

**A STUDY TO EXPLORE THE IMPACT OF COVID-19
PANDEMIC ON QUALITY OF LIFE AMONG COVID-19
SURVIVORS IN SELECTED AREA OF KOLAR.**



RESEARCH CONDUCTED BY

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PROJECT REPORT SUBMITTED TO

**Sri Devaraj Urs College of Nursing Tamaka, Kolar,
As a part of the Curriculum Requirement for
The Degree of Basic B Sc. (N)**

UNDER THE GUIDANCE OF

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2022

DECLARATION BY THE CANDIDATES

We hereby declare that this project entitled “**A STUDY TO EXPLORE THE IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AMONG COVID-19 SURVIVORS IN SELECTED AREA OF KOLAR**” is a bonafide and genuine research work carried out by the students of 4th year BSc (N) under the guidance of **Dr. G Vijayalakshmi**, Professor & Principal, **Sri Devaraj Urs College of Nursing, Tamaka, Kolar**.

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CERTIFICATION BY THE GUIDE

This is to certify that the project entitled “**A STUDY TO EXPLORE THE IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AMONG COVID-19 SURVIVORS IN SELECTED AREA OF KOLAR**”, is a bonafide research work done by Miss.Arya Jayan, Miss.Athira P R, Miss.Athira P V, Miss.Bency P Mathew, Mr.Beerasha K N, Miss.Neha Kouser, Miss.Nivya Kumar, Miss.Pavithra, Miss.Priyanka and Mrs.Ellamma as a part of curriculum requirement for the degree of Basic BSc (N) Program.

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This is to certify that the project entitled “**A STUDY TO EXPLORE THE IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AMONG COVID-19 SURVIVORS IN SELECTED AREA OF KOLAR**”, is a bonafide research work done by Miss Arya Jayan, Miss Athira P R, Miss Athira P V, Miss Bency P Mathew, Mr. Beeresha K N, Miss Neha Kouser, Miss Nivya Kumar, Miss Pavithra, Miss Priyanka and Mrs. Ellamma under the guidance of **Dr. G Vijayalakshmi, Professor and Principal**, as a part of curriculum requirement for the degree of Basic BSc (N) Program.

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ABSTRACT

A STUDY TO EXPLORE IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AMONG COVID-19 SURVIVORS IN SELECTED AREA OF KOLAR.

Background: Corona virus Disease 2019 (COVID-19) was first detected in December 2019 in Wuhan, China, which created a public health emergency worldwide. On March 11, 2020, the World Health Organization (WHO) designated COVID-19 to be a pandemic. Globally, the epidemic has had a significant impact on more than 200 countries. Although the Covid-19 epidemic is having a significant impact on the world, a little is known about the physical and psychological effects COVID-19 survivors. Therefore, the goal of the current study was to determine how COVID-19 survivors' quality of life has been affected.

Objectives: The present study was undertaken with an objective to explore post physical, psychological and social wellbeing among COVID-19 survivor with and without co-morbidity and Association between Quality of Life of COVID-19 survivors with selected Socio-demographic Variables.

Method: A non-experimental, exploratory survey research approach was used for the present study. First ethical clearance was obtained, from an institutional ethical committee of Sri Devaraj Urs College of Nursing, Kolar (enclosed). Through non-probability Snowball sampling techniques, 191 COVID 19 survivors who full filled the inclusion criteria were selected. They were asses through 36-Item Short Form Health Survey questionnaire on Quality of Life (QOL).

Results: - The findings of the study revealed that, majority (69%) of COVID 19 survivors had fair quality of life, 6% of them were having good quality of life and 25% of them were having poor quality of life. The study concluded that, even though COVID-19 survivors had good social health, they were having fair physical health and poor psychological health.

Conclusion: - The study concluded that, even though COVID-19 survivors had good social health, they were having fair physical health and poor psychological health.

Key words: Quality of life, COVID 19 survivors

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CHAPTER - 1

INTRODUCTION

Corona virus Disease 2019 (COVID-19) was first detected in December 2019 in Wuhan, China, which created a public health emergency worldwide. COVID-19 was classified as a pandemic by the World Health Organization (WHO) on March 11th, 2020. Globally, the pandemic has had a serious impact on more than 200 countries.

The first COVID case in India was recorded in Kerala on January 27, 2020, when a female patient aged 20 who had been experiencing a dry cough and sore throat for one day went to the emergency room at the public hospital in Trissur. There was no prior history of shortness of breath, rhinitis, or fever. ¹

Corona virus disease (Covid-19) is a contagious disease caused by a newly-discovered virus known as SAR-CoV-2. COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes, or speaks. Research shows that the virus can live in the air for up to 3 hours. It can get into your lungs if someone who has it breathes out and you breathe that air in. Experts are divided on how often the virus spreads through the airborne route and how much it contributes to the pandemic. People can also be infected by touching a contaminated surface like someone who has the virus has coughed or sneezed on, then the virus can live on surfaces such as plastic, stainless doorknob, etc that are contaminated and when you touch your nose, mouth, or eyes, then the virus can enter your body.²

The virus most often spreads through people who have the symptom. But it is possible to pass it on without showing any signs. Some people who don't know they've

been infected can give it to others. This is called an asymptomatic spread. You can also pass it on before you notice any signs of infection, called the presymptomatic spread.³

Different nations have implemented a variety of measures to stop the spread of the virus, including city-level quarantines, local lockdowns, border closures, patient or family isolation, the use of masks, and the closure of restaurants, bars, and entertainment-related businesses in the belief that doing so will slow the spread of Covid-19. Such actions have an impact on the quality of life for patients who are confined in their movements as well as the economy and education. Here, nurses were crucial to the COVID-19 prevention, treatment, and rehabilitation efforts.⁴

NEED FOR THE STUDY

Corona virus (Covid-19) is a disease that causes prolonged illness and persistent symptoms not only in the elderly and individuals with underlying conditions but also in young adults and people with no or few chronic underlying medical conditions. Coronavirus causes interstitial pneumonia and respiratory distress syndrome, which may lead to multiple organ failure.⁵ The virus may affect different organs and body systems such as the heart (damage to the heart muscle, heart failure), lungs (damage to lung tissue and restrictive lung failure), brain, and nervous system (anosmia, consequences of thrombo-embolic events, such as stroke, cognitive impairment), mental health (anxiety, depression, sleep disturbance) and musculoskeletal problems and fatigue. Patients who recover may continue to be affected with hypoxia, shortness of breath, and reduced ability to work. Recent reports suggest that some patients may develop medical complications and 11%-24% of Covid-19 patients may experience long-term symptoms even after three months from the onset of Covid-19 illness. Because of the aforementioned factors, Covid-19 may both short- and long-term affect patients' health-related quality of life (HRQoL).

Impacts of an illness usually go beyond its clinical outcomes such as mortality and morbidity and encompass subjective measures in terms of HRQoL. A multi-dimensional notion, health-related quality of life comprises domains relating to physical, mental, social, and emotional functioning.

The Covid-19 pandemic is causing profound changes across the world, but there is little information on its physical and psychosocial impact on survivors. Therefore, the goal of the current study is to determine how COVID-19 has affected the quality of life of COVID-19 survivors.



CHAPTER – 2

OBJECTIVES

This chapter consists of a statement of the problem, objectives, operational definition, and assumptions for the study.

STATEMENT OF THE PROBLEM

A study to explore the impact of COVID-19 pandemic on quality of life among COVID-19 survivors in selected area of Kolar.

