

COVID Appropriate Behaviour among Community Dwelling Individuals of Ahmedabad Post Second Wave of COVID-19

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ABSTRACT

Background: The novel Corona virus disease highly transmissible disease that has swept the globe. During this pandemic, people were seen to adopt many Covid Appropriate Behaviour. Strengthening a preventive behaviour is the ultimate way to tackle such pandemic.

Use of face mask, hand hygiene, maintain physical distance, avoid public gathering are some of the examples of covid appropriate behaviour

Aims and Objective: To determine covid appropriate behaviour among community dwelling individual of Ahmedabad after second wave of COVID-19.

Method: A community based cross sectional study was carried out within community dwelling individuals of Ahmedabad. A self-made questionnaire containing covid appropriate behaviour guidelines given by government of India filled by participants of Ahmedabad and the questionnaire contained total 11 questions which were rated on 4-point Likert scale. The data was collected from 704 individuals of Ahmedabad. The data examination performed with Microsoft Excel 2019.

Results: Among 704 participants 41.42% participants followed the guidelines of covid appropriate behaviour Every time, 25.8% participants Often followed the guidelines, 13.83% participants Rarely followed the guidelines and 18.92% participants Never followed the guidelines.

Conclusion: Majority of the individuals were following the covid appropriate behavior guidelines given by government of India.

Keywords: Covid Appropriate Behaviour, Second wave, Pandemic, Covid-19

INTRODUCTION

The Corona virus disease 2019 (COVID-19) is highly contagious and potentially fatal disease caused by the Severe Acute Respiratory Syndrome Corona virus 2 (SARS-CoV-2) was first discovered in Wuhan, China in December 2019, rapidly crossed borders and infecting the people throughout the whole world.⁽¹⁾ On January 30, 2020, The World Health Organization (WHO) declared this outbreak a “Public Health Emergency of International Concern”⁽²⁾, and on March 11, 2020 the WHO declared this fatal disease a “global

pandemic” because of an unstoppable increase in reported cases.⁽³⁾ The pandemic had a profound impact on various aspect of our societies, from Health system to economic growth and individual life is evolving in real time.⁽⁴⁾

India never been exposed to such a global pandemic until the first case infected with COVID-19 was noted in India on January 30, 2020. Since then, further cases spiked with 8, 78, 254 sufferers have been reported; and 23,174 deaths in the country so far as of July 13, 2020 during the first wave of covid-19. As new cases reported,

the Ministry of Health and Family welfare has established some tough measures in place to regulate the infection of the global disease, including restriction on travelling, school-colleges closing, Reduced social gathering and a ban on Religious activities have created an atmosphere of stress, fear and concern among the population.⁽⁵⁾

People infected with the deadly corona virus are the primary supply of transmission. It is currently believed that most of the transmission of the virus is airborne, with a drop being released when the infected person coughs, sneezes or speaks. Transmission can also occur when a person touches a contaminated surface and then touches their eyes, nose or mouth which is known as fomite transfer.⁽⁶⁾

Since contagious COVID-19 primarily spread through Respiratory droplets and fomite, preventive measures are ultimate way to deal with this disease.⁽⁷⁾ This includes the use of face mask. Social distancing, hand hygiene, cough etiquettes must be continued to be prioritize during the pandemic situation; but extreme stress, fear and anxiety related to COVID-19 infection associated with touching doors handle, elevator buttons, newspapers, eatable needs to be addressed.⁽⁸⁾

The Government of India's Ministry of Health and Family welfare has given guidelines of Covid Appropriate Behaviour for the prevention and control of COVID-19 in the community, including maintaining the physical distance at least 6 feet and sanitization of hands, practice of covering mouth and nose with a handkerchief or tissue when coughing or sneezing and disposing of the handkerchief to self-monitor the health of everyone and reporting illness as soon as possible.⁽⁹⁾ Covid Appropriate Behaviours are preventive measures and practices to fight the spread against the fatal COVID-19. To be effective in long run, it is important that every citizen follows the guidelines of Covid Appropriate Behaviour sincerely.⁽¹⁰⁾

