

PROBLEM STATEMENT

A correlation study to assess the knowledge and self-expressed stigma regarding COVID-19 Outbreak among adults at selected society of Pune city.

INTRODUCTION

Coronaviruses are zoonotic. This means they first develop in animals before developing in humans. For the virus to pass from animal to humans, a person has to come into close contact with an animal that carries the infection.

Once the virus develops in people, coronaviruses can be spread from person to person through respiratory droplets. This is a technical name for the wet stuff that moves through the air when you cough or sneeze.

The viral material hangs out in these droplets and can be breathed into the respiratory tract (your windpipe and lungs), where the virus can then lead to an infection.¹

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces.

People can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.²

Common symptoms:

- Fever.
- Tiredness.
- Dry cough.

Some people may experience:

- Aches and pains.
- Nasal congestion.
- Runny nose.
- Sore throat.
- Diarrhoea.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Older people and people with certain health conditions have a higher risk for severe complications if they contract the virus. These health conditions include.

- lung conditions, such as COPD and asthma

- certain heart conditions
- immune system conditions, such as HIV
- cancer that requires treatment
- severe obesity
- other health conditions, if not well-controlled, such as diabetes, kidney disease, or liver disease

Pregnant women have a higher risk of complications from other viral infections, but it's not yet known if this is the case for COVID-19.

COVID-19 can be diagnosed similarly to other conditions caused by viral infections: using a blood, saliva, or tissue sample. However, most tests use a cotton swab to retrieve a sample from the inside nostrils.

There's currently no treatment specifically approved for COVID-19, and no cure for an infection, although treatments and vaccines are currently under study. Instead, treatment focuses on managing symptoms as the virus runs its course.

Corona viruses like SARS and MERS are also treated by managing symptoms. In some cases, experimental treatments are tested to see how effective they are.

Examples of therapies used for these illnesses include:

- antiviral or retroviral medications
- breathing support, such as mechanical ventilation
- steroids to reduce lung swelling
- blood plasma transfusions³

To prevent the spread of COVID-19:

- Avoid large events and mass gatherings.
- Avoid close contact (within about 6 feet, or 2 meters) with anyone who is sick or has symptoms.
- Stay home as much as possible and keep distance between yourself and others (within about 6 feet, or 2 meters) if COVID-19 is spreading in your community, especially if you have a higher risk of serious illness. Keep in mind some people may have COVID-19 and spread it to others, even if they don't have symptoms or don't know they have COVID-19.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your face with a cloth face covering in public spaces, such as the grocery store, where it's difficult to avoid close contact with others, especially if you're in an area with ongoing community spread. Only use nonmedical cloth masks — surgical masks and N95 respirators should be reserved for health care providers.
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue.
- Avoid touching your eyes, nose and mouth.

- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Clean and disinfect high-touch surfaces daily.
- Stay home from work, school and public areas if you're sick, unless you're going to get medical care. Avoid taking public transportation if you're sick.⁴

BACKGROUND OF THE STUDY

Corona viruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019, a new corona virus was identified as the cause of a disease outbreak that originated in China.

The virus is now known as the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). The disease it causes is called corona virus disease 2019 (COVID-19). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic⁵

The disease was first identified in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally, resulting in the ongoing 2019–20 corona virus pandemic. As of 27 April 2020, more than 2.99 million cases have been reported across 185 countries and territories, resulting in more than 207,000 deaths. More than 876,000 people have recovered.

Corona viruses were identified in the mid-1960s and are known to infect humans and a variety of animals (including birds and mammals). Since 2002, two corona viruses infecting animals have evolved and caused outbreaks in humans: SARS-Cove (Severe Acute Respiratory Syndrome) identified in southern China in 2003, and MERS-CoV (Middle East Respiratory Syndrome), identified in Saudi Arabia in 2012. Together, they have caused more than 1600 deaths.

Two other recent coronavirus outbreaks have been experienced. Middle East Respiratory Syndrome (MERS-CoV) of 2012 was found to transmit from dromedary camels to humans. In 2002, Severe Acute Respiratory Syndrome (SARS-CoV) was found to transmit from civet cats to humans⁶

Although COVID-19 has already shown some similarities to recent coronavirus outbreaks, there are differences and we will learn much more as we deal with this one. SARS cases totaled 8,098 with a fatality rate of 11 percent as reported in 17 countries, with the majority of cases occurring in southern mainland China and Hong Kong. The fatality rate was highly dependent on the age of the patient with those under 24 least likely to die (one percent) and those over 65 most likely to die (55 percent). No cases have been reported worldwide since 2004.