OBJECTIVE OF THE STUDY:

1. To explore post-physical, psychological, and social well-being among COVID-19 survivors with and without co-morbidity
2. Association between Quality of Life of COVID-19 survivors with selected Socio-demographic Variables.

OPERATIONAL DEFINITION

Explore:

In this study, it refers to eliciting post-physical, psychological, social, and environmental-being among COVID-19 survivors

Physical wellbeing:

It refers to the ability of functioning of the body in day-to-day life.

Psychological wellbeing:

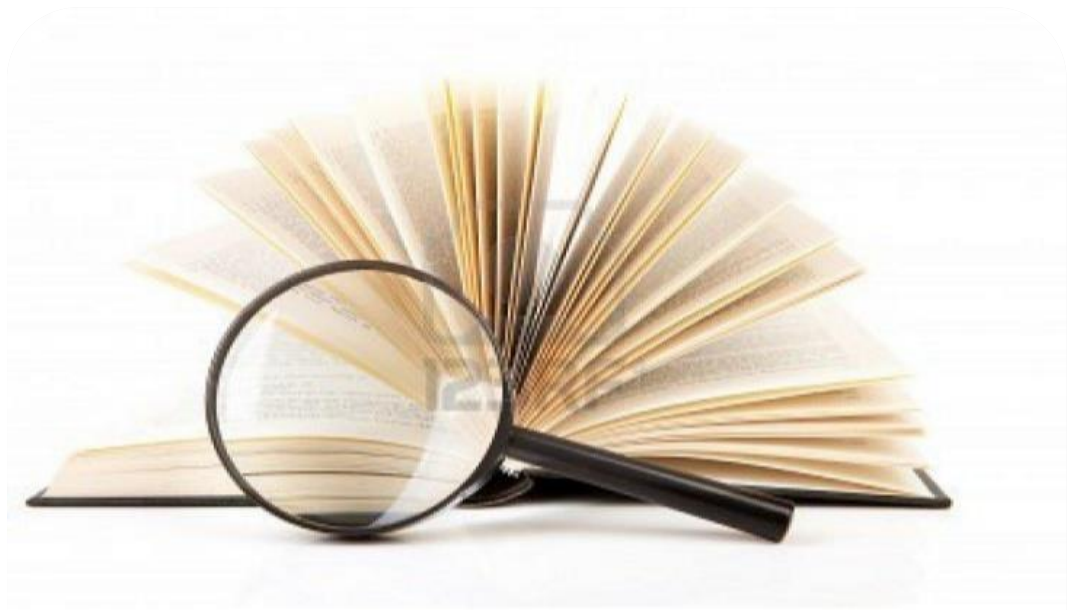
It refers to the ability to manage stress and on the day to day life.

Social wellbeing:

It refers to the ability to communicate and maintain a good social network with family friends and neighbors.

Patients:

Patients, who were diagnosed with COVID-19 disease, were under treatment and recovered.



Literature Review

LITERATURE REVIEW

CHAPTER -3

REVIEW OF LITERATURE

We searched Pub Med, Science Direct, and Google Scholar for studies describing the Lived-in experiences of registered patients with corona virus disease 2019 (COVID-19), using the search terms “COVID-19” or “quality of life of patients with COVID19” and “lived-in experiences of patients” or “experiences of patients with COVID-19 infection”. We found Several on perception of nurses, psychological experience of caregivers, stress relief strategies for staff nurses and psychological impact of covid-19 on health care providers generally and infection prevention for health-care providers. There were only few research articles on quality of life of patients with COVID-19 infection and the same were presented as follows;

A qualitative study on health-related quality of life among hospitalized COVID-19 survivors was conducted at fourth people’s hospital in China. For the study 16 survivors who discharged from the hospital were included through telephonic interview method using purposive and snowball sampling technique. The results revealed that COVID-19 survivors phased several negative physical, mental and social experiences. Further COVID-19 survivors health related quality of life was affected by physical symptoms, anxiety, trauma and changing life style.⁶

A cross-sectional study on impact of COVID-19 on mental health and quality of life was conducted among adults 18yrs and older age group in the MENA region. For the study from 18 countries 6142 participants were included through convenience and snowball sampling methods using web-based survey. The result revealed that

40% of participants experienced moderate to severe disturbance during pandemic, females were more vulnerable to stress than males, younger age had higher tendency to stress and overall COVID-19 pandemic was associated with mild psychological impact among adults in the MENA region.⁷

A descriptive cross-sectional study on the impact of COVID-19 pandemic on quality of life was conducted among adult who were not infected with COVID and quarantined in Morocco. For the study 279 Morocco citizens were participated and all were distributed an electronic questionnaire through online. The results revealed that the quality of life of all participants was moderately disrupted during the COVID-19 pandemic with a mental health score of 34.49 and physical health score of 36.10. The severity of COVID-19 has an effect on people's quality of life and overall health, and this effect is particularly pronounced in those who already have chronic health issues.⁸

A prospective multicenter cohort study on impact of the COVID-19 pandemic on quality of life, physical and psychosocial well-being was conducted among breast cancer patients and survivors. For the study 1595 cohort participants were included through the purposive sampling technique and all were including standard umbrella quality of life (EORTC) questionnaire. The results revealed a significant deterioration in emotional functioning was observed and 505 patients reported moderate to severe loneliness. Quality of life, physical, social, and role functioning scores all showed modest, meaningful improvements. The social functioning of the 51 patients in the cohort receiving active treatment significantly declined.⁹

