belief in isolation sectional study in Ireland (Andrain *et al.*, 1977; Lozny and McGovern, 2019)

Figure 9 : In our study out of 100 participants 95.5% of them wash their hands properly with hand wash for every 30 minutes and 5.5 % they don't Parmar Sarkar Sabu DR Bavudekar SB of 89.9% wash their hands and keep them clean knowledge (Curtis and Cairncross, 2003)

Attitude and practices of parents with children with febrile conclusion P Post hard Med 2001

Figure 10 in our study out of 100 participants 76.1 % think being isolated can reduce the spread of coronavirus and 16.2 % they said may be and 8.7% they didn't In similar study Zyoud .S Al jabi S swelieh W Mabulsi M tuboila M Rahmat among et al Belief and practices she isolation among children 2013 :13 .66.. (Sadler and Weiss, 1975)

CONCLUSION

Overall the participants accept lockdown as a necessary measure to combat COVID-19. Most of the participants knew the advantages of being isolated associated with COVID-19 pandemic. The results of this survey conclude that in India people are aware and they know how to be productive during this isolation period . The study shows that being productive can make people do more things, be creative, learn more things and be less prone to depression.

AUTHOR CONTRIBUTIONS

All the authors contributed equally in concept, design, carry out the research and analysis of the study.

CONFLICT OF INTEREST

The author has none to declare.

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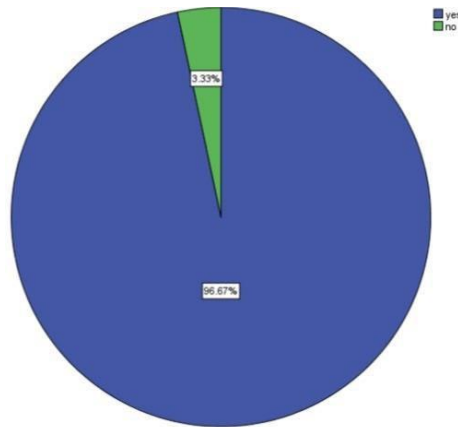


Figure 1 Pie chart shows the percentage distribution of awareness among participants regarding the pandemic outbreak covid 19, 97% responded that they are aware of the pandemic outbreak covid 19 (blue) , 3% are unaware of the pandemic disease (green).

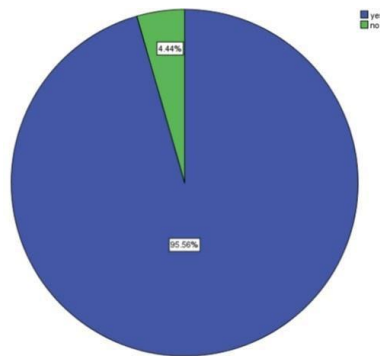


Figure 2 pie chart depicts the percentage distribution of knowledge among participants about isolation during the lockdown ,95.56% believe that being isolated can prevent them from coronavirus (blue) ,where as 4.44% of the survey participants disagreed (green)

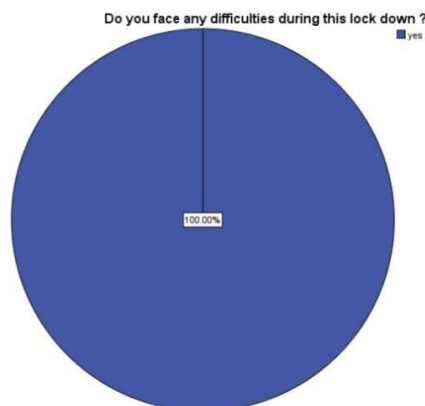


Figure 3 Pie chart depicts the percentage distribution of knowledge among participants about the difficulties faced during the lockdown ,100% of the participants are facing difficulties during the lockdown period(blue).

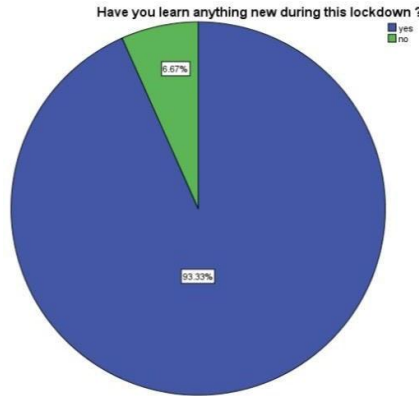


Figure 4 Pie chart reveals percentage distribution of knowledge among participants about learning new things during lock down ,93.33% of participants responded that they learned new things (blue) 6.67% of the participants didn't (green) .

