

A COMPARATIVE STUDY BETWEEN COVID-19 SUFFERERS AND NON-COVID-19 SUFFERERS IN RELATION TO THEIR WELLBEING AND ADJUSTMENT

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Abstract:

A comparative study was conducted to check the comparison of Covid-19 Sufferers and Non Covid-19 Sufferers in relation to their Wellbeing and Adjustment. Data was collected from 60 participants that are 30 Covid-19 Sufferers and 30 Non-Covid-19 Sufferers from Pune city in Maharashtra State only who fall in the age group of 18-25 years. This study employed survey questionnaires that were sent out to the respondents via Google forms- an online survey taking platform. A total of 85 responses were collected out of which only 60 were chosen. Due to Covid-19 protocol, qualitative research could not be followed. The study hypothesized that Covid-19 sufferers will be low on Wellbeing and its sub-factors- Emotional Stability, Sociability, Self-Esteem, Jovial and Happiness compared to Non-Covid-19 sufferers as well as Covid-19 sufferers will be low on Adjustment as compared to Non-Covid-19 sufferers. SPSS Statistics version 20 was used for the data analysis wherein Independent Samples T-test was used for the analysis to compare the means of both the groups since it was found to be suitable in the present study. From the results of the analysis, it was found out through the findings that there was no significant difference between Covid-19 sufferers and Non-Covid-19 sufferers in relation to their Wellbeing and its sub-factors- Emotional Stability, Sociability, Self-Esteem, Jovial and Happiness as well as their Adjustment. In addition, the study indicates that if a wider geographical area was covered for the sample and if the recency of being infected by Covid-19 was taken into consideration, there could have been some drastic results to be noted.

Keywords: COVID-19, Pandemic, Statistics, T-test.

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Introduction:

The Covid-19 Pandemic saw the world struggle with life, the basic needs of people were questioned. No human interaction at all caused each one of us emotional turmoil and in some cases distress as well. We as a community suffered a lot and now that somewhere the dust has begun settling, the aftereffects of Covid-19 can be witnessed.

During a crisis such as the Covid-19 pandemic, it is common for everyone to experience increased levels of distress and anxiety, particularly as a result of social isolation. People around the world were having problems adjusting to this new lifestyle not knowing what lies in the near future. None of us could anticipate the future although we wished to. Our mental health as well as our overall wellbeing took a setback during the past two years. Even staying sane and not letting things affect you became a luxury at some point.

This study will research aspects such as Wellbeing and Adjustment of Covid Sufferers and Non-Covid Sufferers.

Background and context:

Coronavirus (Covid-19) is an infectious disease that is caused by the SARS-CoV-2 virus. The virus spreads from an already infected person's mouth or nose in small liquid-like particles when they either cough, sneeze, speak or breathe. The latest reports of the Novel Coronavirus were first identified in the Chinese city of Wuhan in December 2019. The earliest known infected person fell ill because of the virus on 1st December 2019. Many early cases of the virus were linked to the people who had visited the Huanan Seafood Wholesale Market in Wuhan. During the initial outbreak of the virus in Wuhan, the virus was commonly referred to as 'The Wuhan Virus' or 'The Wuhan Pneumonia'. Because of this, the Chinese population had to face a lot of social stigmas regarding their nationality and culture. On the other hand, the Chinese government failed to control the spread of the virus and hence it spread across the world within no time. It was soon declared as a 'Global Pandemic' by the World Health Organization (WHO) on 11th March 2020.

The symptoms of Covid-19 are quite vague in nature ranging from mild symptoms to severe illness. Common symptoms include headache, loss of smell and taste, nasal congestion and runny nose, cough, muscle pain, sore throat, fever, diarrhea, and breathing difficulties. People with the same infection may have different symptoms, and their symptoms may change over time. In people without prior ear, nose, and throat disorders, loss of taste combined with loss of smell is associated with Covid-19 and is reported in as many as 88% of cases.

To prevent themselves from getting infected by the virus, people started maintaining social distancing first and then started making the use of masks like N-95. A lot of people started avoiding crowded places as well and everyone started making the use of hand sanitizer as well as frequently washing their hands with soap and water. Some people also started practicing certain respiratory hygiene techniques like Pranayam and Yogasana to keep themselves mentally and physically fit. Now since the vaccines have started rolling out in India, everybody is getting vaccinated as well to protect themselves from the virus.

Statement of the Problem:

To compare Covid-19 Sufferers and Non-Covid-19 Sufferers in relation with Wellbeing and Adjustment.

