

A Study on Impact of Covid -19 Pandemic on Human Health with Special Reference to
Malkapur City

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**A Study on Impact of Covid -19 Pandemic on Human Health with Special
Reference to Malkapur City**

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Abstract

The Corona virus Covid-19 pandemic came to India in January 2020 when the first case was detected in the Indian state of Kerala. In the month of March 2020 total lock down was announced by the Govt. of India. This sent psychological shocks across the population, necessitating the government and the medical fraternity to formulate a protocol for those who were infected and also precautionary measures for those who were not but vulnerable to the virus. Therefore building a strong immune system was the buzzword. It became obvious that proper nutrition and hydration are vital. Well-balanced diet tends to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. The elderly need support with their mental health and diet to ensure they keep in good health. This article recommends that the elderly seek counselling and psycho-social support from appropriately trained health care professionals. When one feels getting caught up in fear of what might happen, try to shift your focus to things you can control. Older people are more vulnerable, and special care must be taken for them.

Keywords: Corona virus, Covid-19, Pandemic, Protocol, Immune system, Psycho-social support, well balanced diet

Introduction

In March 2020, the outbreak of corona virus disease reached all countries of the western world. It is claimed that (COVID-19) disease had a negative impact on human health. Moreover it is important to identify which factor modulates the human health, stress response to the pandemic. The purpose of this study is to gather and analyze the detailed information on human health during COVID-19 pandemic. Some people are mentally disturbed during this lockdown period & very stress, some are physically unhealthy. So, we have collected the information about health & analyze it.

Nutrition: In this COVID-19 pandemic healthy diet is very important. Providing nutrition to our body is necessary. According to World Health Organization (WHO), every day, one should eat a mix of wholegrain, fresh fruits, vegetables and some food from animal sources (e.g. meat, fish, eggs, and milk). Healthy eating is important for the immune system, especially during the COVID-19 pandemic.

Physical and Mental Health Problem: COVID-19 pandemic changes to our daily life-style. We are facing new realities of social distancing, stay at home, quarantine, work from home, unemployment, school colleges closed and online learning starts and lack of physical contact with family and friends. It is important to look after our mental health, as well as our physical health.

During the pandemic anxiety and fear of health increases, trouble to concentrating on work, physical activity decreased so the rate of weight gain has increased.

Research Methodology:

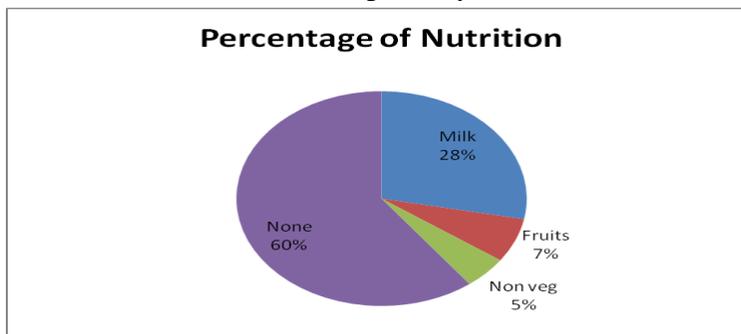
Researcher has selected 285 citizens from the Malkapur city of Satara District, Maharashtra State as a sample size for the study. Researcher has used Simple Random Sampling method for selection of the sample. Questionnaire in the form of Google form is prepared for collection of primary data.

Data Analysis and Interpretation:

Nutrition for Health:

Nutrition	Milk	Fruits	Non veg	None	Total
Values	80	19	14	172	285
Percentage (%)	28 %	7%	5%	60%	100%

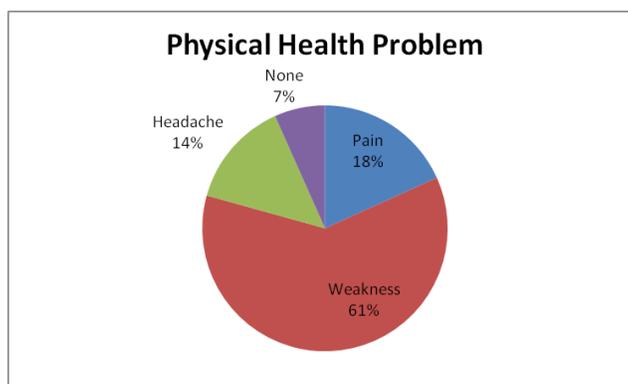
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From above table and graph it is observed that 60 % of the citizens do not take nutritious and healthy food during the pandemic situation where as only 5% take Non-veg food as a healthy and nutritious diet.

Physical Health Problem:

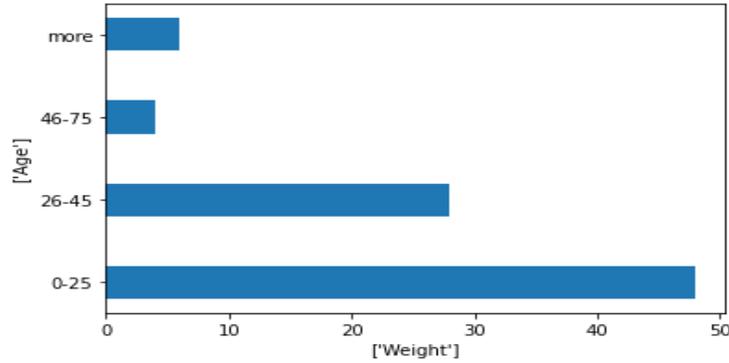
Physical Health Problem	Pain	Weakness	Headache	None
Values	52	174	40	19
Percentage (%)	18	61	14	07



From above table and graph it is observed that 61% citizens feeling of weakness during this Pandemic situation.