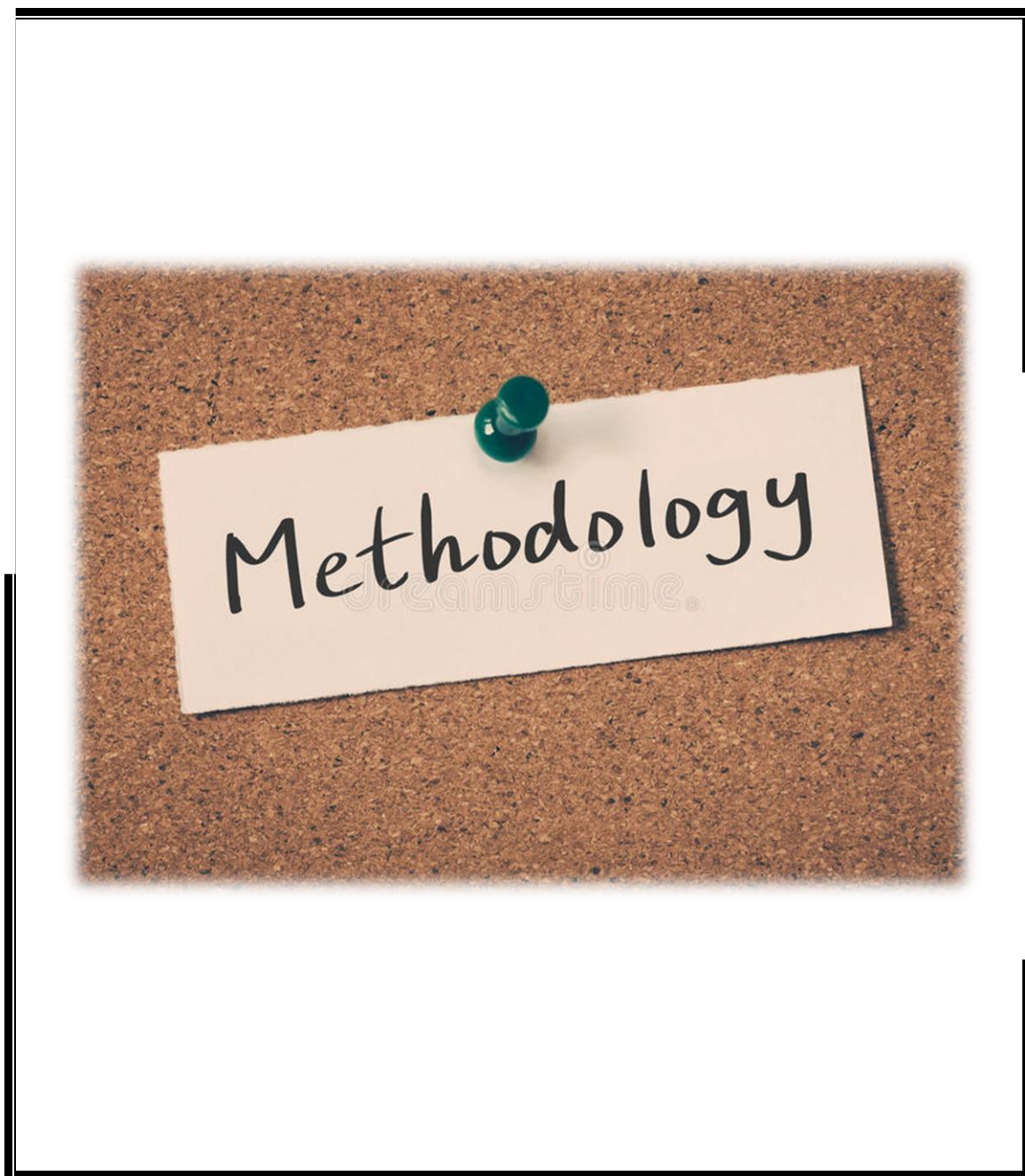
A cross sectional online survey on the assessment of quality of life during COVID-19 pandemic was conducted among Saudi Arabian patients and survivors. 754 people were included in the study by the use of the purposive sampling technique, and had their quality of life evaluated. According to the findings, 26% of the participants said they had ongoing medical conditions. Approximately 55% of participants were throughout the COVID-19 pandemic, people with chronic illnesses reported not going to the doctor because of being afraid of getting sick.¹⁰

A prospective longitudinal cohort study on pulmonary function and health related quality of life after COVID-19 pneumonia was conducted among patients discharged from hospital after PCR- proven, non-critical COVID-19 pneumonia. For the study 101 patients included through the purposive sampling technique and all were interviewed for health-related quality of life and pulmonary function tests. The result revealed that COVID-19 non-critical pneumonia survivors have significant impairment in diffusion capacity and HRQOL, six weeks after being discharged from hospital.¹¹

A qualitative study on evaluating the impact on COVID-19 on supportive care needs, psychological distress and quality of life was conducted among people with cancer and their support network in UK. Through the use of the purposive sampling technique, 103 individuals from the study's pre-pandemic phase were compared to 41 participants from the pandemic phase, and both groups were evaluated for psychological distress and quality of life. The results showed that although support network participants reported reduced quality of life ($p = 0.009$) and non-significantly elevated anxiety, stress, and depression following the pandemic's onset, people with

cancer reported significantly lower anxiety ($p = 0.049$) and improved quality of life ($p = 0.032$) following the pandemic. However, psychological well-being of people with cancer was not adversely affected by the pandemic's onset.¹²

A cross sectional study on short term neuropsychiatric outcomes and quality of life in was conducted among COVID-19 survivors. Purposive sampling was used to enrol 229 patients in the trial, and telephone interviews were used to follow up with them all for two months after they were discharged. The outcome showed that delirium and neurocognitive impairment was linked to psychiatric illness, and female Mental illness was correlated with gender. Survivors of COVID-19 in hospitals demonstrated a significant frequency of mental and neurocognitive illness and poor QOL was observed in the near term, and it was unknown whether these effects lasted in the long run.¹³



CHAPTER-4

METHODOLOGY

This chapter deals with the methodology of the current research which includes research approach, research design, setting, sample and sampling technique, description of the tool, data collection method and plan for data analysis.

The present study was aimed to explore impact of COVID-19 pandemic on quality of life among COVID-19 survivors in selected area of Kolar.

RESEARCH APPROACH

In order to accomplish the objective of the study, a quantitative research approach was used as it helps the investigators to observe, describe and classify the phenomena under investigation.

RESEARCH DESIGN

The term research refers to the researchers overall interest for obtaining answer to the research questions. For the current research non-experimental, exploratory survey research approach was adopted.

SETTING OF THE STUDY

Setting refers to the area where the study was conducted. For the current research, the setting was community area wherever COVID19 survivors were present.

POPULATION

The population refers to the target population which represents the entire group. The population for the study was the survivors of COVID-19 infection.

SAMPLE AND SAMPLE SIZE

Sample

Sample refers to a portion of population which represents the entire population. In the current research, the sample was survivors of COVID-19 infection.

Sample size

The sample size for the current investigation was 191, who were diagnosed as having COVID19 infection and got treated.

SAMPLING TECHNIQUE

Sampling defines the process of selecting a group of people or other elements to conduct a study. For the present study non-probability Snowball sampling techniques was used.

CRITERIA FOR SELECTING THE SAMPLING

Inclusion criteria:

Survivors of COVID 19 who were;

1. Between the age group of 15 to 75 years
2. Able to read and understand English language
3. Willing to participate in the study

Exclusion criteria:

Survivors of COVID 19 who were;

1. Not available on the day of gathering data..

SELECTION OF THE TOOL

It was decided to select 36-Item Short Form Health Survey questionnaire on Quality of Life (QOL) developed by Boston Health Research Institute of United State.

DESCRIPTION OF THE TOOL

The investigators developed socio-demographic data sheet and used QOL questionnaire developed by Boston Health Research Institute of United State.

Section-A: Socio-demographic data sheet:

It consists of socio-demographic variables such as age, gender, educational qualification, occupation, and occurrence of infection.

Section-B: Health related quality of life questionnaire

It consists of health related QOL questionnaire developed by Boston Health Research Institute of United State which covers the area regarding general health, physical health, psychological health, social health, fatigue and pain. There are 36 items in this questionnaire under the following headings;

Area	Question number
Physical functioning	10
Role limitations due to physical health	04
Role limitations due to emotional problems	03
Fatigue	04
Emotional wellbeing	05
Social functioning	02
Pain	02
General health	05

ETHICAL CLEARANCE

An ethical clearance was obtained from an institutional ethical committee of Sri Devaraj Urs College of Nursing, Kolar (enclosed).

DATA COLLECTION PROCEDURE:

Preparatory phase: An ethical permission was obtained from institutional ethical committee of Sri Devaraj Urs College of Nursing and a written permission was obtained from each study subjects.

Intervention phase: Based on the inclusion criteria, through snow ball sampling technique 191 COVID-19 survivor were approached and assessed for their socio-demographic data followed by health related quality of life after COVID-19. Then researchers thanked COVID 19 survivors who participated in the study. To fill each

questionnaire, the study subjects took 15minutes. The information was gathered from 15-12-2021 to 30-12-2021.

PLAN FOR DATA ANALYSIS

The data obtained from COVID 19 survivors was analyzed using descriptive and inferential statistics.

- Socio demographic data was analyzed using frequency and percentage.
- Health related quality of life was analyzed using frequency, percentage, mean and standard deviation.

