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Quality of Life and coping mechanism of Adolescents during COVID-19

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Abstract

Quality of life is defined as Individuals perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns”.

-WHOQOL Group, 1995

Statement of the problem: A study to assess the quality of life and coping mechanism of adolescents during COVID-19 at a selected school, Karaikal.

Methods: Analytical Cross-sectional design was adopted in this study. The study was conducted at a selected school in Karaikal. Study participants were adolescents between 14 to 17 years of age studying in that school. A purposive sampling technique was used to select the study participants. Sample size was 340.

Results: The study result revealed that only 6 (1.8%) of them had poor quality of life and 167 (49.1%) of them had good quality of life. It reveals that 114 (33.5%) had good coping mechanism. At p value < 0.05 there was a significant correlation between the quality of life to the coping mechanism of adolescents during COVID-19. At p value < 0.05 there was a significant association between the quality of life of adolescents to age and class in which they were studying in.

Keywords: Quality of Life, coping mechanism, adolescents, COVID-19, Karaikal

1. Introduction

Quality of life is a wide range of concepts incorporating in a multiple way the person's physical, psychological health, independence level, social relationships, personal beliefs, and their relationships with the salient features of the environment ^[1]. Quality of life is influenced by individual and contextual factors among adolescents which requires the adoption of an ecological perspective. Adolescents living in several systems have different values, beliefs, and attitudes which influence their quality of life. Adolescents with poor quality of life are less likely to develop normally and mature into healthy adults ^[2].

The World Health Organization declared the SARS-CoV-2 infection as a pandemic in March 2020. India went into lockdown on March 25, 2020. Relaxations of the lockdown were implemented from May 4, 2020, and that too permitting only minimal activities in the community. From the beginning of covid, schools, educational institutions, playgrounds, and entertainment centers were closed. Thus, the normal routine or pattern of life was interrupted. These restrictions had a great impact on the quality of life worldwide children were locked up to their homes. The death of parents left them orphans or destitute. Isolation of infected parents was also a great stressor in many families. Hospitalization and death of loved ones irrespective of age was a great threat to the dependent population, especially children ^[3].

1.1 Need & significance of the study

Children are not the face of the pandemic, but they are at risk of being a biggest victims, as the lives of children have been changed in profound ways. Worldwide, all children are affected by COVID, particularly with the socio-economic impact, severe impact on vulnerable children living in the poorest countries and neighbourhoods. Many of the families lost their sources of income and more households were coming under poverty. Some of the poorest families without access to social protection make the situation worst ^[4].

Lockdown measures can expose children to risk for violence due to several factors such as stressor on caregivers, economic uncertainty, job loss or disruption to livelihoods, and social isolation. The daily routines of girls have been changed in this pandemic such as their physical and mental health, education, and family economic circumstances. These changes increase the risk of child marriage [4].

Due to social isolation conditions, individual physical activity was restricted sedentary lifestyle such as watching television, playing video games, using social media, using mobile phones led to a lack of physical activity. Lack of physical activity increases the risk of getting chronic health diseases. This situation had a negative impact on quality of life. Hence this study was taken to assess the quality of life among adolescents [5].

1.2 Objectives of the Study

1. To assess the quality of life of adolescents during COVID-19 using a semi-structured questionnaire.
2. To identify the coping mechanisms of adolescents during COVID-19 using a semi-structured questionnaire.
3. To correlate the quality of life with the coping mechanism of adolescents during COVID-19.
4. To determine the association between the quality of life of adolescents with the selected socio-demographic variables

2. Materials and methods

2.1 Research design: Non-experimental Descriptive cross-sectional research design.

2.2 Setting of the study: The study was conducted at a selected school, Karaikal

2.3 Population of the study: In this study, the population includes adolescents studying in school.

2.4 Sample: In this study sample were adolescents between 14 to 17 years of age in a selected school at Karaikal district.

2.5 Sample size: The sample size of the study was 340 adolescents.

2.6 Sampling technique: A convenience sampling technique was used.

2.7 Data collection procedure: The study was conducted after obtaining permission from the concerned authorities. The data was collected during the month of June 2022 at a selected school in Karaikal district. The data was collected by gathering the participants in a common room of the school. He investigator checked the completeness of the questionnaire while collecting it.