Age group wise weight gain:

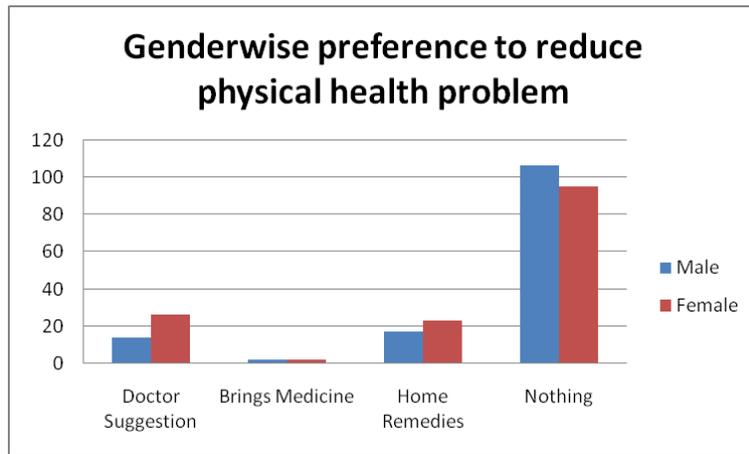
Age in Years	0-25	26-45	46-75	More than 75
Weight in Kg	48	28	4	6



From above table and graph it is observed that 0-25 age group has gained 48% of weight.

Gender wise preference to reduce physical health problems:

Gender	Doctor suggestion	Brings medicine	Home remedies	Nothing	Total
Male	14	2	17	106	139
Female	26	2	23	95	146



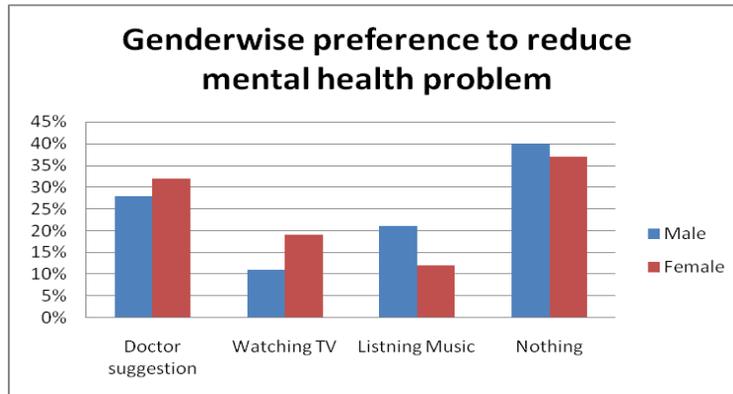
From above table and graph it is observed that most of the male and female members are not doing anything to reduce physical health problems.

Gender wise preference in percentage to reduce mental health problems:

Gender	Doctor's Suggestion	Watching TV	Listening Music	Nothing
Male	28%	11%	21%	40%

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Female	32%	19%	12%	37%
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From above table and graph it is observed that 40% male and 37% female members are not doing anything to reduce mental health problems.

Statistical Tests:

Test No I: Chi-square test for independence:

To test the independence in following Hypothesis:

H₀: Age & stress are independent

H₁: Age & stress are dependent

Formulae:

$$\chi^2 \text{ Cal} = \sum_{i=1}^n \frac{(O_i - E_i)^2}{E_i}$$

$$\chi^2 \text{ tab} = \chi^2 (m-1) (n-1), 0.05, \text{d.f}$$

Observation Table:

Age	0-25	25-45	46-75	More	Total
Yes	39	19	14	4	76
No	114	54	13	8	189
Total	153	73	27	12	265

Test Criterion:

If $\chi^2 \text{ Cal} > \chi^2 \text{ tab}$, then reject H₀ at 5% level of significance.

Calculation:

$$\chi^2 \text{ Cal} = 8.2268$$

$$\chi^2 \text{ tab} = 7.815$$

Result:

Here, $\chi^2 \text{ Cal} > \chi^2 \text{ tab}$

Therefore, we reject H_0 at 5% level of significance.

Hence, age & stress are dependent.

Suggestions and Conclusion:

- 1) In this COVID-19 Pandemic situation most of the citizens from Malkapur city are not having a nutritious diet. So it is suggested that they understand the importance of a healthy and nutritious diet and should out themselves on a healthy diet under the guidance of a doctor.
- 2) Due to the COVID-19 Pandemic situation most of the citizens are having weakness. So it is suggested that to take proper care of themselves and should take the guidance of a doctor.
- 3) It is observed that the age group 0 – 25 are having weight gain problem during the pandemic. So it is suggested that they should take care of their weight and if required follow a diet plan.
- 4) It is observed that most of the male and female members are not doing anything to reduce physical and mental health problems. Hence it is suggested that they should try to reduce physical as well as mental health problems under a doctor's supervision.
- 5) The study reveals that the age and stress are dependent of each other hence it is suggested that elder people should take a proper medical advice or treatment. To reduce stress they can practice Yoga or meditation regularly.

References:

- 1) <https://www.who.int>
- 2) <https://scholar.google.com>
- 3) <https://youtu.be>