ANALYSIS



CHAPTER-5

DATA ANALYSIS AND INTERPRETATION

Data analysis is the schematic organization of research data and testing of research hypothesis using that data.

This chapter deals with analysis and interpretation of data gathered from COVID-19 survivors through Quality of life Questionnaire and presented based on the objectives;

OBJECTIVES

1. To explore post physical, psychological and social wellbeing among COVID-19 survivor with and without co-morbidity
2. Association between Quality of Life of COVID-19 survivors with selected Socio-demographic Variables.

The data collected were tabulated, organized and presented under the following sections;

Section-I: Distribution of COVID-19 survivors based on their socio-demographic variables

Section-II: Quality of life among COVID-19 survivors

Section-III: Association between Quality of Life of COVID-19 survivors with selected Socio-demographic Variables.

SECTION-I

DISTRIBUTION OF COVID-19 SURVIVORS BASED ON THEIR SOCIO-DEMOGRAPHIC VARIABLES

Before exploring impact of COVID-19 pandemic on quality of life among COVID-19 survivors, they were assessed for their socio-demographic variables and it is presented from table 1 to 3.

Table-1: Distribution of COVID-19 survivors according to their age group

n= 191

Age	f	%
16-30	130	68
31-45	34	18
46-60	19	10
61-75	8	04
Total	191	100

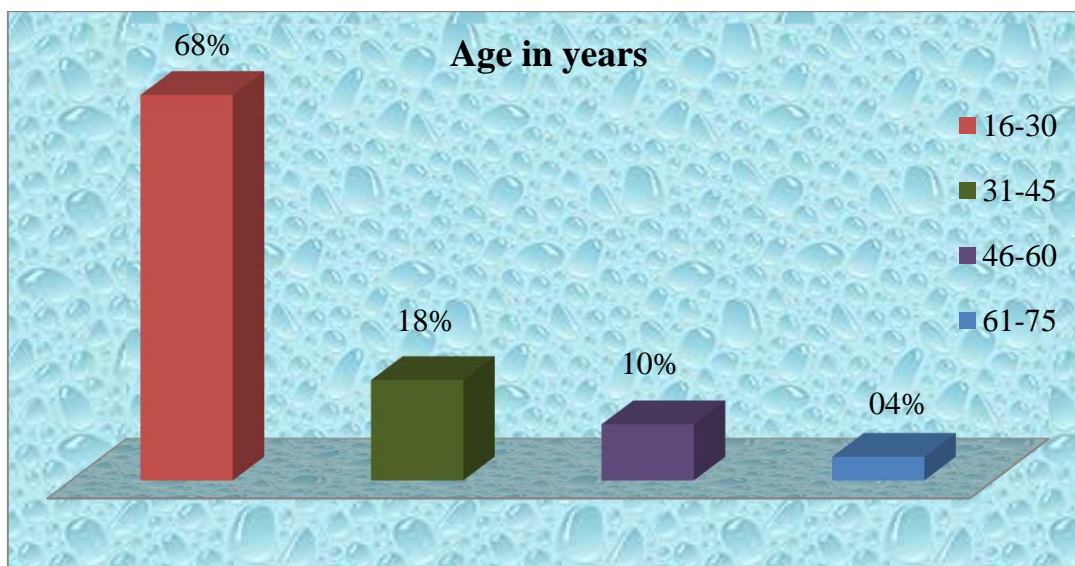


Fig -1: Showing distribution of COVID survivors based on age.

The above table and cone diagram shows that, majority (68%) of COVID survivors were between the age group of 16 to 30 years, 18% of them were between the age group of 31 to 45 years, 10% of them were between the age group 46 to 60 years and only 4% of them were between the age group of 61 to 75 years.

Table-2: Distribution of COVID-19 survivors according to their gender

n= 191

Gender	f	%
Male	60	31
Female	131	69
Total	191	100

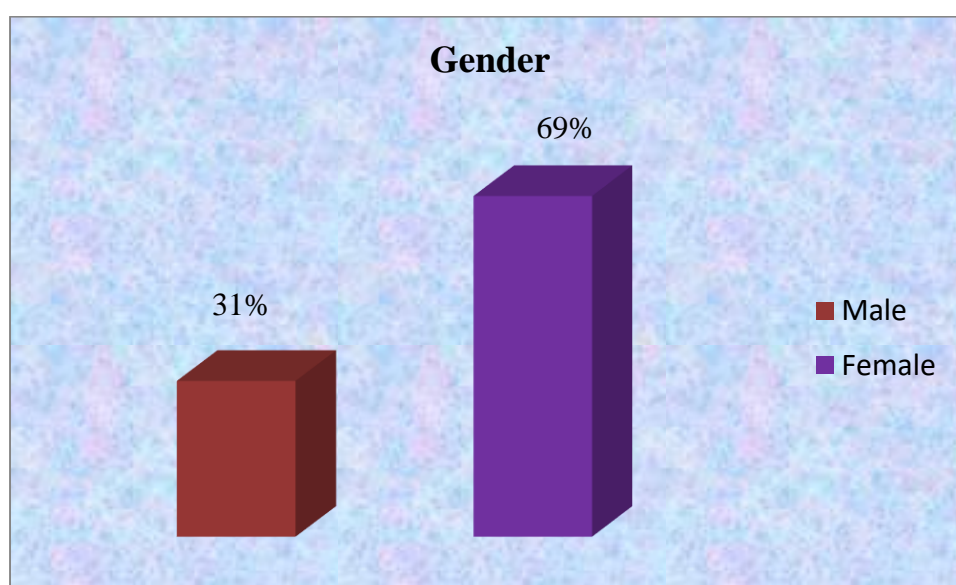


Fig-2: Showing distribution of COVID survivors based on gender.

The above table and bar diagram shows that, majority (69%) of COVID-19 survivors were females and only 31% of them were males.

Table 3: Distribution of COVID-19 survivors according to their occupation

n= 191

Occupation	f	%
Coolee	33	17
Employee	56	29
Student	102	53
Total	191	100

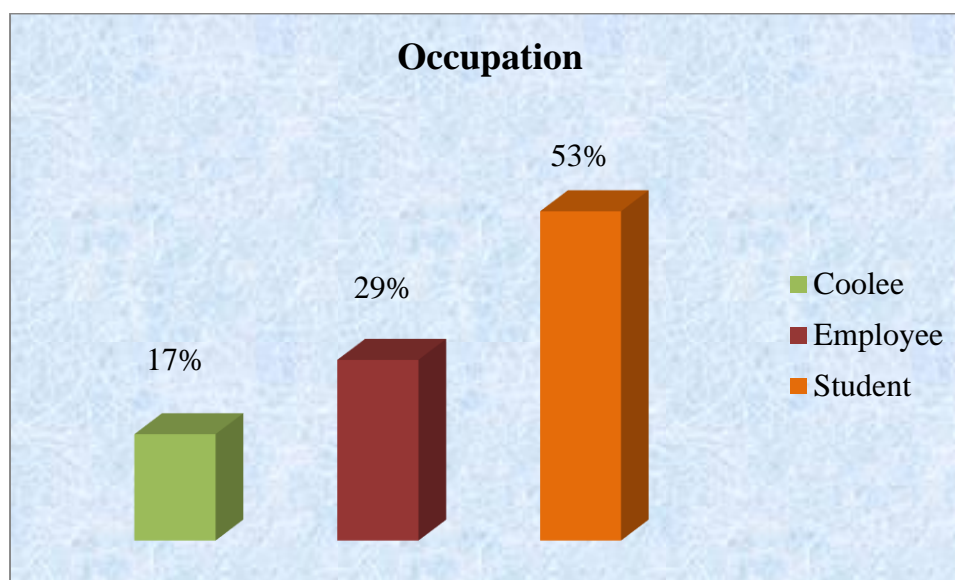


Fig-3: Showing distribution of COVID-19 survivors based on occupation

The above table and pyramid diagram shows that, majority (53%) of COVID-19 survivors were medical and nursing students, 29% of them were employees and 17% of them were coolee.

