



# STUDY TO ASSESS THE QUALITY OF LIFE OF NURSING STUDENTS DURING COVID-19 PANDEMIC STUDYING IN SELECTED COLLEGE OF THE- PACCHAD DISTRICT SIRMAUR, H.P. (2020-21)

<sup>1</sup> Ms. Sameeksha, <sup>2</sup> Ms. Komal Rana, <sup>3</sup> Ms. Rajmeet Kaur, Ms. Reetu Chauhan, Ms. Sang Norzom, Ms. Samriti Sankhyan, Ms. Sarishty Maheshwari

<sup>1</sup> Nursing Tutor, <sup>2</sup> Nursing Tutor, Nursing Students  
<sup>1</sup> Community Health Nursing  
Akal College of Nursing, Sirmour, H.P., India

**Abstract :** Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infection ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered corona virus disease Covid-19. This pandemic situation of Covid-19 has necessitated the need to make the people aware about this to encourage them to practice the precautionary measure in order to have a control over the situation.

**OBJECTIVES:** The study aimed to assess the impact of Covid-19 on the quality of life among nursing student and association between quality of life with selected socio-demographic variables.

**METHODS:** The study adopted descriptive cross-sectional survey design to get data from 315 people attending universities of Pachaad Tehsil, district Sirmour using non-probability convenience sampling technique. For assessing the quality of life, modified WHO BREFTool was used using Google form technique. Data was analyzed using SPSS version 23 for descriptive and inferential statistics.

**RESULTS/ FINDINGS:** The results revealed that all the participants were female (100%) and majority of them were between the age group 19-21 years i.e. (84.7%). Most of the subjects were in B.Sc. Nursing 3<sup>rd</sup> year (36.7%) and only 22 participants were studying in B.Sc. 1<sup>st</sup> year i.e. (12.4%). 70.1% of them belong to nuclear family and 0.6% to extended family. Majority of the families' social economic status were ranging from 20,001-30,000 i.e. (28.8%) and 21.5% (<10,000). The respondents revealed that 42.9% were ill during and 57.1% were healthy during COVID-19 pandemic. Study revealed that 59% of the study subjects were having good physical quality of life and 1.7% of them were having poor physical quality of life under domain 4.48.3% of the participants were having good quality of life and 4.5 were having poor quality of life under domain 3.59.6% of the subjects were having good social relationships whereas 0.6% of them were having poor social relationships under domain 2. And 55.7% of the study subjects were having moderate environmental health whereas 0.6% were having poor quality of life under domain 1. The study revealed that there is no association of quality of life with socio-demographic variables.

**CONCLUSION** As COVID-19 disease drastically affected all the countries of the world with very high morbidity and mortality rate, so an attempt was made to assess the impact of COVID-19 on the quality of life among the educational institutes. It is revealed that 55% of study

**Key Words:** Quality of life, Pandemic, Covid 19

## INTRODUCTION

### Background of the problem:

Corona viruses are the largest group of viruses that cause illness in human and animals that are known to cause illness ranging from the common cold to more severe disease such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The outbreak of Novel Coronavirus disease was initially noticed in a seafood market in Wuhan city in Hubei Province of China in mid-December 2019. At that time pneumonia of unknown cause

detected in Wuhan, China was first reported to the WHO Country Office on 31 December 2019 and the outbreak was declared a Pandemic Health Emergency of International Concern by WHO on 30 January 2020. WHO declared COVID-19 as a pandemic on 11 March, 2020. This disease has since spread worldwide, leading to an ongoing pandemic. At present 214 countries

/territory areas are facing this biggest health problem of decade.

A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms is said to be confirmed case. Current available evidence for COVID-19 suggest that the causative virus (SARS-CoV-2) has Zoonotic source closely related to bat – origin SARS- like coronavirus. The virus has been show to use the angiotensin - converting enzyme2 (ACE2) receptor for cell entry.<sup>1</sup>

The COVID-19 pandemic has led to dramatic loss of human life worldwide. It present an unpredictable challenges to public health of population, food systems of the world and world of the work. The economic and social disruption caused by the pandemic is devastating: tens of millions of population are at the risk of falling into extreme poverty, while the number of undernourished people, currently estimated at nearly 690 million, could increase by up to 132 million by the end of the year.<sup>3</sup>