Manoj K Gupta et al. conducted a study on covid appropriate behaviour in

India: time to invest for the benefits in future and they found that Hand hygiene, physical distancing, use of face mask, cough etiquettes and avoid greetings through physical contacts are the major covid-19 appropriate behaviours adopted during this pandemic. These Covid Appropriate Behaviours have progressed from the "pre-contemplation" to "action" stage.⁽¹¹⁾

During the second wave of COVID-19, on April 23,2021, the COVID-19 spiked the 15.9 million with 1,85,000 deaths were reported. The 2nd wave is evolving rapidly as compared to the 1st wave of COVID-19. There could be many factors responsible for the enlarged number of cases in second wave. It is observed that mutant virus has more infectious capability and its incubation period is also lesser. The lack of 'Covid Appropriate Behaviours or CAB' by the public. Since, there is no end to this calamity visible in the near future, the population has to learn to live with it in the most cautious and safe manner and follow the Covid Appropriate Behaviour strictly. It is evident that prevention is better than cure for this contagious disease and all the possible measures must be implemented.⁽¹²⁾

Recent Emergency use of COVID-19 vaccines and approval of an anti-viral drug (remdesivir) provide a pathway to prevent the transmission of disease⁽¹³⁾, but the journey to end this global pandemic is not over yet. A significant way to prevent the transmission of the disease is still to avoid exposure to the virus by adopting the covid appropriate behaviour appropriately.

The present study aims to determine the Covid Appropriate Behaviour among community dwelling individuals of Ahmedabad post second wave of covid-19. The purpose of the study is to deal with this global disease over a long run by organizing further community awareness programme to reinforce these preventive measures in sustained manner.

METHOD

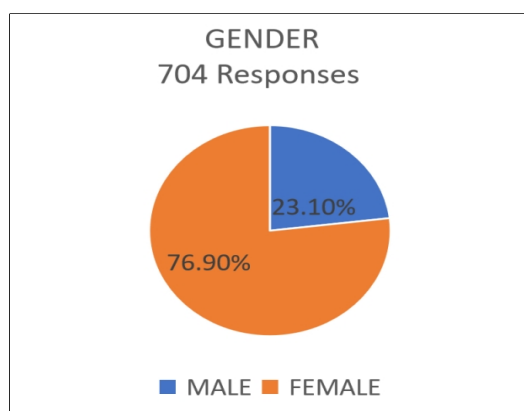
Data of 704 adult individuals of Ahmedabad was collected. A cross-

sectional observational study was conducted and purposive sampling technique was used. A self-administrated questionnaire containing 11 Covid Appropriate Behaviour guidelines given by Government of India was developed and spread through Google forms. The link of questionnaire was sent through WhatsApp and other social media platforms and the link was also sent to people apart from the first point of contact and so on. After they accepted to take the survey, they filled up the demographic details and several questions related to covid-19 appropriate behaviour.

Participants age more than 18, both male and females were included in the study. A person with mental disability and poor IQ were excluded from study. The online self-directed questionnaire was developed by the investigator. The data collection was initiated on November 15, 2021 and closed on December 15 2021. Total 11 Covid Appropriate Behaviour guidelines rated on 4 point Likert scale format ranging from Every time, Often, Rarely, Never. Statistical examination was performed with Microsoft Excel 2019.

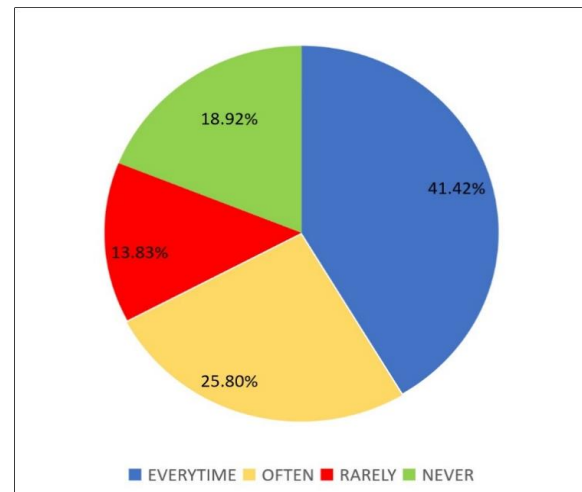
RESULTS

The study shows the descriptive character of the study. We found that majority of the participants were young individuals age between 20 to 22 years and from 704 participants, 76.90 % were female and 23.10 % were male. (Figure-1)