2.8 Validity and reliability of the tool: Content validity index established from five experts for the quality of life questionnaire was 0.96 and for coping mechanism, questionnaire was 0.92 respectively. Test retest method and the Karl Pearson correlation formula were used to assess the reliability. The Reliability was 0.9

2.9 Ethical Considerations

- The researcher had undertaken formal permission from director-principal, principal-in charge of college of

nursing, human resource department, IEC (internal ethical committee) with IEC No: RC/2021/67-11.07.2022 and ethical clearance obtained from IEC Pondicherry Institute of Medical Sciences.

- All participants were explained in the language comprehensible to them, the details of the study and the level of risk/ benefit associated with it. Freedom to withdraw at any time, without giving any explanation.

3. Results and Discussion

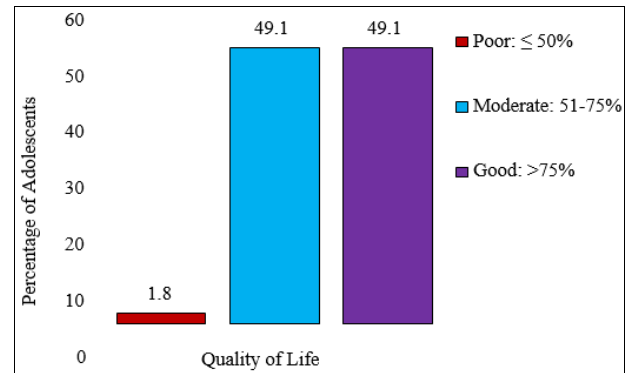


Fig 1: Quality of Life among Adolescents during COVID-19 n= 340

Among 340 adolescents, only 6(1.8%) of them had poor quality of life, 167(49.1%) of them had moderate and an equal number had a good quality of life

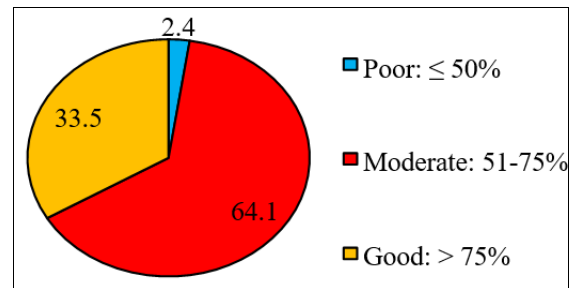


Fig 2: Coping Mechanism among Adolescents during COVID-19

Among 340 Adolescents, only few 8 (2.4%) had poor coping mechanisms, 114 (33.5%) had good coping mechanisms, remaining 218 (64.1%) had moderate coping mechanism.

Table 1: Association between the Quality of Life of adolescents with the selected socio-demographic variable

S. No.	Demographic variables	Quality of life						p-value
		Poor ≤50%		Moderate 51-75%		Good >75%		
		f	%	f	%	f	%	
1.	Age in years							
	14	0	-	39	23.4	57	34.1	0.035
	15	5	83.3	84	50.3	58	34.7	
	16	1	16.7	38	22.8	45	26.9	S
	17	0	-	6	3.6	7	4.2	
2.	Standard of study							
	9 th std.	0	-	32	19.2	35	21.0	0.005
	10 th std.	0	-	13	7.8	32	19.2	
	11 th std.	5	83.3	101	60.5	71	42.5	S
	12 th std.	1	16.7	21	12.6	29	17.4	

*S= statistically significant (p<0.05 p-value), *NS = Statistically

Not Significant At $p < 0.05$ there were a significant association of the quality of life among adolescents to age ($p = 0.035$) and the class in which they were studying ($p = 0.005$). The other socio-demographic variables such as place of residence, religion, occupation of the breadwinner, financial support of family, history of family member affected with covid, history of study participant affected with Covid, death of family members due to covid, parents' status of covid vaccination, received Government support for covid did not have any statistical significance with quality of life.

4. Discussion

The study included 340 adolescent girls, among them 49.1% had a Moderately good Quality of Life during covid 19. The adolescents expressed that their quality of life was not affected, despite the economic constraints of their parents. They expressed that they did not have the stress of routine school life and adolescents. They had leisure time with friends and family. Regarding coping mechanisms of adolescents, it was found that 33% had good coping and 64% had moderate coping. Only 2.4% were not able to identify the coping mechanism they used, whereas they had no limitations at home.

5. Conclusion

The study revealed that adolescents perceived that their quality of life was not affected as they did not face or feel the economic constraints of their caregiver and also because their basic needs were fulfilled despite the covid restriction.

6. Acknowledgments

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7. Conflict of Interest

Not available

8. Financial Support

Not available

9. References

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