

Effectiveness of Learning Package on Impact of COVID-19 Pandemic on Physical, Mental, Social and Economic Status among Adults at Selected Villages of Gokak Taluk, Karnataka.

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Abstract:

Context: As of march 11, 2021 more than 11 million people in India had been infected with COVID-19, and about 158,000 had died. The spread of COVID-19 in India is of great concern due to the country's large and densely populated areas with widespread poverty and high migration rates, coupled with a high prevalence of chronic conditions that are generally poorly controlled.

Objective: To develop and evaluate learning package to overcome from the impact of COVID-19 among adults.

Setting and design: The study was conducted in selected villages of Gokak Taluk and pre-experimental research design was used.

Materials and Methods: Population was comprised of adults aged between 18-60 years old. The sample size was 06 and simple random sampling technique was used to select the samples. Self constructed assessment scales were used. Learning package was developed and evaluated for its effectiveness.

Statistical Analysis used: Descriptive and inferential statistics were used.

Results: The pre-test mean score for functional status was 11.50 and SD was 2.429, anxiety status was 13.67 and SD was 2.685, stress status was 30.00 and SD was 2.898, social status was 26.50 and SD was 4.370 economic status was 5.67 and SD was 0.816. In post-test mean score for functional status was 7.50 and SD was 2.258 with mean difference score of 4.00, anxiety status was 7.33 and SD was 1.366 with mean difference score of 6.33, stress status was 7.33 and SD was 0.81565 with mean difference score of 22.66, social status was 17.00 and SD was 2.098 with mean difference score of 9.50, economic status was 3.33 and SD was 0.516 with mean difference score of 2.33. The statistical paired 't' implies that the difference in the pre test and post test score was found to be statistically significant at 5% level. There exists a statistical in the enhancement of score indicating the positive impact of learning package.

conclusions: The impact of COVID-19 was more before distributing the learning package. Hence the learning package was effective.

Key-words: COVID-19, Learning package, physical status, mental status, social status, economic status.

Introduction: COVID-19 remains a major concern for vulnerable and under-served populations globally. As of March 11, 2021 more than 11 million people in India had been infected with COVID-19, and about 158,000 had died. The spread of COVID-19 in India is of great concern due to the country's large and densely populated areas with widespread poverty and high migration rates, coupled with a high prevalence of chronic conditions that are generally poorly controlled. On March 24, 2020, the Indian government ordered a nationwide lockdown, which was extended until June in four phases, and later further extended to specific containment zones.

The pandemic parameters that have gone in Karnataka till 14/07/2022 are, the total number of confirmed cases are 39,80,585, deaths are 40,125 among 64.06 million population. In Karnataka the highest number of cases are found in Belgavi District, that is 79,900 confirmed cases and 938 death among 4.780 million population. As the Covid-19 was prevalent throughout the country, even Gokak Taluka had highest number of cases during Covid-19 crisis in Belagavi District. Total Number of population in Gokak is 6,86,000. Confirmed cases are 6582 and deaths are 458. It is also quite convenient for the researcher to select Gokak Taluka to conduct survey. Therefore Gokak Taluka is selected for the present study to help the adults to overcome from the impact of Covid-19 pandemic with the help of learning package.

Subjects And Methods

Research Approach: The experimental research approach was used to develop and evaluate learning package to overcome from the impact of COVID-19 among adults. **Research Setting:** The study was conducted in selected villages of Gokak Taluk.

Design: Pre- experimental research design was used.

Population: Population was comprised of adults aged between 18-60 years old.

Sampling Technique: Simple random sampling technique was used to recruit the 06 samples.

Sampling Criteria

a) Inclusion criteria:

1. The adults in the age group between 18-60 years will be included.
2. The adults who can read and write Kannada or English language

b) Exclusion criteria:

1. The adults who are not willing to participate in the study.

2. The adults who are mentally retarded/ mental ill/ bed ridden.

Development and evaluation of tool and learning package : The following Tools were developed to generate necessary data

Section I: Self constructed assessment scales: Scales were developed to assess the impact of Covid-19 pandemic on physical, mental, social and economic status. The scales were developed by reviewing relevant literature and consulting experts. Developed tools were pretested on small samples to check the reliability.