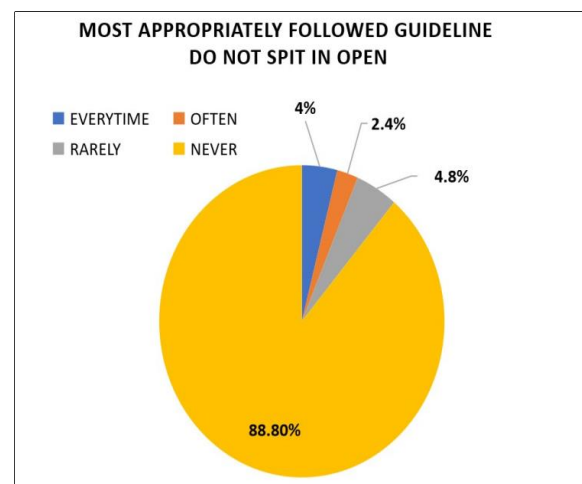
(Figure-1 Gender distribution of 704 participants)

41.42% participants followed the guidelines of Covid Appropriate Behaviour every time, 25.8% participants followed the guideline often, 13.83 % participants followed the guidelines rarely and 18.92% participants followed the guidelines never. (Figure -2)



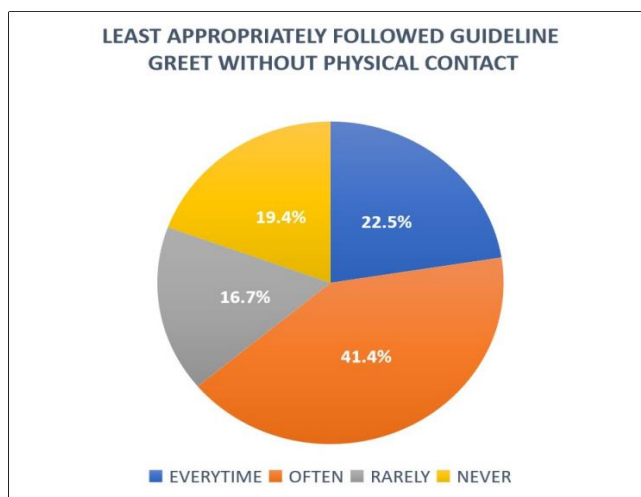
(Figure-2 Analysing of Covid Appropriate Behaviour guidelines on 4 point likert scale-Every time, Often, Rarely, Never)

Most appropriately followed guideline was “do not spit in open” followed by 88.8% participants. (Figure3)



(Figure-3 Analysis of most appropriately followed guideline)

Least appropriately followed guideline was “greet without physical contact” followed by 22.5% participants. (figure 4)



(Figure-4 Analysis of least appropriately followed guideline)

Table-1: Analysis of all the 11 covid appropriate behaviour guidelines.

No.	Question related to Covid appropriate behaviour guidelines	Everytime	Often	Rarely	Never
1)	Greet without physical contact	22.5%	41.4%	16.7%	19.4%
2)	Maintain physical distance 2 gaj ki doori/6 feet at public place.	37.9%	32.6%	23.4%	6.1%
3)	Wear reusable handmade face cover or mask while at public place	68.7%	17.4%	7.9%	6.0%
4)	Avoid touching eyes, nose and mouth without sanitization of hands	41.8%	28.4%	20.3%	9.5%
5)	Maintain respiratory hygiene	84.3%	10.4%	4.0%	1.4%
6)	Wash your hands frequently and thoroughly at your work place	63.1%	27.8%	7.4%	1.7%
7)	Regularly clean and disinfect touched surfaces	63.1%	27.8%	7.4%	1.7%
8)	Do not spit in open	4.0%	2.4%	4.8%	88.8%
9)	Avoid unnecessary travel	36.7%	38.6%	17.4%	7.2%
10)	Avoid public gathering	24.7%	44%	8.4%	23%
11)	Seek psychological support for any stress or anxiety.	8.9%	13.2%	19.9%	58%

DISCUSSION

In the present study to find out covid appropriate behaviour among community dwelling individuals of Ahmedabad post second wave of covid-19. We found that majority of the individuals of Ahmedabad showed the adherence to the covid appropriate behaviour guidelines and played a responsible role to fight against the deadly virus. 41.42% individuals followed the guidelines of covid-appropriate behaviour appropriately that shows the aware citizen of Ahmedabad were fulfill their duty towards the nation by adopting the guidelines given by Government of India.