In the world total case of corona positive is 148,375,529 and total deaths is 3,135,750 and recovered cases is around 86,275,454. In India total case are 17,636,307 and death is 197,894 and recovered case is 12,992,442. In Himachal total case is 91,350 and deaths is 1,387 and recovered case is 74,812. This virus has resulted in more than 13,260,000 cases and over 5,76,2000 deaths (as on July 2020). The corona virus cases in Himachal Pradesh, with about 70 lakhs population, have reached 18,296

Millions of enterprises face an existential threat all over the world. Nearby half of the world's 3.3 billion global workforce are at risk of losing their livelihoods which affects their daily life style activities. Informal economy workers are particularly vulnerable because the majority lacks social protection and access to quality health care and have lost access to productive assets. Without the means to earn an income during lockdowns, many are unable to feed themselves and their families. For most, no income means no food or at best, less food and less nutritious food.<sup>3</sup>

Students between the age of 16-25, has shown stress, anxiety and depressive tendencies. Although they develop new skills in maintaining relationships, independence and self-sufficiency, any hurdle in this process can cause denial, self-blaming, dissatisfaction stress or anxiety. Hence, social media works as coping mechanism with its ease of accessibility and trend, albeit its negative impact on physical and mental health. Specifically during the lockdown period of COVID-19, factors related to changes in academic structures, examinations and a battle with limited resources can be directly associated with anxiety, stress, frustration, and depressive disorders.<sup>8</sup> However the online education due to COVID-19 pandemic facilitates convenient, quick, on-the-go and 24x7 access. Nursing students have also experienced changes in daily life during COVID-19 pandemic on studies as well as clinical experiences in both developed and developing countries. Almost every college of nursing converted the face to face teaching and learning to virtual remote learning. By this measure the students will not be exposed to the pandemic and will stay safe at their home. The clinical experience of the nursing students were suspended due to which they lack clinical experience in their field.

**NEED OF THE STUDY.** A long lasting impact has been created by the COVID-19. The education industry has not been left out and the impact of COVID-19 on student life is visible. The COVID-19 pandemic has affected educational systems worldwide, leading to the near- total closures of schools, universities and colleges. Whether it is the personal life of students or the environment of school and colleges, corona virus pandemic has changed thing that were never thought of before.<sup>5</sup>

Online classes are being conducted in the schools and colleges. Things are fine for families who can afford a laptop or smart phone along with the monthly expense of internet plus other variables so their children can attend the online classes at various platform. However there is large section of students who go to government schools and colleges, and their parents are not in a position to buy them such things so they can attend the online classes. So most of the students including nursing students have been effected directly or indirectly by this pandemic. They have been effected physically, psychologically, socially and their environment isn't the same as before.

### Statement of the problem

A cross-sectional study to assess the quality of life of nursing students during COVID-19 pandemic studying in selected college of Teh-Pachad District Sirmour H.P.

### Objectives of the study

- I. To assess the quality of life of nursing students during COVID-19 pandemic studying in selected college of Tehsil- Pachhad District Sirmour H.P
- II. To find out the association between quality of life with selected socio- demographic variables.

### Operational Definitions

**COVID-19:-** It is a respiratory infection caused by SARS-CoV2 (severe acute respiratory syndrome corona-virus-2).

**Quality of life:**-A person who is physically, socially, psychologically healthy and comfortable in the environment he or she is living that can be measured with the help of modified WHO-QOL BREF Scale.

#### Assumptions

- I. Most of the nursing students will have good quality of life during COVID-19 pandemic.
- II. There may be association between quality of life with selected- socio demographic variables.

#### Delimitations

The study is delimited to the nursing students studying in the selected college of Teh –Pachhad District Sirmour H.P.

### RESEARCH METHODOLOGY

**Research approach:** Non experimental quantitative research approach was adopted for the conduction of the study.

**Research design:** Cross- sectional research design was used for the present study. This design is selected because in the study researcher was interested in finding out the impact of COVID-19 on quality of life among nursing students.

**Research setting:** The present study was undertaken in selected college of nursing, district –Sirmaur.

**Target Population:** Nursing Students of selected college.

**Study population:** Nursing students of selected college, Distt- Sirmour, Teh- Pachhad.

**Sample:** Nursing students of selected college, Distt-Sirmour, Teh-Pachhad and meeting the inclusion criteria.

**Sampling technique:** Non probability convenience sampling technique was selected for the collection of sample, because due to the COVID-19 pandemic researchers felt that this is the only sampling technique that can be implemented easily in the present study due to the feasibility issues.