Section II: Development and evaluation of learning package: Learning package was developed to improve the quality life of adults and to overcome from impact of Covid-19. Learning package was printed material consisting various interventions or guidelines which was developed in local language at the level of understanding for samples. It was developed by reviewing relevant literature and validated by subject experts. Finally learning package was evaluated for its effectiveness on small scale samples before distribution.

Data collection Technique: Data collection was done after obtaining ethical clearance form institutional ethical committee. Permission for conducting research in the selected villages was obtained from Taluka Health Officer from Gokak. After selecting families for the study, purposes of present study was informed to each head of the family and written informed consent was obtained from each samples for collection of data. Self constructed assessment scales were administered to assess the pre-test scores. Learning package was distributed to each participants. Post-test was conducted to find the effectiveness of learning package.

Statistical Analysis used: The data analysis was planned by using descriptive statistics with the help of SPSS version 20. Descriptive statistics like Mean, Median and Standard Deviation was used to analyze the current physical, mental, social and economic status among adults.

Results:

Description of effectiveness of learning package: The learning package will be evaluated for its effectiveness on small scale samples before distribution. The self constructed assessment scales were administered to 06 adults to assess the pre-test scores. The learning package was developed and distributed to adults to improve the quality life of adults and to overcome from impact of Covid 19. Post-test was conducted on 15/11/2021.

Table 10: Mean and standard deviation of pre-test and post-test functional status scale score

N = 06

Aspects	Mean	SD	T-Value
Pre - test	11.50	2.429	3.162

Post - test	7.50	2.258	
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The above table reveals that, the mean score was 11.50 was less than pre-test mean score, it was evident that learning and SD was 2.429 during pre-test. Whereas in post-test, mean package was effective in improving health status of the adults. score was 7.50 and SD was 2.258. Since post-test mean score

Table 11: Mean and standard deviation of pre-test and post-test mental status scale score

A) Anxiety Status

N = 06

Aspects	Mean	SD	T-Value
Pre - test	13.67	2.685	5.396
Post - test	7.33	1.366	

The above table reveals that, the mean score was 13.67 and SD was 2.685 during pre-test. Whereas in post-test, mean score was 7.33 and SD was 1.366. Since post-test mean

score was less than pre-test mean score, it was evident that learning package was effective in improving health status of the adults.

B) Stress Status

N = 06

Aspects	Mean	SD	T-Value
Pre - test	30.00	2.898	20.319
Post - test	7.3333	0.81650	

The above table reveals that, the mean score was 30.00 and SD was 2.898 during pre-test. Whereas in post-test, mean score was 7.3333 and SD was 0.81650. Since post-test

mean score was less than pre-test mean score, it was evident that learning package was effective in improving health status of the adults.

Table 12: Mean and standard deviation of pre-test and post-test social status scale score

N = 06

Aspects	Mean	SD	T-Value
Pre - test	26.50	4.370	7.714
Post - test	17.00	2.098	

The above table reveals that, the mean score was 26.50 and SD was 4.370 during pre-test. Whereas in post-test, mean score was 17.00 and SD was 2.098. Since post-test mean

score was less than pre-test mean score, it was evident that learning package was effective in improving health status of the adults.

Table 13: Mean and standard deviation of pre-test and post-test economic status scale score.

N = 06

Aspects	Mean	SD	T-Value
Pre - test	5.67	.816	7.00
Post - test	3.33	.516	

The above table reveals that, the mean score was 5.67 and SD was .816 during pre-test. Whereas in post-test, mean score was 3.33 and SD was .516. Since post-test mean score

was less than pre-test mean score, it was evident that learning package was effective in improving health status of the adults.

Table 14: Paired ‘t’ test values computed between the pre-test and post-test scores of functional status scale

N = 06

Aspects	Mean	Mean Percentage	Mean Difference	Std. Error of Mean Difference	Paired ‘t’ test	df	Significance
Pre-test	11.50	57.5	4.000	1.265	3.162	5	Significant
Post-test	7.50	37.5					

The pre-test mean score was 11.50 and mean percentage was 57.5. In post-test, the mean score was 7.50 and mean percentage was 37.5 with mean difference 4.000. The statistical paired ‘t’ implies that the difference in the pre-

test and post-test score found to be statistically significant at 5% level (P<0.01), with paired ‘t’ value of 3.162, there exists a statistical in the enhancement of score indicating the positive impact of learning packages.