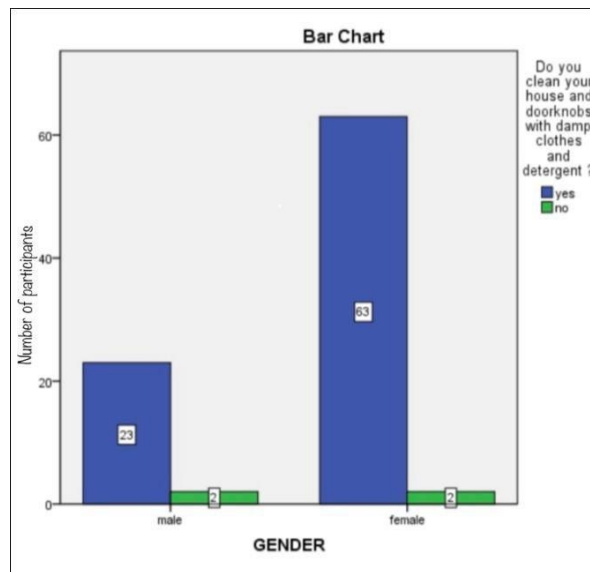


Figure 5 : Bar chart showing the association between gender and the awareness of cleaning of house , door knobs with damp clothes and detergent to avoid COVID-19 infection. X axis represents Gender , Y axis represents no. of participants; aware (blue) and unaware (green). Association tested by Pearson's chi square analysis (value = 1.030 ,DF-1 ,P value 0.310)(p value > 0.05) statistically not significant, though more females are aware of cleaning house doorknobs to protect themselves from covid 19 than males.

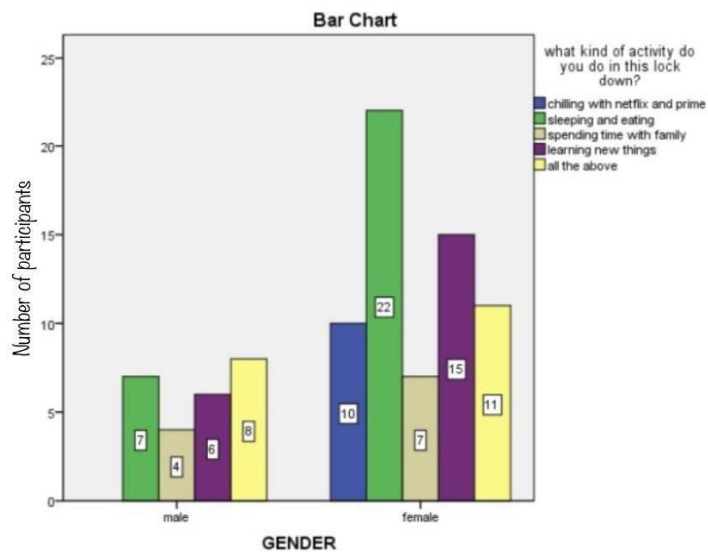


Figure 6 : Bar chart showing the association between gender and the types of activity they do during this lock down . X axis represents Gender ,Y axis represents the no. of responses. Association tested by Pearson's chi square analysis = 6.393,DF-4 , P value 0.172 and found to be statistically significant . Hence females are more likely to choose being idle in this lockdown than males.

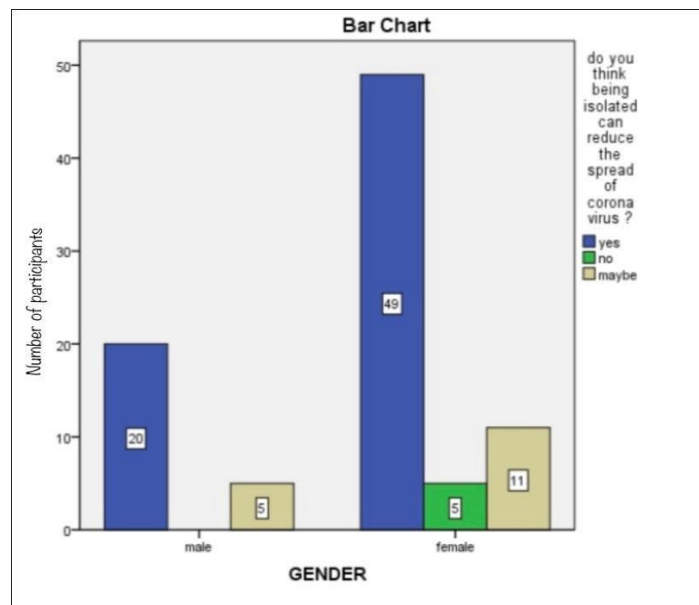


Figure 7 : Bar chart showing the association between gender and awareness that being isolated can reduce the spread of coronavirus . X axis represents Gender ,Y axis represents no. of individual responses Association tested by Pearson's chi square analysis (value= 2.069 ,DF-2 ,P value= 0.355)(p value>0.05) statistically not significant thereby implying that males and females are likely to be equally aware that isolation can reduce the spread of coronavirus