

A Study to Assess the Awareness and Attitude Towards maintaining Social Distancing during Corona virus Disease (COVID 19) Pandemic among Residents of Selected Area of Pune City

Jasneet Kaur¹, Sheetal Barde¹, Shital Waghmare¹, Sheela Upendra², Priyanka Kadam³, Suresh Ray⁴

¹Assistant Professor, ²Associate Professor, ³Tutor, of Symbiosis College of Nursing, Symbiosis International (deemed University) Pune, ⁴Associate Professor, Bharati Vidyapeeth College of Nursing

Abstract

There is a public health alert as a huge pandemic situation has emerged in the country and across the globe regarding the novel corona virus outbreak. India is on high alert as total cases crossed one lakh.¹ Maharashtra is leading the scoreboard with 33000 plus cases and number is increasing day by day. Social Distancing plays important role in combating the situation but depends on the attitude and awareness of the community²

Objective: The main aim of the study is to identify the attitude and level of awareness among the community regarding social distancing in pandemic situation

Methods: A cross sectional design was used along with structured questionnaire tool for data collection. A snowball sampling method was adopted where a goggle form was developed which was sent through various online modes. The study mode was purely online. Participants were from the age of 18 and above who knows English and were willing to participate in the study.

Results: The results showed that People have partial awareness related to the pandemic situation of corona virus spread. Surprisingly 33.1% people think that there is treatment of COVID 19. They showed good interest and positive attitude towards hand washing and maintain social distancing but for maintaining protocols and guidelines to follow for social distancing they were not comfortable.

Key words: Corona, COVID 19, Attitude, Awareness, Pandemic, Social Distancing

Background and need of the study

There is a public health alert as a huge pandemic situation has emerged in the country and across the globe regarding the novel corona virus outbreak. India is on high alert as total cases crossed one lakh.¹ Maharashtra is leading the scoreboard with 33000 plus cases and number is increasing day by day. The entire government, health

administration officials at various levels are constantly monitoring the situation.² The unstable situation is being closely monitored by the Ministry of Health and Family Welfare. The Joint Monitoring Group (JMG) convened under the Chairmanship of Director General of Health Services (DGHS) with representations from various stakeholders (health and non-health sectors) and WHO are instrumental in bringing about the responsiveness in the health systems.

However, the incident and contingency measures undertaken on a war footing after the identification of the Novel corona virus. Social distancing is considered as one of the method adopted to survive in this situation. It is only method to maintain the quarantine declared by the government of India.

Corresponding Author:

Ms Jasneet Kaur,

Assistant Professor, Symbiosis College of Nursing,
Symbiosis International (Deemed University) Pune

The Covid-19 pandemic situation possibly may lead to huge morbidity and mortality for millions of population globally in current year.³ As per Mathematical institute at Imperial College London stated that even if community tries to initiate social contacts and reduce the common meetings the mortality and morbidity still will be out of control. They also suggested that if no social distancing ways were adopted at all, the disease could lead to a big disaster and will kill million people worldwide.⁴ suggestively they also emphasised that reduction and total cutting of their social gatherings may help to halved the diseases spread.

The key measures adopted by various governments at various levels for social distancing to alleviate the spread of COVID-19. It is very much challenging task to implement the strict measures for social distancing all over the world. The biggest reason is Industrialisation and level of urbanization, norms and culture of particular country especially related to religious gatherings and high economic visibility international gatherings. Many countries has started introducing significant social distancing measures as a precautionary aspect even before the eruption of first case of COVID-19 confirmed.⁵ These decisions ranges from deferment or withheld the social and religious gatherings , stopping entertainment and multiplex resources, temporary closure of education organisations postponing of all non-essential gatherings, and imposing legal curfews . The effect of these actions on the epidemic curve is a big anxiety state to deal with. However, as per present COVID-19 situation, many countries may take courageous and probably out of favour measures for the prevention of mortality and morbidity²

The condition of lock-down due to pandemic across the globe, has halted the global economy because of non-participation in services and products. This has shattered the global supply chains and therefore impacted brutally on the global economy³

Transport, Import and export of material across the countries has been revoltingly affected. Even at national levels Transport business has ceased due to lock-down in different countries. Maximum employees are working from own residences, which further provoking financial advantages and disadvantages.⁶ Educational organisations have been put the lid down. Economy

has a huge set back. In this situation it is bit obvious to get panic but to maintain the social distancing is the necessity of survival. The attitude plays a very important role in this situation

There are certain groups who are still not following the social distancing. This disease and the response of the public towards the disease is so novice that nobody can predict the factors to accept or neglect the lockdown situation. The awareness plays very important role to maintain a positive lifesaving attitude towards the disease. The awareness and attitudes towards maintain the social distancing of the public is largely influencing the level of devotion to the personal protective measures and ultimately the expected outcomes.