Significance of the Study:

As we all know, Covid-19 took the world by storm by its sudden appearance and catastrophic impact on the world. As a result, the lockdowns forced people to be inside their homes and live a secluded and isolated life. People struggled to cope up with their mental health. Now, although vaccines are being rolled out, various variants of the virus make it even more unpredictable and drastic in nature. People are still finding it difficult to cope up with the 'new normal'. This topic had a recency effect on the researcher which is why they chose this topic. Also the fact that not much research has gone into knowing how people's wellbeing and adjustment was affected either because they were infected with the virus or not really pushed the researcher to know, understand as well as analyze the data.

Review of Literature:

1. The Role of Wellbeing on Performance in Service Sectors

Authors: Maziana Zakariaa, Nik Kamaruzaman and Abdulatiff Norli Ali

Variables: Wellbeing and Performance

Sample: Data was collected from 166 managers in the service sector of Malaysia.

Findings: The study showed that the role of wellbeing did have a positive impact on performance. It showed that

when the management is concerned about the wellbeing of the employees, it will reflect the contribution on performance.

2. Coronavirus Anxiety and Psychological Adjustment in College Students: Exploring the Role of College Belongingness and Social Media Addiction

Authors: Gökmen Arslan, Murat Yildirim and Masood Zangeneh

Variables: Psychological Adjustment, Coronavirus Anxiety, College Belongingness and Social Media Addiction

Sample: Data was collected from 315 undergraduate students attending a state university in an urban city of Turkey.

Findings: College belongingness partially mediated the association between coronavirus anxiety and psychological adjustment. In comparison with the high level of social media addiction, coronavirus anxiety had a stronger predictive effect on college belongingness under the low and moderate levels of social media addiction.

Objectives of the Study

- A. To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Wellbeing.
 - 1) To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Emotional Stability.
 - 2) To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Sociability.
 - 3) To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Self-Esteem.
 - 4) To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Jovial.
 - 5) To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Happiness.
- B. To check the comparison between Covid-19 Sufferers and Non-Covid-19 Sufferers in relation to Adjustment.

Methodology

A. Hypothesis

01. Covid-19 Sufferers will be low on Wellbeing as compared to Non-Covid-19 Sufferers.
 - I. Covid-19 Sufferers will be low on Emotional Stability as compared to Non-Covid-19 Sufferers.
 - II. Covid-19 Sufferers will be low on Sociability as compared to Non-Covid-19 Sufferers.
 - III. Covid-19 Sufferers will be low on Self-Esteem as compared to Non-Covid-19 Sufferers.
 - IV. Covid-19 Sufferers will be low on Jovial as compared to Non-Covid-19 Sufferers.
 - V. Covid-19 Sufferers will be low on Happiness as compared to Non-Covid-19 Sufferers.
02. Covid-19 Sufferers will be low on Adjustment as compared to Non-Covid-19 Sufferers.

B. Research Design

A Comparative Research Design was followed for this study comparing Covid-19 Sufferers and Non-Covid-19 Sufferers.

C. Sample

A sample of total 60 participants falling between the age group of 18-25 years were asked to participate voluntarily. 30 participants were Covid-19 sufferers and the rest 30 were Non-Covid-19 sufferers.

D. Inclusion Criteria

Participants falling in the age groups of 18-25 years of age were voluntarily asked to participate in this study if they were infected by Covid-19 or even if they were not infected by Covid-19. Both males and females having an

occupational status of Students, Self Employed, Homemaker, Working Professional and Unemployed being Married or Unmarried were considered for the study.

E. Exclusion Criteria

Participants falling below the ages of 18 and above the ages of 25 years and who did not understand the English language were not considered for this study.

F. Sampling Method

The sampling method used for this study was Snowball sampling.

G. Variables

The Independent Variables for this study were Covid-19 sufferers and Non-Covid-19 sufferers. The Dependent Variables for this study were Wellbeing and Adjustment. The Control Variable for this study is Age. The Extraneous Variables for this study are the participants Emotional State, Mood, Intelligence level and Boredom.

H. Tools used

The Friedman's Wellbeing Scale was used for testing the overall wellbeing of the participants. This test was formulated by Freidman and published in the year 1992. The test contains 20 bipolar adjectives and can be administered to adults.

The Personal Adjustment Scale by Dr. C.G.Deshpande was used for testing the overall adjustment of the participants. This test contains 20 items and can be administered to College students and above including adults.

