

Awareness on Immunity Boosting Measures for Self-care among Residents of Urban Community of Pune City

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Abstract

Introduction: Ministry of Ayush applauds guidelines for immunity boosting measures for self-care to enhance immunity with special reference to respiratory health of individual. These guidelines are supported by Ayurveda literature and scientific publications. To maintain the optimum health it is very important to enhance the body's natural defense system i.e immunity of individual **Objective :**To assess the Immunity boosting measures for self-care among residents of Urban community and to determine the association of awareness with selected demographic variables **Methods:** Quantitative non experimental survey research design was used for the study. Sample size comprised of 100. Non probability convenience sampling technique was used for the study. Reliability of the tool was calculated by cronbach's alpha method and was 0.802. Tool includes Two sections. Section I included demographic proforma of the sample. It consisted of information on variables like age, gender, Occupation. Education and Religion. Section II was about self-administered structured knowledge questionnaire comprised of twenty one questions .After taking the consent from each samples tool was administered to participants. **Result:** Majority of respondents have average knowledge (49.7%) , good knowledge (04%) and 46.3% respondents had poor knowledge . Since all the p-values are large (greater than 0.05), there is no evidence against null hypothesis. None of the demographic variable was found to have significant associated with knowledge of the urban community residents regarding immunity boosting measures for self care **Conclusion:** The residents had considerable average knowledge regarding Immunity boosting measures for self care. The enhancement in knowledge is greatly required on Immunity boosting measures for self care

Key words: Awareness; Immunity boosting measures; self care:Urban Community

Introduction

Ministry of Ayush applauds guidelines for immunity boosting measures for self-care to enhance immunity with special reference to respiratory health of individual. These guidelines are supported by Ayurveda literature and scientific publications. During the COVID -19 pandemic it is good and advisable to take preventive measures which boost body's immunity in such crises time. To maintain the optimum health it is very

important to enhance the body's natural defense system i.e immunity of individual^[1]

Nature's most captivating invention is the immune system. It is quite possible to intervene in this process and make the immune system stronger using immune boosters. Immune boosters work in many ways^[2]

Numerous studies have reported functional foods could provide a wide range of benefits to immune health.^[3] There are diversity of methods to measure variation in immune function in a field setting^[4]. The immune system shows a role in every human condition safeguarding successful reproduction or responding to internal stressors.^[5]

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Statement of the Problem

“Awareness on Immunity Boosting Measures for Self-care among Residents of Urban Community of Pune city”

Objective of the Study

- To describe the socio demographic characteristics of residents of urban community of Pune city.
- To assess the Immunity boosting measures for self-care among residents of Urban community
- To determine the association of awareness with selected demographic variables

Assumptions

Residents of selected urban community of Pune city may have awareness about Immunity boosting measures for self-care.

Operational Definitions

Knowledge: knowledge refers to the verbal responses of residents of Urban Community of Pune city as measured by the knowledge score of structured questionnaire on Immunity boosting measures for self-care.

Immunity boosting measures: Practice or activity which enhance the body’s natural defense mechanism

Residents: People who are residents of urban community of Pune city and are between the age of 18 years or above.

Inclusion Criteria

- Residents of Urban community
- 18 and above years of age of residents of Urban community, both male and female.

Exclusion Criteria:

- Residents of Urban community who are not willing to participant

Material and Method

Quantitative non experimental descriptive survey research design was used for the study. Sample size comprised of 100 residents of selected Urban Community of Pune city. Non probability convenience sampling technique was used. Urban community of Pune city was the setting of the study .Reliability of the tool was calculated by cronbach’s alpha method and was 0.802. A self-administered structured knowledge questionnaire on hazards of Immunity boosting measures was used. The tool was divided in two sections. Section I included demographic proforma of the sample. It consisted of information on variables like age, gender, Occupation. Education and Religion. Section II was about self-administered structured knowledge questionnaire comprised of twenty one questions (Multiple choice questions). Each correct item was given 01 mark and wrong response received 0 marks. After taking the consent from each samples tool was administered to participants.