In Maharashtra, Mumbai and pune are the areas where maximum cases corona are reported. Various factors plays role to understand the reason behind that. Awareness and attitude are one of those factors to assess. Therefore the researcher as a community health nurse wants to study the level of awareness and attitude towards the social distancing among the residents of pune.

Objectives

1. To assess the level of awareness towards maintaining Social distancing during Corona virus disease (COVID 19) Pandemic among residents of pune city
2. To determine the attitude towards maintaining Social distancing during Corona virus disease (COVID 19) Pandemic among residents of pune city

Research Methodology

A cross sectional design was used. A structured questionnaire was developed for data collection. A snowball sampling method was used with due consent. A goggle form was developed which was sent through various online modes. The study mode was purely online. Participants were from the age of 18 and above who knows English and were willing to participate in the study. The answers were obtained in goggle form as a result in two parts part 1 depicted awareness regarding COVID 19 and social distancing and Part 2 represented attitude towards social distancing.

Results

The online survey, was conducted related to awareness and attitude regarding COVID 19 and social distancing among community during the COVID 19 pandemic, in the pune population. A total of 662 responses were recorded. Total 158 samples were covered. All the participants were above the age of 18 years. The study included only those participants who can understand English and had access to the internet. The study results showed that average mean age was 28.7. Maximum participants (48%) were from the business category followed by Housemakers (27%) college students (12%) farming (7%) and 6% from other families.

Part 1: Awareness Regarding COVID 19 and Social Distancing

The results were obtained through the structured google form only and analysis was obtained through the received answers. The results showed that 98.7% of people have knowledge about the corona. 80.9% knows about the spread of disease. 93% knows the symptoms very well. Surprisingly only 33.1 % people gave answer that there is no treatment for COVID 19. Maximum people are aware that the virus is contagious. The results are depicted in fig. No 1



Fig 1: Awareness of People about COVID 19

Part 2. Attitude regarding measures and social distancing

Maximum people that is 96.2% showed positive attitude towards hand washing. 35.7% of people were not favouring isolation if person has symptoms. They said it either no or may be. Almost 12 % shows the negative attitude towards rules of social distancing. 10% showed negative attitude and think that it is safe to travel in lock down period. Almost 16.5 % of people don't prefer use of mask in social distancing and 20% are still favouring the small gatherings in societies. Almost 30% of people have negative attitude towards the social distancing. 50% of public are having negative attitude towards corona patients.