**Sample Size:** 315

**Sample selection criteria:**

**Inclusion criteria:**

- I. Nursing students studying in selected college of Teh. Pachhad District Sirmour H.P
- II. Nursing students who were willing to participate in the study.

**Exclusion criteria:**

1. Non nursing students.

### DEVELOPMENT AND DESCRIPTION OF TOOL

The tool is divided in two sections:

**Section A Socio-**Demographic sheet to assess the socio demographic profile of the sample. It includes sex, age, educational status, family income, health status during COVID-19 pandemic.

**Section B :**A Standardized tool was obtained from the WHO in order to assess the Quality of Life of population. It states the holistically quality of life because this tool contains all domains i.e. physical, psychological, social and environmental. In the present study modified WHOQOL–BREF was used.

### IV. RESULTS AND DISCUSSION

In the current study data analysis is described under following sections;

**Section A:** The socio-demographic data revealed that all the participants were female (100%) and majority of them were between the age group 19-21 years i.e (84.7%). Most of the subjects were in B.Sc. Nursing 3rd year (36.7 %) and only 22 participants were studying in B.Sc. Nursing 1st year i.e (12.4%). 70.1% of them belong to nuclear family and 0.6% to extended family. Majority of the families' social economic status were ranging from 20,001-30,000 i.e (28.8%) and 21.5% (<10,000). The respondents revealed that 42.9% were ill during and 57.1% were healthy during COVID-19 pandemic.

**Section B:-** Percentage distribution of Quality of life according to the domains given by WHOQOL BREF scale.

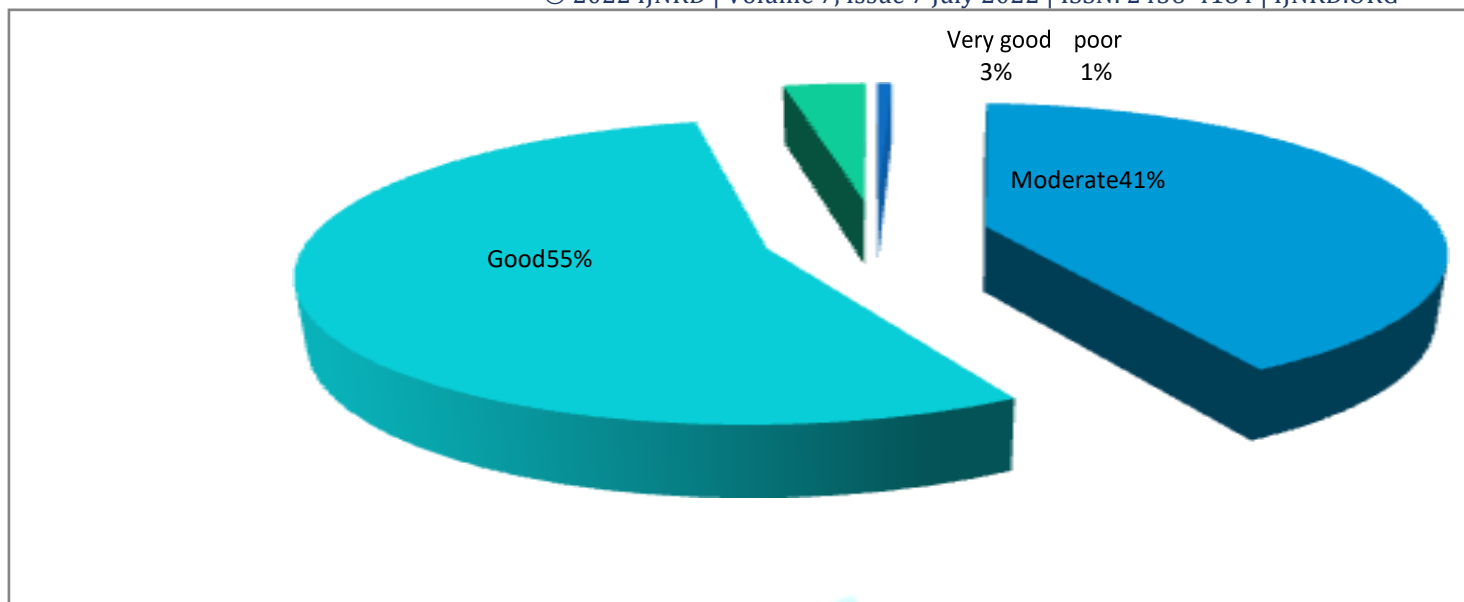
**Domain 1** includes physical health of the study subjects. 55.1% of the subjects were having moderate physical quality of life whereas 0.6% subjects were having very good physical quality of life.

