COVID19 Pandemic: Perspective on Quality of life

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Abstract

Introduction: Globally COVID-19 pandemic impacted on all dimensions of the lives in the world. Quality of lifemeasures person's well-being. Very less information was available about the influence of COVID-19 pandemic onqualityoflife.Thus,objectivewastoassessimpactandchangeinlifestylerelatedfactorscontributingtoqualityoflife among employedpopulationduetoCOVID-19pandemic.
Methodology: Webbasedcrosssectionalstudywasconductedamong>18yearsofstudyparticipants.Convenientsamplingmethodwasused. Dataanalysiswasdoneusing Epi infosoftware7.2.2version.
Results: A total 252 study participants completed the study. COVID-19 pandemic impact was severe on physicaldomain 114(43.51%) and on psychological domain 20(7.63%). Over all the effect of pandemic on quality of lifewas moderate 136(51.91%). 234(89.31%) participants responded that there was excellent change in lifestylerelatedpractices.
Conclusion:COVID-19pandemichadmoderatelyaffectedqualityoflifeinourstudysubjects,alongwithexcellentchangeinlifestylerelatedpractices. Studies in huge population will be requiredtoverify these findings.

Keywords: COVID-19; Pandemic; Impact; Quality of life; Lifestyle
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Introduction

COVID-19 pandemic is a public health concern caused by SARS COV 2. (Gopalan&Misra, 2020) COVID-19has hit many countries leading to severe losses due to strict social distancing orders. The financial crisis has notonly affected individuals but also countries. It is difficult to predict the post-crisis consumption and recovery dueto disastrous impact on industries. (Martin et al., 2020)(Guo et al., 2020) Previous pandemics has a profoundimpact on physical and mental health as well as quality of life. It has not only attacked the vulnerable group butalsohealthylivesinworld. (Repišti etal., 2020)

COVID-19 pandemic has influence on various dimensions of health of population. Psychologically, thequalityoflifeofanindividualisgovernedbytheirindividualmatter.Itindicatespresenceofwell-beingofaperson.One'sperceptionsabouttheirpositioninlife,culturalvalues,interests,goals,expectations canbeassessedbythismeasure.Qualityoflifeisinfluencedbymultiplefactorssuchasphysical,psychological,interpersonalrelationship,andenvironment. (Chwaszczetal.,2020) (Lardoneetal.,2020) (Saladinoetal.,2020)(Marzouqi etal.,2021)

The nationwide lockdown has resulted in restriction of physical activity of the individuals. (Lesser &Nienhuis, 2020) This lockdown due to COVID19 pandemic might have resulted gain in weight, due to lack ofphysical activity and consumption of snacks and energy dense foods. (Gopalan&Misra, 2020) Reduced physicalactivity, increased sedentary behaviour results in deterioration of chronic health conditions. Potential challengestophysicalactivitywererestrictioninacces

storecreationalcentres,parks,workfromhome,andflexiblelifestyles.Socialisolation,financialinstability,lossofjobandchildcarechallenges,hasdisturbedvariousparametersofwell-being. (Lesser&Nienhuis, 2020) Itis importanttounderstandhowthepopulationdealswithhiscatastrophe. (Zhang&Ma,2020)Currently, there is no more information available about the COVID-19 pandemic and its impact on quality of life.Outcome of this pandemic is unpredictable. So, keeping this in view the objectives of study were to assess theimpactandthechangeinlifestylerelatedfactorscontributing toqualityof lifeduetoCOVID19.

Material&Methods:

Studydesign:Onlinecross-sectionalstudy

Studyperiod: December2020–May2021

Sample size: In study of Liu X et al(Liu et al., 2021) there was 16.5% moderate to severe depression,considering5%alphaerrorand10%allowableerror andthecalculatedsamplesizeis212.Totalsamplesizeinourstudywas252basedontheresponsesreceiveddu ringthestudyperiod.