SECTION-II

QUALITY OF LIFE AMONG COVID-19 SURVIVORS

This section deals with first objective that was **to explore post physical, psychological and social wellbeing among COVID-19 survivor with and without co-morbidity**. The COVID-19 survivors were assessed for their post physical, psychological, social and environmental wellbeing after the socio-demographic variables and presented from table:-4 to 5

**Table-4: Domain wise Quality of Life among COVID 19 Survivor
n=191**

Domains	Mean	SD
Physical health	63.8	12.9
Psychological health	52.9	9.8
Social health	67.5	20.2

The above table depicts distribution of domain wise quality of life among COVID 19 survivor. The highest mean value of 67.5 with SD of 20.2 was seen in area of social health and the lowest mean value of 52.9 with SD of 9.8 was seen in the area of Psychological Health and remaining one domain that is on physical Health, the mean value was 63.8 with SD of 12.9.

According to a study on **Evaluation of SF-36 questionnaire for assessment of the quality of life of endometriosis patients undergoing treatment** states that, they were grouped Quality of Life under Poor quality of life (who's score was <50%), Fair quality of life (who's score was 51% to 70%) and Good quality of life (who's score was >71%) ¹⁴ and the same way the present study results are grouped and presented in table: -5.

Table 5:-Distribution of Overall Quality of Life among COVID-19 survivors

n=191

QUALITY OF LIFE	f	%
Poor (< 50%)	48	25%
Fair (51%-70%)	132	69%
Good (>71%)	11	6%
Overall Quality of Life	Mean= 63.66	SD=50.62

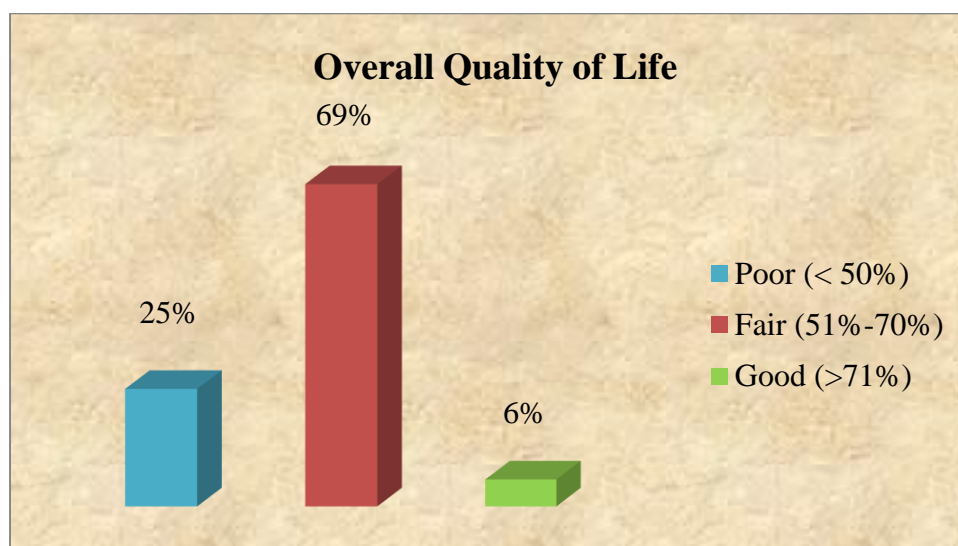


Fig-4: Showing distribution of overall quality of life

The above table and bar diagram illustrate that, distribution of overall quality of life. Majority (69%) of COVID-19 survivors is having fair quality of life, 6% of them were having good quality of life and 25% of them were having poor quality of life.

SECTION-III

ASSOCIATION BETWEEN QOL OF COVID-19 SURVIVORS WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES

This section deals with the second objective that is to find out the **association between Quality of Life (QOL) with selected socio demographic variables** and the same is presented in table-6.

Table-6: Association between QOL with selected socio-demographic variables

Variable	Quality of life			X ²	p value	Interpre tation
	Poor QOL	Fair QOL	Good QOL			
Age <ul style="list-style-type: none"> • ≤ 60 • > 60 	45 3	130 2	8 3	17.46	0.0001	SS
Gender <ul style="list-style-type: none"> • Female • Male 	33 15	22 110	5 6	45.38	0.00001	SS
Education <ul style="list-style-type: none"> • No formal education • Formal education 	30 18	130 2	6 5	50.81	0.00001	SS
Associated illness after COVID <ul style="list-style-type: none"> • Affected • Not affected 	43 5	127 5	8 3	10.14	0.006	SS

SS= Statically Significant

The above table shows that, the association between quality of life with selected socio demographic variables. With regard to age, there were 2 groups less than or equal to 60 years and more than 60 years. The obtained X^2 value was 17.46 and p value was 0.0001 indicating, there was an association between quality of life with age at 0.05 levels significant. Hence it is considered that covid-19 survivors who were having less than 60 years of age had good quality of life.

With regards to gender, there were 2 group; Male and Female. The obtained p value was 0.00001 indicating there is statically significant association between quality of life with gender at 0.05 levels. Hence it is considered that covid-19 survivors with female's gender were having good quality of life.

With regards to the education level, there were 2 groups, no formal education and formal education. The obtained X^2 value was 50.81 and p value was 0.00001 indicating there was statistically significant association between quality of life with education at 0.05 levels. Hence it is considered that covid-19 survivors who had obtained formal education were having good quality of life.

With regards to associated illness with COVID-19, there were 2 groups; associated illness affected with COVID-19 and not affected with COVID-19. The obtained X^2 value was 10.14 and P value was 0.0062 indicating there was statistically significant association between quality of life with associated illness.

DISCUSSION



CHAPTER 6

DISCUSSION

COVID-19 has been found to cause significant physical and psychological impairment [1] leading to decreased quality of life (QoL) [2]. Studies showed that all domains quality of life (healthy lifestyles of people, physical activity and social functioning) of people were affected with COVID-19. Hence the present study was intended to assess the Quality of life among COVID-19 survivors. The data collected from 191 COVID-19 Survivors was analyzed and presented in chapter V. The findings obtained were discussed as follows;

I. Socio-Demographic Variables

Age

With regard to the age, majority (68%) of COVID survivors was in the age group of 16 to 30 years and 18% of them were in the age group of 31 to 45 years. This was supported by the study on *measuring the impact of COVID-19 on the quality of life of the survivors, partners and family members*.¹⁵

Gender

With regard to the Gender, majority (69%) of COVID-19 survivors was females and 31% of the COVID survivors were males. This was supported by the study on the quality of life of corona virus disease survivors living in rural and urban area.¹⁶

Occupation

With regards to occupation, majority (53%) of COVID-19 survivors were students and 29% of them were employees and 17% of them were coolies. This was supported by the study on the impact of COVID-19 pandemic on medical student's mental health and sleep quality.¹⁷

II. Quality of life among COVID-19 survivors

Domain wise mean Score on QOL

With regard to Domain wise mean Score on QOL, the highest mean value of 67.5 with SD of 20.2 was seen in area of Social Health and the lowest mean value of 52.9 with SD of 9.8 was seen in the area of Psychological Health. Remaining area of Physical Health, mean value was 63.8 with SD of 12.9 was seen. This indicates that even though COVID-19 survivors had good social health, they were having fair physical health and poor psychological health. This was supported by unpublished study on Quality of life and quality of sleep among diabetic foot ulcer patients with a view to develop an information booklet on improvement of quality of life and sleep pattern.¹⁸

III. The association between quality of life with selected socio demographic variables.

The association between quality of life with selected socio demographic variables revealed that, there was an association between quality of life with age, gender, educational status and associated illness. To support this finding there were no studies.