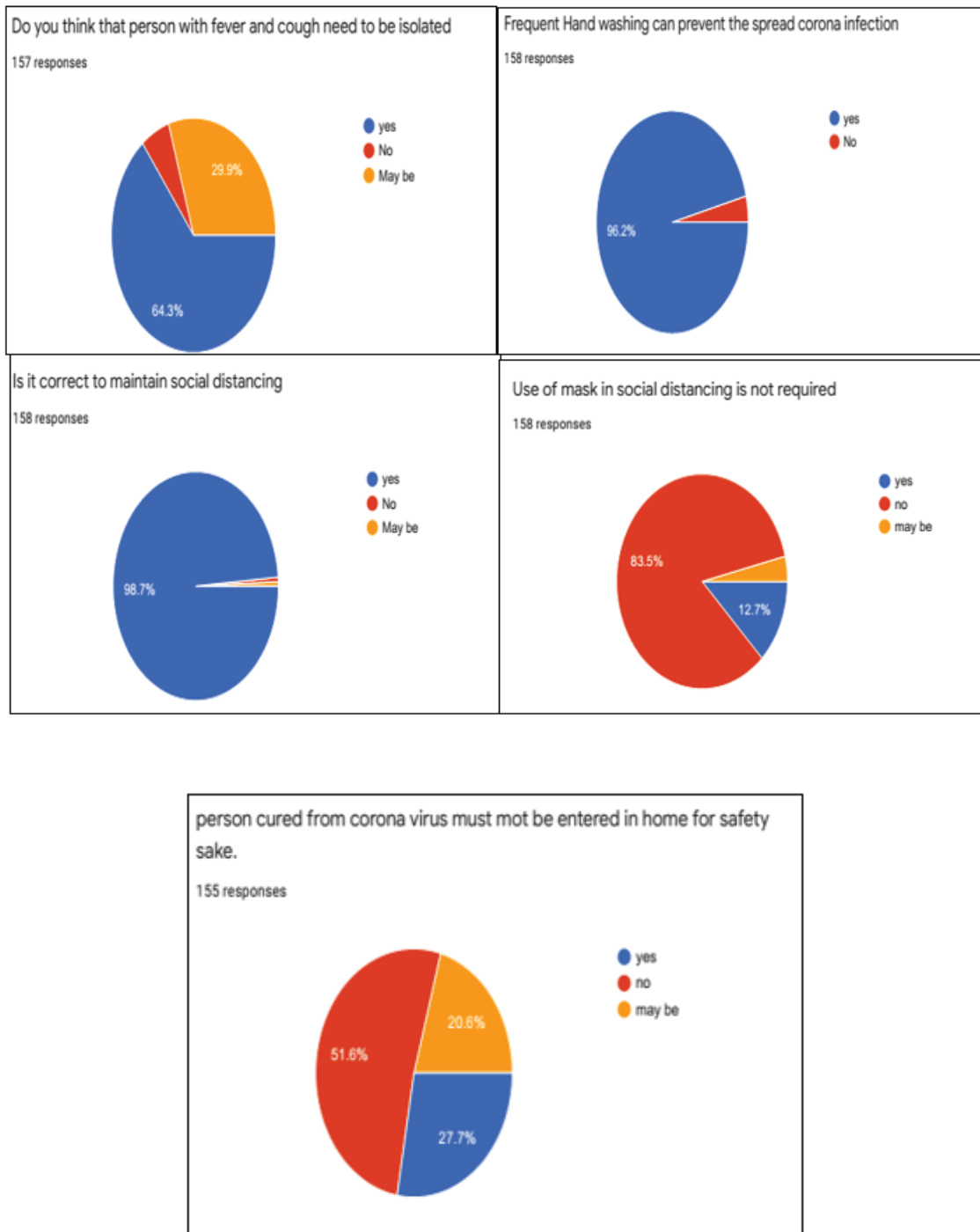


Fig No 2: Attitude of People regarding measures and Social Distancing

Discussion and Conclusion

The results clearly showed that people have good awareness about COVID 19 but still the attitude towards the measures and social distancing is not very much positive . They are not favouring it. This shows that there is strong need to change the attitude as it may not fetch the results. The study participants showed good interest and positive attitude towards hand washing and maintain social distancing but for maintaining protocols and guidelines to follow for social distancing they were not comfortable. It may be possible as people may face many challenges in the lock down period like food, financial dearth etc which may force them to exploit the protocols. More factors need to be ruled out and to intensify the awareness along with available resources so that attitude should not hinder the expected Outcome.

Conflict of Interest: Nil

Ethical Clearance: Institutional Ethics Committee

Source of Funding: Self

References

1. Bhat, B. A., Khan, S., Manzoor, S., Niyaz,A., Tak, H.J., Anees, S.M., Gull, S., Ahmad,I. A Study on Impact of COVID19 Lockdown on Psychological
2. Health, Economy and Social Life of People in Kashmir. International journal of Science and Healthcare Research.2020; 5(2):36- 46
3. Yezli S, Khan A. COVID-19 social distancing in the Kingdom of Saudi Arabia: Bold measures in the face of political, economic, social and religious challenges. Travel Med Infect Dis. 2020 Apr 21:101692. doi: 10.1016/j.tmaid.2020.101692. Epub ahead of print. PMID: 32330561; PMCID: PMC7172679.
4. Ebrahim S.H., Ahmed Q.A., Gozzer E., Schlagenhauf P., Memish Z.A. Covid-19 and community mitigation strategies in a pandemic. BMJ. 2020;368
5. Chen N, Zhou M, Dong X, et al. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. *Lancet* 2020; **395**: 507–513. *Doi*:10.1016/S0140-6736(20)30211-7
6. Chatterjee, P., Nagi, N., Agarwal, A., Das, B., Banerjee, S., Sarkar,S., Gupta,N., Gangakhedkar, R.R. The 2019 novel coronavirus disease (COVID-19) pandemic: A review of the current evidence. *Indian J Med Res.*2020; 151 (2): 147-159
7. Ioannidis, J. P. A. Coronavirus disease 2019: The harms of exaggerated information and nonevidence-based measures. *European Journal of Clinical Investigation.*2020; e13223. <https://doi.org/10.1111/eci.13223>