Findings

The data was analyzed using both descriptive and inferential statistics.

Section I : Description of demographic variables in terms of frequency and percentage

Table 1: Distribution of demographic variable

n= 100

Variables		Frequency (f)	Percentage (n)
Age (In years)	19-25	24	24%
	25.1-35	20	20%
	35.1-50	48	48%
	50.1and above	08	08%
Gender	Male	18	18%
	Female	82	82%
Education	Illiterate	0	0%
	Higher secondary	07	07%
	Graduate	48	48%
	Postgraduate and above	45	45%
Religion	Hindu	77	77%
	Muslim	08	08%
	Christian	13	13%
	Sikh	02	02%
	Others	0	0%
Occupation	Government servant	12	12%
	Private Job	59	59%
	Service	10	10%
	House wife	11	11%
	Others	08	08%

Table 1- shows maximum 48% of sample was in the age in the age group of 35.1-50 years whereas minimum(8%) in the age group of 50.1 and above age group. Majority of respondents were female (82%) and 18% was males. Majority of respondents were graduate (48%) and 45% were highly qualified as postgraduate and above. Majority (59%) were doing private job whereas 11% were house wife.

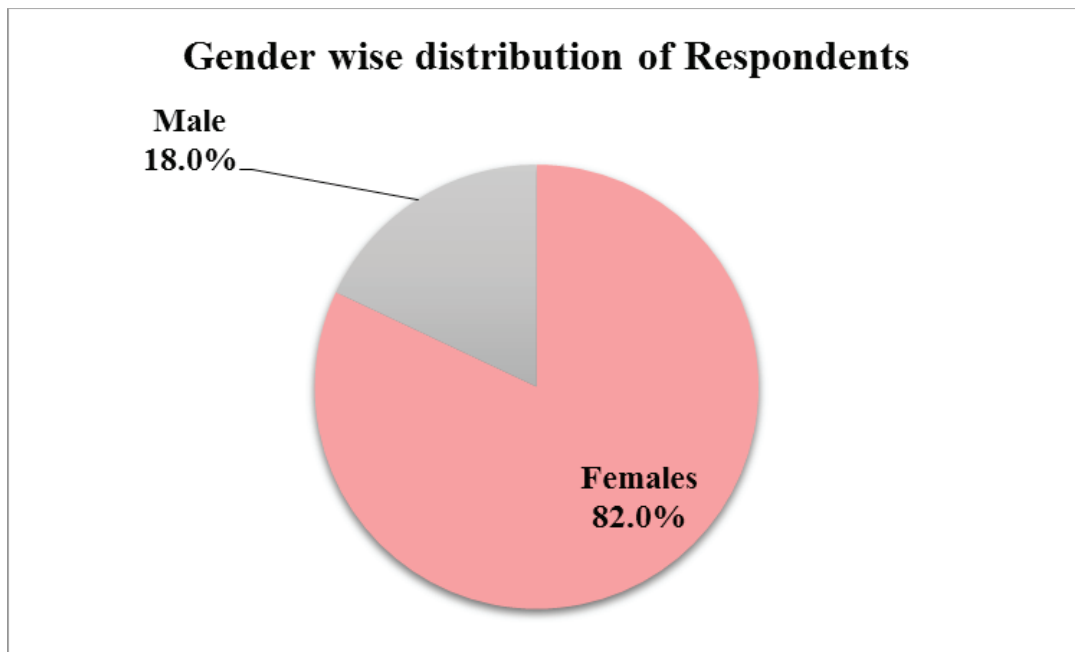


Fig 1. Gender wise distribution of Respondents

Section –II –Assessment of Awareness on Immunity boosting measures for self-care among residents of urban community.