SUMMARY



CHAPTER 7

SUMMARY

This chapter discusses on a brief summary of the study, limitation, Nursing implications and recommendation for future study.

The present study aimed to explore impact of COVID-19 pandemic on quality of life among COVID-19 survivors in selected area of Kolar.

The Objectives of the study

1. To explore post physical, psychological and social wellbeing among COVID-19 survivor with and without co-morbidity
2. Association between Quality of Life of COVID-19 survivors with selected socio-demographic Variables.

The data collection was under the following phases;

Preparatory phase: The Sri Devaraj Urs College of Nursing's institutional ethics committee granted authorization, and each study subject provided written consent.

Intervention phase: Based on the inclusion criteria, through snow ball sampling technique, 191 COVID-19 survivors were approached and assessed for their socio-demographic data followed by health related quality of life after COVID-19. Then researchers thanked COVID 19 survivors who participated in the study. The information gathered from 15-12-2021 to 30-12-2021.

MAJOR FINDINGS OF THE STUDY

Socio demographic variables

With regards to socio demographic variables, majority (68%) of COVID-19 survivors were between the age group of 16 to 30 years, most (69%) of there were females and 53% of their were nursing and medical students.

Domain wise quality of life

The highest mean value of 67.5 with SD of 20.2 was seen in area of Social Health and the lowest mean value of 52.9 with SD of 9.8 was seen in the area of Psychological Health.

Remaining area of Physical Health, mean value was 63.8 with SD of 12.9 was seen.

Overall quality of life

With regard to overall quality of life among COVID 19 Survivors revealed that majority (69%) of the survivors had fair quality of life, 25% of them had poor quality of life and 6% of them had good quality of life.

NURSING IMPLICATION

The findings of the present study have several implications in nursing administration, nursing practice, nursing education and nursing research.

NURSING ADMINISTRATION

- Nursing administrators should involve in formulating policies that support to create health education program on COVID-19 to the public on quality of life.
- Encouragement of staffs for adaptation of appropriate preventive behavior against the virus, and mitigation of the spread of the infection.
- The nursing administration should encourage staff nurses to share or disseminated the findings of the present study through social media.

NURSING PRACTICE

- The study has shown that, even though COVID-19 survivors had good social health, they were having fair physical health and poor psychological health. Hence it is very essential that, each one of the health care workers involve in educating COVID-19 survivors to improve their quality of life by practicing self confidence and yoga.
- At the bedside, nurses and student nurses can involve in educating patients and family members to improve their quality of life.

NURSING EDUCATION

- Nursing students need to be equipped to conduct awareness programmes in hospitals and community settings on improvement of quality of life.

NURSING RESEARCH

- This study helped nurse researcher to develop insight on quality of life of COVID-19 survivors.
- Nurses should disseminate the findings of the present research study while presenting papers in national or international conference or publishing in journals.

LIMITATIONS:

- The study was limited to COVID-19 survivors who were studying and working in and around Kolar.

RECOMMENDATIONS:

- A similar study can be conducted while using large samples.
- A qualitative study can be conducted to explore financial and health conditions after COVID-19 survival.

CONCLUSION



CHAPTER 8

CONCLUSION

To explore impact of COVID-19 pandemic on quality of life among COVID-19 survivors in selected area of Kolar. For the study non-experimental, exploratory survey research approach was used. Through non-probability Snowball sampling techniques, 191 COVID 19 survivors were selected using inclusion criteria. Then impact of COVID 19 pandemic on COVID 19 survivors was assessed using 36-Item Short Form Health Survey questionnaire on Quality of Life (QOL). The findings of the study revealed that, majority (69%) of COVID 19 survivors had fair quality of life, 6% of them were having good quality of life and 25% of them were having poor quality of life. The study concluded that, even though COVID-19 survivors had good social health, they were having fair physical health and poor psychological health.

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ANNEXURE



ANNEXURE-1

ETHICAL CLEARANCE CERTIFICATE

	SRI DEVARAJ URS COLLEGE OF NURSING TAMAKA, KOLAR – 563 103.			Format No.	IEC 01
	INSTITUTIONAL ETHICS COMMITTEE			Issue No.	02
				Rev No.	01
				Date	01-09-18

Meeting No-07

Ref. No. SDUCON/IEC/72/2021-22

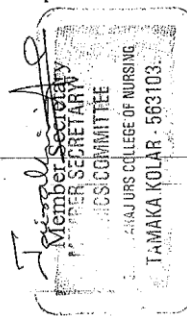
This is to certify that the Institutional Ethics Committee of Sri Devaraj Urs College of Nursing, Tamaka, Kolar has examined and unanimously approved the following research projects

Sl. No.	Name of Topic	Guide	Investigator	Remarks
1	"A Study To Assess The Impact Of Electronic Gadgets On The Lifestyle Factors Among School Going Children During Covid Pandemic"	DR.Lavanya Subhashini	Abhishek d.c Aien bobby Aiswarya saji Akhila sajumon Aksa e biju Sandra surendran Tigy t thomas Vaswathi gope Vijayalakshmi c.n Kavya	Accepted
2	"A study to assess the perception regarding healthy living strategies among elderly in a selected hospital, Kolar with a view to conduct group health education."	Mrs. Vani.R	Ajay kumar Alka mathew Alphymol Anittamol Sreevidhya Sujitha nair Suhasini Sumi. S, Sweety varghese Lavanya	Accepted

					Saritha nayak Shalini. L Sujatha. M	
6	A Study To Assess The Knowledge On Infant And Young Child Practices (Iyfc) Among The Mother Of Rural And Urban Area Of Kolar District With A View To Develop Information Leaflet.	Mrs. Sumana yesu priya SH			Riyanaskar Arpitha mariyam Ranjini rajan Ranjith lm Sameena taj Archita b.r Arya.r.nair aswini.b aswathy m.s Susmith	Accepted
7	"Impact of COVID-19 pandemic on quality of life among COVID-19 survivors"	DR. G Vijayalakshmi			Arya jayan Athira p.r Athira p. V Bency.p. Mathew Beeresha k.n Neha kouser Nivya kumar Pavithra Priyanka Ellamma	Accepted

11	A study to assess the attitude on nursing profession and its practice among newly enrolled students at selected college, Kolar	Prof. Mary Minerva	Athira s Mareena joseph Preethi Maria varghese Meghana L Merlin elizabeth Nanditha c Naveenkumar k s Sreelakshmi	Accepted
----	--	--------------------	--	----------

Sl. No.	Name	Signature
1	Dr.V.Lakshmaiah	Absent
2	Dr. Mohan	Absent
3	Dr.Bhuvana	present
4	Mr.Sridhar	Absent
5	Mr.Suresh	present
6	Swamy Acharyananda Avadutha	present
7	Mrs.Lakshmi	Absent



ANNEXURE-2

LETTER REQUESTING PERMISSION FOR CONDUCTING RESEARCH STUDY

From,

7th Group of Research
4th year B.Sc. Nursing
SDUCON, Tamaka, Kolar-563103

To,

The Principal,
SDUCON, Tamaka, Kolar-563103.