Results:

This study included 60 participants between the age groups of 18-25 years- 30 Covid-19 sufferers and 30 Non-Covid-19 sufferers. Statistical analysis was done using SPSS software Version 20.

	N	Minimum	Maximum	Mean	Std. Deviation
Have you been infected by Covid?	60	56	57	56.48	.504
Emotional Stability	60	32	62	46.17	8.116
Sociability	60	27	66	49.30	9.331
Self-esteem/ Self-confidence	60	29	66	47.87	9.500
Jovial	60	33	68	52.37	7.447
Happiness	60	21	90	53.38	12.370
Friedman Wellbeing Scale	60	16	183	124.92	29.683
Adjustment	60	5	30	15.60	5.723
Valid N (listwise)	60				

The data was observed to be normal. Normality was checked by dividing the Skewness Score by Standard Error of Skewness and Kurtosis score divided by Standard Error of Kurtosis.

Group Statistics

	Have you been infected by Covid?	N	Mean	Std. Deviation	Std. Error Mean
Friedman Wellbeing Scale	Yes	30	124.93	35.116	6.411
	No	30	124.90	23.652	4.318
Emotional Stability	Yes	30	47.10	8.527	1.557
	No	30	45.23	7.713	1.408
Sociability	Yes	30	48.73	9.303	1.699
	No	30	49.87	9.482	1.731
Self-esteem/ Self-confidence	Yes	30	47.23	10.673	1.949
	No	30	48.50	8.299	1.515
Jovial	Yes	30	51.50	8.955	1.635
	No	30	53.23	5.575	1.018
Happiness	Yes	30	54.33	13.909	2.539
	No	30	52.43	10.769	1.966
Adjustment	Yes	30	15.43	6.246	1.140
	No	30	15.77	5.250	.959

By looking at the above Group Statistics table and by observing the mean values, it can be said that the participants irrespective of being infected by Covid-19 or not have scored low on Wellbeing and its sub-factors as well as Adjustment.

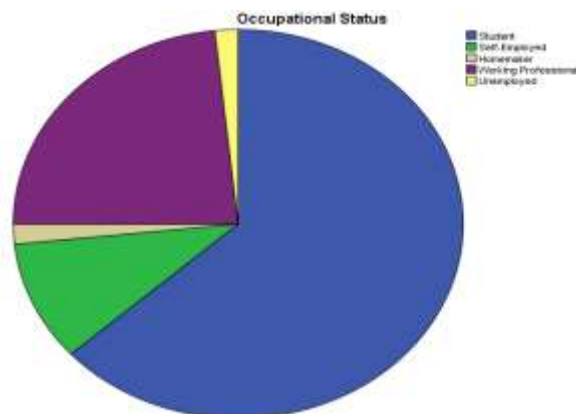
Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Friedman Wellbeing Scale	Equal variances assumed	1.357	.249	.004	58	.997	.033	7.730	-15.440	15.507
	Equal variances not assumed			.004	50.820	.997	.033	7.730	-15.487	15.553
Emotional Stability	Equal variances assumed	1.58	.692	.889	58	.378	1.867	2.099	-2.335	6.069
	Equal variances not assumed			.889	57.426	.378	1.867	2.099	-2.336	6.070
Sociability	Equal variances assumed	.203	.654	-.487	58	.642	-1.133	2.425	-5.988	3.721
	Equal variances not assumed			-.487	57.978	.642	-1.133	2.425	-5.988	3.721
Self-esteem/ Self-confidence	Equal variances assumed	4.790	.033	-.513	58	.610	-1.267	2.468	-6.208	3.674
	Equal variances not assumed			-.513	54.681	.610	-1.267	2.468	-6.214	3.681
Jovial	Equal variances assumed	5.856	.019	-.900	58	.372	-1.733	1.926	-5.588	2.122
	Equal variances not assumed			-.900	48.545	.373	-1.733	1.926	-5.604	2.138
Happiness	Equal variances assumed	.529	.470	-.592	58	.556	1.900	3.212	-4.529	8.329
	Equal variances not assumed			-.592	54.577	.557	1.900	3.212	-4.537	8.337
Adjustment	Equal variances assumed	1.235	.271	-.224	58	.824	-.333	1.490	-3.315	2.649
	Equal variances not assumed			-.224	56.334	.824	-.333	1.490	-3.317	2.651

Independent Samples T-test was used to compare the 2 groups and check the significance. It can be concluded that the data was observed to be not significant since it was above 0.05 significance level for Wellbeing and its sub-factors as well as for Adjustment and hence the hypothesis was rejected.