**Domain 2** covers the psychological health of the subjects. 59.6% of the study subjects were having a good psychological quality of life whereas only 0.6% were having a poor psychological quality of life.

**Domain 3** was based on Social relationships of the study subjects. 48.3% of the study subjects were having good social relationships. Only 4.5% subjects were having poor social relationships.

As per the environmental domain. 59.0% of the study subjects were having good environmental health where as 1.7% were having poor environmental health.





**Figure 1:- Percentile distribution of Quality of life of nursing students.**

## DISCUSSION

A cross-sectional study to assess the quality of life of nursing students during COVID-19 pandemic studying in selected college of Teh-Pacchad District Sirmaur, H.P.

According to the result of the present study (48.3%) of nursing students has good quality of life, (33.1%) of the students has moderate quality of life and (4.5%) of students has poor quality of life during COVID19 pandemic. The socio demographic data revealed that all the participants were female 100% and majority of them were between the age group 19-21 years i.e (84.7%). 55.1% of the subjects were having moderate physical quality of life whereas 0.6% subjects were having very good physical quality of life. 59.6% of the study subjects were having a good psychological quality of life whereas only 0.6% were having poor psychological quality of life. 48.3% were having good social relationship and only 4.5% subjects were having poor social relationships. 59% of the population were having good environmental health whereas 1.7% were having poor environmental health.

Similar study was conducted by – Paula McFadden to examine the relationship between coping strategies ,wellbeing and quality of working life in nurses , midwives , social workers in health and social care in UK during first wave of COVID- 19 pandemic. A total of 792 (31.17%) respondents had low quality of working life, 668(26.29%) had average quality of working life , and 1081(42.54%) had high quality of working life.

A cross sectional study was conducted by Judith S. Rabacal to determine the impact of COVID-19 pandemic on the quality of life of professional teachers in the Philippines. This study suggests that the sample of teachers in this study perceived a greater impact of COVID 19 pandemic on their quality of life as a whole compared to those in the European sample with pre existing severe mental disorders. Moreover the findings of this study also indicated that the greatest impact of the pandemic among teachers was on their personal safety followed by QoL in general whereas mental health was the least impact.<sup>32</sup> In contradict to our study a similar cross- sectional study was conducted by Ulrike Ravens-Sieberer to assess the impact of the COVID 19 pandemic on QoL and mental health in children and adolescents in Germany. The result of this study revealed that before the pandemic 15.3% of children and adolescents reported low HRQoL; during the pandemic 40.2% of the children and adolescents reported low HRQoL.

### Strength of the study:-

- ✓ This study helped in finding the quality of life of nursing students of selected college during COVID-19 pandemic.
- ✓ No other study was reported in district Sirmaur regarding assessment of quality of life among nursing students.
- ✓ This study helped in finding the quality of life of nursing students according to domains given by WHOQOL BREF scale.

### Limitation:-

The study was limited to only nursing students of selected college.

### Nursing Implications:-

#### Nursing Practice-

By assessing the quality of life of the students, the nurse practitioner can provide better quality of care.

Nurse can educate and train the methods to lead a good quality of life to the students.

Nurse can advise the coping mechanisms to the students to deal with the stressors.

**Nursing Education-**

The nurse should aware the nursing students regarding the current pandemic.

Nursing students will be aware of their role in health promotion.

Student nurses can impart the knowledge to the family members related to the prevention techniques of COVID-19.

**Conclusion:**

Quality of life is a multidimensional concept that encompasses the physical, psychological, social, spiritual, sexual, occupational, well-being of a person. It provides a measurement of functioning and well being rather than of distress and disorders, hence is more comprehensive and compatible.

The present study was done to assess the quality of life of nursing students of selected college. It revealed that 55% of the study subjects were having good life whereas 1% of them were having poor quality of life. Hence it proved that the COVID-19 pandemic has had effect on the physical, mental, social, environmental health of the nursing students.

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