Subject: - Requesting permission to do data collection from COVID-19 Survivors in R L Jalappa Hospital and Sri Devaraj Urs College of Nursing Hostel

Respected Madam,

We, the undersigned 4th year B.Sc.(N) students of Sri Devaraj Urs College Of Nursing, Tamaka, Kolar has selected the below mentioned topic for our research project as a partial fulfillment for B.Sc. (N) program.

Title of the Topic: “A STUDY TO EXPLORE IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AMONG COVID-19 SURVIVORS IN SELECTED AREA OF KOLAR.”

With regard to above, may we request you to grant permission to collect data from COVID-19 Survivors in R L Jalappa Hospital and Sri Devaraj Urs College of Nursing Hostel and do the needful. Further we assure you that we will collect the data from COVID-19 Survivors without disturbing their daily activities. And the information collected from them will be kept confidential.

Here with we are enclosing the research topic along with the objectives of the study, tool for your kind consideration and approval.

Thanking you.

Date:

Place:

Enclosure:

Statement and objectives.
Tools used for data collection

GUIDE: Dr. G Vijayalakshmi
Professor and Principal
SDUCON

Yours Sincerely,

Ms. Arya Jayan
Ms. Athira P R
Ms. Athira P V
Ms. Bency P Mathew
Mr. Beerasha K N
Ms. Neha Kouser
Ms. Nivya Kumar
Ms. Pavithra
Ms. Priyanka R
Mrs. Ellamma

ANNEXURE 3

INFORMED CONSENT FORM

Name of the Principal Investigator: Dr. G. Vijayalakshmi, Professor and Principal, SDUCON

Name of the Co-investigator: Miss Arya Jayan, Miss Athira P R, Miss Athira P V, Miss Bency P Mathew, Mr. Beeresha K N, Miss Neha Kouser, Miss Nivya Kumar, Miss Pavithra, Miss Priyanka and Mrs. Ellamma

Name of the Organization: Sri Devaraj Urs College of Nursing, Tamaka, Kolar

Title of the study: “A STUDY TO EXPLORE IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AMONG COVID-19 SURVIVORS IN SELECTED AREA OF KOLAR.”

We, the undersigned 4th year B.Sc.(N) students of Sri Devaraj Urs College Of Nursing, Tamaka, Kolar has selected the above mentioned topic for our research project as a partial fulfillment for B.Sc. (N) program.

I have read this information or it has been read and explained to me in my own language. I have understood the purpose of the study, the nature of information that will be collected and disclosed during the study. I had the opportunity to ask questions and the same has been answered to my satisfaction. I understand that I remain free to withdraw from the study at any time and this will not change my future care. I the undersigned agree to participate in this study and authorized the collection and closure of my personal information of presentation and publication and agree to take part in the research.

SL.NO	NAMES	SIGNATURE
1.	ICrishnappa	ICrishnappa
2.	Dr. Suresh	Dr. Suresh
3.	Dr. Bandaru	Dr. Bandaru
4.	Dr. Ashok	Dr. Ashok
5.	Dr. Avinash	Dr. Avinash
6.	Dr. Asha	Dr. Asha
7.	Dr. Krishnaveni	Dr. Krishnaveni
8.	Dr. Kumbhar	Dr. Kumbhar
9.	Dr. Madhar	Dr. Madhar
10.	Dr. Anur	Dr. Anur
11.	Dr. Kailash	Dr. Kailash
12.	Dr. Kishor	Dr. Kishor
13.	Dr. Sanjay	Dr. Sanjay
14.	Selva	Selva
15.	Varalakshmi	Varalakshmi
16.	Nagaraj	Nagaraj
17.	Narain	Narain
18.	Savitri	Savitri
19.	Lena	Lena
20.	Asha	Asha
21.	Muniathnana	Muniathnana
22.	manabandur	manabandur
23.	Narayanaswamy	Narayanaswamy
24.	Sathesh	Sathesh
25.	Prithvi	Prithvi
26.	Hare	Hare

27.	Babu	B
28.	Suman Ray	Sh
29.	Wajnu	Waj
30.	maninder	man
31.	Umbakdaswamy	Umba
32.	Pahil	P
33.	Rajesh	Rajesh
34.	Babitha	Babitha
35.	Engelina	Eng
36.	SARATHA	Sara
37.	menikentamma	Men
38.	Chikkareddamma	Ch
39.	Varalakshmi	Vara
40.	Lakshmi	Lak
41.	Asha	A
42.	Babu	B
43.	Babitha	B
44.	Sumitha	S
45.	Rajesh	Raj
46.	Sumitha	Sum
47.	Babitha	B
48.	Ranjith	Ranjith
49.	Abhish Kumar	A
50.	Arun. mohan.	Arun
51.	Kumaraswami	Ku
52.	Nithin Kumar	Nithin
53.	Rajendra an	Rajen
54.	charan. MK	Meher.

54	Viswadev	Viswadev
55	Avinash - s	Avinash
57	Munish	dh
58	Chandappa	g
59	Krishnappa	dh
60	Dated	Raj
61	Rajendra	Rajendra
62	Santhosh	sh
63	Sund	Sund
64	Krishnakumar	dh
65	Chandrashekhar	Ch
66	Karpasree	Karp
67	Dipta	Dipta
68	Debadat	Debadat
69	Majesh	Majesh
70	Anil	Anil
71	Chandramma	
72	Lokesh	lo
73	Tarun	⊙
74	Viswas	Viswas
75	Abhishek	dh
76	Ranjith	Ranjith
77	Chaman	Ch
78	Rathnamma	R
79	Naveen	N
80	Ajay	Aj
81	Sudhakar	S
82	Krishnappa	Krish

83	Venkalamma	VL
84	Sweety Varghu	Sweetys
85	Merlin	Meel
86	Archana	Arch
87	Chinju	Chinju
88	Megha	Meegh
89	Apurva	Epurva
90	Athira	Athira
91	Cherlene	Cherlene
92	Neethu	Neethu
93	Massena	Massena
94	Benny	Benny
95	Athira	Athira
96	Aspirin	Aspirin
97	Anu-Sajan	Anu
98	Anmol	Anmol
99	Swathi	Swathi
100	Kavya	Kavya
101	Kavitha	Kav
102	Manisha	Man
103	Sonika	Soni
104	Anisha	Anisha
105	Aswathy	Aswathy
106	Sreelakshmi	Sreelakshmi
107	Anju	Anju
108	Asha	Asha
109	Nirya	Nirya
110	Shanika	Shanika