Table 15: Paired ‘t’ test values computed between the pre-test and post-test scores of mental status scale

A) Anxiety Status

N = 06

Aspects	Mean	Mean Percentage	Mean Difference	Std. Error of Mean Difference	Paired ‘t’ test	df	Significance
Pre-test	13.67	65.09	6.333	1.174	5.396	5	Significant
Post-test	7.33	34.90					

The pre-test mean score was 13.67 and mean percentage was 65.09. In post-test, the mean score was 7.33 and mean percentage was 34.90 with mean difference 6.333. The statistical paired ‘t’ implies that the difference in the pre-

test and post-test score found to be statistically significant at 5% level (P<0.01), with paired ‘t’ value of 5.396, there exists a statistical in the enhancement of score indicating the positive impact of learning packages.

B) Stress Scale

N = 06

Aspects	Mean	Mean Percentage	Mean Difference	Std. Error of Mean Difference	Paired ‘t’ test	df	Significance
Pre-test	30.00	142.85	22.66667	1.11555	20.31	5	Significant
Post-test	7.33	34.92					

The pre-test mean score was 30.00 and mean percentage was 142.85. In post-test, the mean score was 7.3333 and mean percentage was 34.92 with mean difference 22.66667. The statistical paired ‘t’ implies that the difference

in the pre-test and post-test score found to be statistically significant at 5% level (P<0.01), with paired ‘t’ value of 20.319, there exists a statistical in the enhancement of score indicating the positive impact of learning packages.

Table 16: Paired ‘t’ test values computed between the pre-test and post-test scores of social relationship scale

N = 06

Aspects	Mean	Mean Percentage	Mean Difference	Std. Error of Mean Difference	Paired ‘t’ test	df	Significance
Pre-test	26.50	58.88	9.500	1.232	7.714	5	Significant
Post-test	17.00	37.77					

The pre-test mean score was 26.50 and mean percentage was 58.88. In post-test, the mean score was 17.00

and mean percentage was 37.77 with mean difference 9.500. The statistical paired ‘t’ implies that the difference in the pre-

test and post-test score found to be statistically significant at 5% level ($P < 0.01$), with paired 't' value of 7.714, there exists a statistical in the enhancement of score indicating the positive impact of learning packages.

Table 17: Paired 't' test values computed between the pre-test and post-test scores of economic Status Scale

$N = 06$

Aspects	Mean	Mean Percentage	Mean Difference	Std. Error of Mean Difference	Paired 't' test	df	Significance
Pre-test	5.67	56.7	2.333	.333	7.000	5	Significant
Post-test	3.33	33.3					

The pre-test mean score was 5.67 and mean percentage was 56.7. In post-test, the mean score was 3.33 and mean percentage was 33.3 with mean difference 2.333. The statistical paired 't' implies that the difference in the pre-

test and post-test score found to be statistically significant at 5% level ($P < 0.01$), with paired 't' value of 7.000, there exists a statistical in the enhancement of score indicating the positive impact of learning packages.

Discussion:

The self constructed assessment scales were administered to 06 adults to assess the pre-test and post-test scores. After the assessment of functional status, the mean score was 11.50 and SD was 2.429 during pre-test, whereas in post-test, mean score was 7.50 and SD was 2.258. After the assessment of mental status, the mean score was 13.67 and SD was 2.685 during pre-test, whereas in post-test, mean score was 7.33 and SD was 1.366 in anxiety assessment. In stress assessment the mean score was 30.00 and SD was 2.898 during pre-test, whereas in post-test, mean score was 7.3333 and SD was 0.81650. After the assessment of social status, the mean score was 26.50 and SD was 4.370 during pre-test, whereas in post-test, mean score was 17.00 and SD was 2.098. After assessment of economic status, the mean score was 5.67 and SD was .816 during pre-test, whereas in post-test, mean score was 3.33 and SD was .516. Since post-test mean scores were less than pre-test mean scores, it was evident that learning package was effective in improving health status of the adults.

The statistical paired 't' implies that the difference in the pre-test and post-test score found to be statistically significant at 5% level ($P < 0.01$), with paired 't' value of 3.162 in physical status, 5.396 in anxiety status, 20.319 in stress status, 7.714 in social status and 7.000 in economic status. There exists a statistical in the enhancement of score indicating the positive impact of learning packages. These finding were supported by Rakesh Sharma¹, 2021; Vanya Singh², 2021; Poorvi K³, 2022; Qian Y⁴, 2021.

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