n= 100

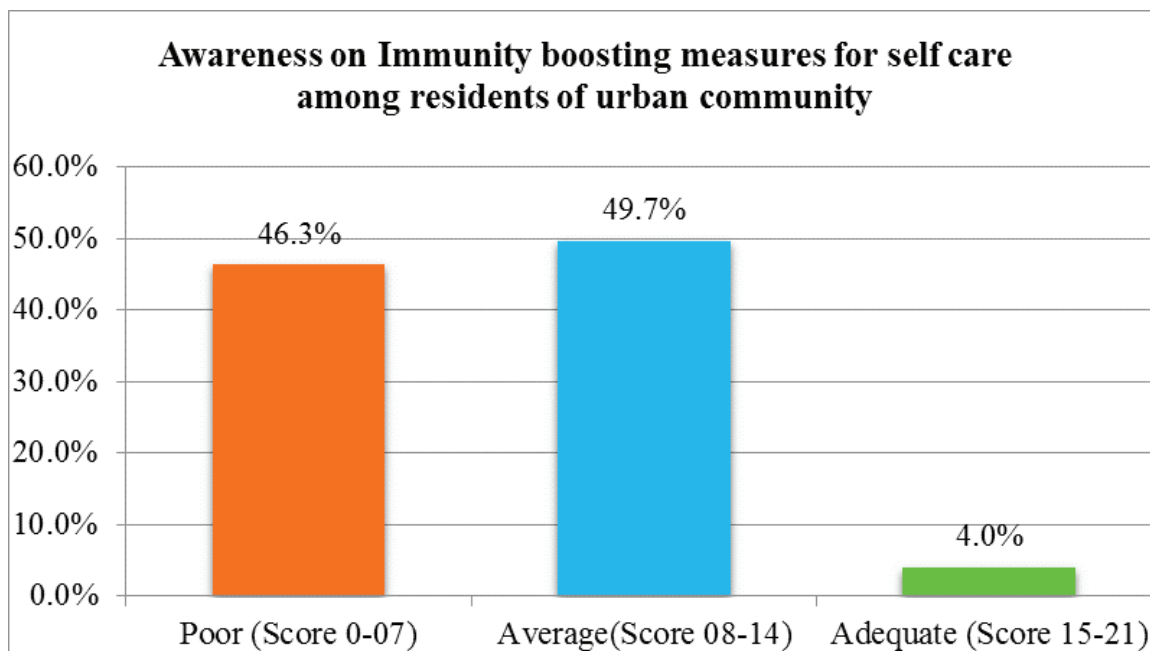


Fig 2: Awareness on Immunity boosting measures for self-care among residents of urban community

Fig 2 shows the awareness on the basis of frequency and percentage among residents of urban community of Pune city that majority of respondents have average knowledge (49.7%) , good knowledge (04%) and 46.3% respondents had poor knowledge

Section III

Table 2: Association of awareness with demographic variable

n= 100

Demographic variable		p-value
Age(years)	19-25	0.321
	25.1-35	
	35.1-50	
	50.1and above	
Gender	Female	0.301
	Male	
Education	Illiterate	0.501
	Undergraduate	
	Graduate	
	Postgraduate and above	
Religion	Hindu	0.643
	Muslim	
	Christian	
	Sikh	
	Others	
Occupation	Government servant	1.000
	Private Job	
	Service	
	House wife	
	Others	

Since all the p-values are large (greater than 0.05), there is no evidence against null hypothesis. None of the demographic variable was found to have significant association with knowledge of the urban community residents regarding immunity boosting measures for self care .

Discussion

Present study findings revealed that there is average knowledge among the residents of Urban community though they are educated , updates with current information but awareness is not adequate.

It is recommended by Ministry of Ayush to follow the guidelines of immunity booting measures for self care to enhance one’s immunity to fight against the infection^[1]

Conclusion The present study revealed the residents had considerable average knowledge regarding Immunity boosting measures for self care. The enhancement in knowledge is greatly required on Immunity boosting measures for self care to enhance the natural defense system of individual.

Conflict of Interest : Nil

Finding : Self funding

Ethical Consideration: The researcher gained the Institute research Committee approval and Study was approved at Institute Ethical subcommittee. Informed consent was obtained from each sample. Privacy and confidentiality maintained

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