111	Sneha Rajmohanam	<u>Sneha</u>
112	Tessy Thomas	<u>Tessy</u>
113	Theresa K. Bijoy	<u>Theresa</u>
114	Mahima Mani	<u>Mahima</u>
115	Saumya Sunny	<u>Saumya</u>
116	Ann maria James	<u>Ann</u>
117	Aiswarya	<u>Aiswarya</u>
118	Mary Theresa	<u>Mary</u>
119	Sweethi	<u>Sweethi</u>
120	Keerthi Manoj	<u>Keerthi</u>
121	Vinaya Anand	<u>Vinaya</u>
122	Bruthi S. Suresh	<u>Bruthi</u>
123	Anu Johnson	<u>Anu</u>
124	Abigale Thomas	<u>Abigale</u>
125	Anami Benny	<u>Anami</u>
126	Jessey babu	<u>Jessey</u>
127	Agnes Regi	<u>Agnes</u>
128	Rengi Sara Varghese	<u>Rengi</u>
129	Anita Mathew	<u>Anita</u>
130	Amrutha S	<u>Amrutha</u>
131	Saumya Roy	<u>Saumya</u>
132	Annie Mariya Benny	<u>Annie</u>
133	Roshna Roy	<u>Roshna</u>
134	Juby Sara George	<u>Juby</u>
135	Mathu Alex	<u>Mathu</u>
136	Denny Daniel	<u>Denny</u>
137	Sony Mathew	<u>Sony</u>
138	Alana Vinod	<u>Alana</u>

139	Aparna Benny	Aparna
140	Bincy Baby	Bincy
141	Jinta Sebastian	Jinta
142	Angisha Madhu	Angi S. S.
143	Alja Paul	Alja
144	Riya Raphael	Riya
145	Sneha Balakrishnan	Sneha
146	Analiya Kochumon	Analiya
147	Riya Anna Samuel	Riya
148	Ani Aboabam	Ani
149	Stelthy Thomas	Stelthy
150	Tessa Saji	Tessa
151	Anisha Mathew	Anisha
152	Aphay Joseph	Aphay
153	Lixyamol C Joseph	Lixyamol
154	Maria Elizabeth Shaji	Maria
155	Wamitha Eliza Tojo	Wamitha
156	Anjana K. Joseph	Anjana
157	Renjima Balakrishnan	Renjima
158	Keerthi S	Keerthi
159	Anitha T. Reji	Anitha
160	Rosmi	Rosmi
161	Anagha Anagha	Anagha
162	Aleena Bida	Aleena
163	Rosemary Sabu	Rosemary
164	Christeena Thankachan	Christeena
165	Algeena Jacob	Algeena
166	Anumol K. Riji	Anumol

167	Anjoma p.B	Anjoma
168	John John	John
169	Angel Sana Vengheese	Angel
170	Nimitha Annie Chacko	Lite
171	Jeslin Rachel Thomas	Jeslin
172	Athina Jomon	Athina
173	Maria Johnson	Maria
174	Abiya Shibu	Abiya
175	Sona K. Shaji	Sona K. Shaji
176	Asha Thomas	Asha
177	Ani Abraham	Ani
178	Riya Chakraborty	R. C.
179	Anushree Pachhal	Anushree
180	Jaya Sarkar	Jaya
181	Aparna Bhakta	Aparna
182	Monalisa Mondal	M. Mondal
183	Sikha Pal	Sikha
184	Tandra Mondal	Tandra
185	Supri Das	S. Das
186	Baidhaki Borman	B.B.
187	Palija Lehan	Palija
188	Saraswati Mundi	S.M.
189	Ittegun Lehan	I.K.
190	Anannya Haldar	An
191	Athira	Athira
192		
193		
194		

ANNEXURE 4

Dear participants,

Here we have prepared a tool to assess the quality of life among COVID-19 survivors, so kindly tick mark () against each item which you find more suitable by you in the checklist. Your answer will be kept confidential, so feel free to answer.

Section- A Socio demographic data

- I. Age: -**
- II. Gender:- Male/ Female**
- III. Occupation: -**
- IV. Income: -**
- V. COVID positive during: 1st wave/ 2nd wave/ Any other**
If so, have you taken treatment at: Home/ Hospital/Any Other
- VI. Have you hospitalized?**
If so, mention days or weeks of hospitalization in wards or ICUs:
.....
- VII. Have you vaccinated before you got COVID positive? Yes / No**
If so, how many doses of vaccine you have taken
.....
- VIII. Are you facing any specific problems after COVID? If so mention.**
.....
- Please answer the questions of **health survey** completely, honestly and without interruptions.

Section- B

Quality of Life Questionnaire

I. GENERAL HEALTH

1) In general, would you say your health is: -

- A. Excellent
- B. Very good
- C. Good
- D. Fair
- E. Poor

2) Compared to one year ago how would you rate your health in general now?

- A. Much better now than one year ago
- B. Somewhat better now than one year ago
- C. About the same
- D. Somewhat worse now than one year ago
- E. Much worse than one year ago

II. LIMITATIONS OF ACTIVITY

The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

3) Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports.

- A. Yes, Limited a lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

4) Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

5) Lifting or carrying groceries

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

6) Climbing several flights of stairs

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

7) Climbing one flight of stairs

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

8) Bending, kneeling, or stooping

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

9) Walking more than a mile

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

10) Walking several blocks

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

11) Walking one block

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

12) Bathing or dressing yourself

- A. Yes, Limited a Lot
- B. Yes, Limited a Little
- C. No, Not Limited at all

III. PHYSICAL HEALTH PROBLEMS

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

13) Cut down the amount of time you spent on work or other activities

- ☐ Yes / No

14) Accomplished less than you would like

- ☐ Yes / No

15) Were limited in the kind of work or other activities

- ☐ Yes / No

16) Had difficulty performing the work or other activities (for example, it took extra effort)

- ☐ Yes / No

IV. EMOTIONAL HEALTH PROBLEMS

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

17) Cut down the amount of time you spent on work or other activities

- ☐ Yes / No

18) Accomplished less than you would like

- Yes / No

19) Didn't do work or other activities as carefully as usual

- Yes / No

V. SOCIAL ACTIVITIES

20) Emotional problems interfered with your normal social activities with family, friends, neighbours', or groups?

- A. Not at all Slightly
- B. Moderately
- C. Severe
- D. Very Severe

VI. PAIN

21) How much bodily pain have you had during the past 4 weeks?

- A. None
- B. Very Mild
- C. Mild
- D. Moderate
- E. Severe
- F. Very Severe

22) During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

- A. Not at all
- B. A little bit
- C. Moderately
- D. Quite a bit
- E. Extremely

VII. ENERGY AND EMOTIONS

These questions are about how you feel and how things have been with you during the last 4 weeks. For each question, please give the answer that comes closest to the way you have been feeling.

23) Did you feel full of pep?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

24) Have you been a very nervous person?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

25) Have you felt so down in the dumps that nothing could cheer you up?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

26) Have you felt calm and peaceful?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

27) Did you have a lot of energy?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

28) Have you felt downhearted and blue?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

29) Did you feel worn out?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

30) Have you been a happy person?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

31) Did you feel tired?

- A. All of the time
- B. Most of the time
- C. A good Bit of the Time
- D. Some of the time
- E. A little bit of the time
- F. None of the Time

VIII. SOCIAL ACTIVITIES

32) During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

- A. All of the time
- B. Most of the time
- C. Some of the time
- D. A little bit of the time
- E. None of the Time

IX. GENERAL HEALTH

How true or false is each of the following statements for you?

33) I seem to get sick a little easier than other people

- A. Definitely true
- B. Mostly true
- C. Don't know
- D. Mostly false
- E. Definitely false

34) I am as healthy as anybody I know

- A. Definitely true
- B. Mostly true
- C. Don't know
- D. Mostly false
- E. Definitely false

35) I expect my health to get worse

- A. Definitely true
- B. Mostly true
- C. Don't know
- D. Mostly false
- E. Definitely false

36) My health is excellent

- A. Definitely true
- B. Mostly true
- C. Don't know
- D. Mostly false
- E. Definitely false

ANNEXURE-5

PHOTO GALLERY