Discussion:

In our study, the sample was just restricted to 18-25 years of age which is why no significant difference could be noticed in any of the independent variables. Since each one of us were isolated at home irrespective of being tested positive for Covid-19 or not, the isolation might have impacted our mental health indirectly. All of us faced the same situation.



From the pie chart shown above, it is evident that there is a majority of the student population participating in the study. Assuming that most students were stranded at their universities, hostels or PG's when Covid-19 hit, due to isolation and social distancing their wellbeing was compromised. When these same students might have visited their homes after the eased out restrictions, adjusting to their family members and other people around them would have been definitely hard for them. Another reason why the hypothesis is rejected is because of the severity of Covid-19. Many people did have mild symptoms of Covid-19 like a normal flu or cough. Such people might have not bothered to get themselves tested and might have simply self-quarantined. There are also a certain group of people who are scared to go to the hospitals and centers to get themselves tested because of fear and anxiety and hence they went undetected. This definitely was a major contributing factor. During the first wave of Covid-19, the quarantine period was atleast 14 days but since the 2nd wave, the quarantine period has been reduced to 5-7 days. People have started normalizing being infected by Covid-19 which is why the results did not show any significant difference. Many participants might have given socially accepted answers as well because of the fear of disclosing their true emotions. Also, because the researcher did not control the time from when the participants were infected, impacted the results of the study. Participants were taken into consideration from the time Covid-19 hit.

Conclusion:

- A. In terms of Wellbeing, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Wellbeing as compared to Non-Covid-19 Sufferers.
1. In terms of Emotional Stability, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Emotional Stability as compared to Non-Covid-19 Sufferers.
 2. In terms of Sociability, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Sociability as compared to Non-Covid-19 Sufferers.
 3. In terms of Self-Esteem, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Self-Esteem as compared to Non-Covid-19 Sufferers.
 4. In terms of Jovial, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Jovial as compared to Non-Covid-19 Sufferers.
 5. In terms of Happiness, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Happiness as compared to Non-Covid-19 Sufferers.
- B. As for Adjustment, no significant difference is found for the hypothesis that Covid-19 Sufferers will be low on Adjustment as compared to Non-Covid-19 Sufferers.

Limitations of the Study:

The Friedman's Wellbeing Scale measures the overall wellbeing of a person and does not specifically measure the wellbeing of a Covid-19 sufferer. The Personal Adjustment Inventory measures the overall adjustment of a person and does not specifically measure the adjustment of a Covid-19 sufferer. Another limitation of this study is that the researcher did not ask for the RT-PCR Certificate from the participants of being tested as Covid-19 positive. So, the researcher does not really know if the participant was actually infected by Covid-19 or not. Data was collected only from Pune city and other geographical areas were not covered for data collection. Due to Covid-19 protocol, data could be collected only with the help of Google forms which was a huge limitation for this study. Qualitative data collection via interviews could not be done.

Implications of the Study:

This research can provide good inputs to policy makers for making policies specific to health. This can include setting up of better quarantine facilities, having good infrastructure and efficient manpower. These facilities should be well equipped and stocked up with PPE kits, oxygen cylinders and the required medications. Also, including mental health in insurance policies will play an important role to make mental health accessible to everyone. This research will provide a good starting point to students as well as scholars for future study and research in this field. This research will provide a quick reference for practitioners in the field of mental health and wellbeing. This study contributes to the existing body of knowledge in terms of comparison of subjects and variables, the analysis of data and some inferences drawn therein. Also, asking people to open up about their mental health and adjustment struggles during the pandemic so that we can understand its implications on the human race in detail.

Scope for Further Study:

This research will help health organizations and hospitals to understand how the entire human race was affected by a tiny yet mighty virus. The coming generations will study from the gaps and come up with suitable correct actions. Not much research is done on this topic in the Indian rural context since India has a larger rural base where the health facilities are not that mature. A wider sample along with covering different demographics could give a comparative analysis of wellbeing and adjustment. Research in the field of education, economic crisis in relation to Covid-19 can be explored. Qualitative research can be done where Personal Interviews of the survivors and first respondents can be taken. Other catastrophes like war, earthquakes or man-made catastrophes can be studied by doing comparative research. Other epidemics like swine flu, bird flu can be studied by doing comparative research.

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