We found that the most appropriately followed Covid Appropriate Behaviour guideline was “do not spit in open” by 88.8 % individuals that shows that people of Ahmedabad understand that these preventive measures are necessary for prevent the transmission of this disease.

The least appropriately followed guideline was “greet without physical contact” by 22.5 % individuals. The best

way of greeting is “NAMASTE”⁽¹⁴⁾, but individuals of Ahmedabad are more vulnerable to greet with physical contact when they meet with other individuals. 37.9 % individuals maintain physical distance (2 gaj ki doori/6 feet) at public place after second wave of covid-19. Maintain respiratory hygiene second most appropriately followed guideline followed by 84.3% individuals. And avoid public gathering was second most least appropriately followed guideline by 24.7% individuals.

Aritik DAS et al. conducted a study on covid appropriate behaviour compliance and vaccine hesitancy: finding from a covid-19 health education campaign in a government tertiary care hospital in Delhi, India and they found that 12.57% of those observed were wearing their mask incorrectly social distancing was inadequate 16 cities.⁽¹⁶⁾

In present study we found that use of face mask overtaken the sanitization of hands. We found that 68.7% individuals

wear face mask at public place and 63.1 % individuals wash their hands frequently and thoroughly at their surroundings. 41.8 % individuals avoid touching eyes, nose, face without sanitization of hands. 63.1 % individuals regularly clean and disinfect touched surfaces.

P. Indumathi et al. conducted a study on knowledge, perceived threats and protective behaviour related to covid-19 among pregnant women and they found that among the 325 pregnant women, around 69.8% had followed covid appropriate protective behaviour.⁽¹⁷⁾

8.9% individuals seek psychological support for any stress or anxiety after second wave of covid pandemic time. That shows individuals of Ahmedabad perceived stress or anxiety related to infection of this fatal disease.

Damaris Aschwanden et al. conducted a study on Preventive Behaviour in covid-19 pandemic to examine the associations between perceived behavioural control, attitudes, and subjective norms and they conclude that perceived behavioural control, attitudes, and subjective norm had independent significant associations with each preventive behaviour.⁽¹⁴⁾ This draw the attention for public messaging to highlight the complementary nature of these preventive measures, given that any one preventive measure in itself is not sufficient on its own.⁽¹⁸⁾

Chiranjib Chakraborty et al. conducted a study on the current second wave and covid-19 vaccination status in India they found that the covid-19 infection cases are increasing daily due to infective double mutant variant and the people's casual behaviour.⁽¹⁹⁾

The study has several limitations. The study is limited to people who have a smartphone and could understand English as we use WhatsApp and other social media platforms, so may fail to reach people from lower socioeconomic classes and people with lower educational level. The proportion of male and female respondents is not the same. The electronic media tool (google

form) used to collect data, if interview method would have been taken the result would be more authentic.

The future recommendation of the study is that majority of the subjects were young individuals so the study can be conducted in old age group to determine their knowledge, attitude and belief regarding covid-appropriate behaviour and the study can be done post third wave or after any upcoming waves of covid pandemic among the community dwelling individual to assess covid appropriate behaviour.

CONCLUSION

In conclusion, our finding suggests that from 704 respondents, majority of the individuals of Ahmedabad followed the covid appropriate behaviour guidelines appropriately and contributed to delay the third wave of covid-19.

Gradually, people understand the importance of covid appropriate behaviour guidelines and appreciated their outcomes.

Even after taking vaccine individuals of Ahmedabad were aware about the covid appropriate behaviour guidelines and showed the adherence to covid appropriate behaviour guidelines, but still the government need to organize campaign to spread more awareness and encourage more people to adapt covid appropriate behaviour to prevent upcoming waves of covid-19 pandemic.

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