Studypopulation:

a) Participantsaged18years&above

b) Thosehavingaccesstosocialmediaplatforms–WhatsApp,Facebookandtelegram

Procedure:

Acrosssectionalonlinesurveywasdonewithhelpof Googleformsmaintaininganonymitiesofthestudyparticipants.Apre-validatedquestionnairewascirculatedusingsocialmediaplatformssuchasWhatsAppgroups,Telegramand Facebook.On-lineconsentwastakenforthesurvey.Questionnaireconsistsof3sections-sociodemographicprofile,factorscontributingtoqualityoflife4domains:socioeconomic,physical,psychological,health related and lifestyle related precautionary practices followed duringpandemic**.** Scoringsystem wasdeveloped for assessing these practices. Contributing factors for Quality of Life will be graded on a scale from 0 to3where-

0-Nochange

1 – Mild change

2 – Moderate change

3 – Severe change in quality of life of the individuals

The changes in lifestyle or daily activities will be scored as follows:

0–3=Fairchange

4 – 7 = Good change

8 – 11 = Excellent change

Statisticalanalysis: Epi-infosoftwarewasusedfordataanalysis

Results and discussion:

Table1:Distributionof studysubjectsaspersociodemographic variables

Variables	Frequency	Percentage
GenderMaleFemale	116 146	44.27 55.73
Education Middle schoolHighschool Intermediate or post high schoolGraduate/Post graduate Professionorhonours	2 12 23 139 86	0.76 4.58 8.78 53.05 32.82
OccupationProfessional Semi-professionalSkilled Clerical/shop ownerUnemployed	189 15 26 27 5	72.14 5.73 9.92 10.31 1.91

Marital statusMarried Never marriedSeparated/Divorced	 155 102 5	 59.16 38.93 1.91
Working sectorGovernmentPrivate Non-profit organizationSelfemployed	 52 139 10 61	 19.85 53.05 3.82 23.28

Sociodemographic variables of study subjects are reflected in table1. The percentage of females (55.73%)was slightly higher than the males (44.27%) and 59.16% of participants were married. Majority were completedtheirgraduate/postgraduatequalificatio n(53.05%).Overall,72.14%oftheparticipantswerepr ofessionals;majority (53.05%) were working in private sector, 23.28% were self-employed while 19.85% were involved ingovernmentjobs.

Table2:DistributionofstudysubjectsaccordingtoCOVID19pandemic impactonqualityof life

Domain	Frequency	Percentage(%)
Physical domain Nochange Mild ModerateSevere	 5 38 105 114	 1.91 14.50 40.08 43.51
Socioeconomic domain Nochange Mild ModerateSevere	 14 122 106 20	 5.34 46.56 40.46 7.63
Psychological domain Nochange Mild Moderate Severe	 3 120 119 20	 1.15 45.80 45.42 7.63
Health related domain Nochange Mild ModerateSevere	 37 163 54 8	 14.12 62.21 20.61 3.05
Overall impact No change Mild ModerateSevere	 8 76 136 42	 3.05 29.01 51.91 16.03

Table 2 depicts the distribution of study subjects according COVID 19 pandemic impact on quality of life in terms of various domains. Overall COVID19 pandemics has affected quality of life moderately (51.91%).Among43.51%and 7.63% study subject physical and psychological domain was severely affected respectively. Impact was mild on socioeconomic and health related domain in 46.56%and62.21%studyparticipantsrespectively.

Table3:Distribution of changeinlifestylerelatedpracticesduetoCOVID19pandemic

Changeinlifestyle	Frequency	Percentage
Excellent	234	89.31
Good Fair	24	9.16
	4	1.53

As shown in table 3, 89.31% of the participants responded that there was an excellent change in life style related practices due to COVID pandemic.

Cross sectional study was conducted using google questionnaire to assess COVID-19 pandemic impact onquality of life among ≥ 18 years of populations. In this study, people's perspective about quality of life duringpandemic was assessed. Along with the factors contributing to quality of life, lifestyle related practices were alsotakenintoaccounttofindouttheimpactofthispandemic.Inthepresentstudy,morethanhalfofthepartic ipantsi.e. 55.73% were females 59.16% of the participants were married. 53.05% of the study subjects were wellqualifiedwithhigherdegrees.Majorityoftheparti cipantsi.e.,53.05%wereprivatesectoremployee,23. 28%werehaving their own business and 19.85% were working in the government sector. Due to the nationwide lockdown,most of the private sector employee were working from home and had increased internet access than usual.(Y.Kumar & Yadav, 2020) Similar socio-demographic details were reported in a web based study conducted by**Mahendrakumaretal**(M. Kumar&Dwivedi, 2020).

Mostoftheparticipants(43.51%)inourstudyreported thattherewasasevereimpactofCOVID-19pandemicon physical domain. Similar findings are reported by other studies. **Mahendrakumar et al** (2020)(M. Kumar &Dwivedi,2020)intheirstudyobservedasignificantch angeinexercisehabitsascomparedtoprelockdownpe riod.BeforeCOVID-19lockdownperiod, 42%of theparticipantsagreedthatfrequencyofexercisesmo rethan3timesin a week is reduced to 22%.**Iris A. Lesser**(Lesser &Nienhuis, 2020) stated that various restrictions made bygovernment had potentially influenced physical activity.They have observed a difference between inactive andactive participants. 40.5% of inactive participants were involved in less physical activity and 40.3% of activeparticipantsinmorephysicalactivitysinceCOVI D-19.Prolongedstayathomecanchangethebehaviours thatleadtophysicalinactivitystatedbyPeijieChenet.a l.(Chenetal., 2020)

In our study there was a mild impact on socioeconomic domain (46.56%), participants agreed that there wasdisruption in the family income, restriction in the social access as well as access to food. This is in accordance tostudy conducted by Mahendrakumar et.al. (M. Kumar &Dwivedi, 2020) where around half of the responders feltsocial isolation as they had to stay inside due to lockdown. Majority of participants (64.6%) agreed on receivinggreat support from friends and (63.9%) from relatives were the findings depicted by **Y. Zhang et al**(Zhang & Ma,2020).

Our study reports mild to moderate (45%) impact on psychological domain while 7% participants reportedsevereimpact.Inanonlinesurveyconducted by**CuiyanWangetal**(Wangetal.,2020)inChina,theps ychologicalimpactwasmoderatetosevereasreporte dbymorethanhalfoftheparticipants.**AnjaliMiglaniet al(2020)**(Miglani,2020)intheirstudyobservedthatth ereweresomenegativeinfluencedonmentalhealthd omain.In a study by **Mahendrakumar et al (2020)**(M. Kumar &Dwivedi, 2020), 52% participants felt socially isolatedasaresultoflockdown.Somerecentstudiessu pportthisfindingasnegativepsychologicalchangesw ereexperienced by people during lockdown. On the other hand, **Zhang et al**(Zhang & Ma, 2020) reported that 52.1%subjectswere.Theyweremoreconcernedabou ttheirmentalhealthandstartedspendingextratimein recreationalactivityandexercisingwhichhelpedthe mtodealwiththestress.

Around62%participantsinourstudystatedthatthere wasamildimpactonhealth-relateddomain.Thisisinaccordance with the results of **Mahendrakumar et al**(M. Kumar &Dwivedi, 2020).65% participants agreed forhavinggoodaccesstofundamentalrequirementss uchasfoodandhealthcare.(Y. Kumar&Yadav, 2020)

Inourstudy,accordingtopeople'sperspective,theove

rallimpactwasmoderate.Wealsoassessedthechange in lifestyle due to pandemic. This change in lifestyle related practices was excellent (89.31%) as compared to theprecovid period.Similar finding is reported by**Cuiyan Wanget al(2020)**(Wanget al.,2020), majority ofparticipants agreed that they followed specific precautionary measures during the pandemic (eg. hand hygiene,wearingamask,covering mouthwhilecoughing andsneezing etc.).

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Conclusion:

In our study, quality of life was impacted moderately by COVID-19 pandemic along with excellent changein lifestyle related practices. Large population-based studies would be needed to support our study findings.Policymaker's can develop effective public health interventions and strategies to ascertain the well-being ofpeople. Data was collected through google form using social media platform, which limits accessibility to a larger population. Also study findings cannot be generalized as study sample in the research were highly educated, more affluent and professionals.

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