According to the World Health Organization (WHO), as of 2020, MERS cases total more than 2,500; have been reported in 21 countries, and resulted in about 860 deaths. The fatality rate may be much lower as those with mild symptoms are most likely undiagnosed. Only two cases have been confirmed in the United States, both in May of 2014 and both patients had recently travelled to Saudi Arabia. Most cases have occurred in the Arabian Peninsula. It is still unclear how the virus is transmitted from camels to humans. Its spread is uncommon outside of hospitals. Thus, its risk to the global population is currently deemed to be fairly low.⁷

The World Health Organization declared the outbreak to be a Public Health Emergency of International Concern on 30 January 2020, and recognised it as a pandemic on 11 March 2020. As of 27 April 2020, more than 2.99 million cases of COVID-19 have been reported in 185 countries and territories, resulting in more than 207,000 deaths. More than 876,000 people have recovered.⁸

NEED OF THE STUDY

A novel corona virus, 2019-nCoV, has been identified as the cause of an outbreak of respiratory illness that originated in Wuhan, China, and which has spread to several other countries around the world.

Public health emergencies during outbreak of communicable diseases may cause fear and anxiety leading to prejudices against people and communities, social isolation and stigma. Such behaviour may culminate into increased hostility, chaos and unnecessary social disruptions. Cases have been reported of people affected with COVID-19 as well as healthcare workers, sanitary workers and police, who are in the frontline for management of the outbreak, facing discrimination on account of heightened fear and misinformation about infection. Even those who have recovered from COVID-19 face such discrimination. Further, certain communities and areas are being labelled purely based on false reports floating in social media and elsewhere. There is an urgent need to counter such prejudices and to rise as a community that is empowered with health literacy and responds appropriately in the face of this adversity.⁹

Overworked Indian medical professionals are now increasingly fighting on a whole new front in the Covid-19 battle: stigma. Fully under the grip of the global pandemic, the country is reporting cases of doctors, nurses, and other health care professionals, on the frontline of the battle, being shunned by others for fear of being infected.

Slum in the central Indian city of Indore when the mob attacked. Group of public-health workers had been tracking down a man who might have had contact with a recently confirmed case of the corona virus. When they found him, he cursed at them, asking why they wanted his information and accusing them of trying to take him away. Almost immediately, at least 100 people surrounded the team, throwing stones and other objects.¹⁰

In the southern city of Bengaluru (formerly known as Bangalore), health workers were attacked as they went door to door checking people for symptoms. In the central city of Bhopal, doctors returning from an emergency shift were stopped by the police, accused of spreading the virus, and beaten with batons. And in New Delhi, one doctor was assaulted by a shopper at a local fruit market, while neighbours of one of her colleagues attempted to force the woman from her apartment building.¹¹

In some cases, the way testing was conducted also caused problems: one couple in the eastern state of Bihar said that their son was told to come out of their apartment building and into the street to give his swab for testing. He was in home quarantine after returning from Canada. Seeing so many doctors in hazmat suits made our neighbours really scared. People stopped saying hello - even from a safe distance. They added that their son tested negative, but the discrimination continues.¹²

Panic gripped Nagpur as four suspected corona virus patients ran away from a government-run hospital.¹³

There are many examples for which people have misconceptions and stigma about the covid 19 disease. As seen from the recent data in India, the stigma attached to COVID-19 and the fear of isolation may be the reasons for people shying away from being diagnosed.

With several reports now emerging that people suspected of coronavirus infection are fleeing from quarantine facilities in India owing to isolation and social stigma fears, this can lead to unnecessary panic and spread of the deadly disease

There is need for this study as the researcher is interested in this topic. When the researcher saw such incidents in the news and media, many people are suffering from the wrong perception and stigma about COVID-19 disease. This is happening because people do not have sufficient information about the COVID-19 disease. Through this study, assess the knowledge and self-expressed stigma regarding COVID-19 Outbreak among adults.

PROBLEM STATEMENT

A correlation study to assess the knowledge and self-expressed stigma regarding COVID-19 Outbreak among adults at selected society of Pune city.

OBJECTIVES

1. To assess the knowledge regarding COVID-19 Outbreak among adults
2. Study to assess self-expressed stigma regarding COVID-19 Outbreak among adults
3. To assess the correlation between knowledge and self-expressed stigma regarding COVID-19 Outbreak among adults
4. To associate the major findings of knowledge regarding COVID-19 Outbreak with selected demographic
5. To associate the major findings of self-expressed stigma regarding COVID-19 Outbreak with selected demographic

HYPOTHESES

H₀₁: There is no significant association between the levels of knowledge regarding COVID-19 outbreak with selected socio-demographic variables.

H₀₂: There is no significant association between self-expressed stigmas regarding COVID-19 outbreak with selected socio-demographic variables.

H₁: There is significant difference between the levels of knowledge and self-expressed stigma regarding COVID-19 outbreak with selected socio-demographic variables.

OPERATIONAL DEFINITION

ASSESS: Assess means to evaluate the value or quality of particular subject.

In this study, assess means to evaluate the knowledge regarding the COVID-19.

SELF EXPRESSED: Self-expression is the expression of your personality, feelings, or opinions. In this study self-expressed means assess the feeling and opinions of adult regarding the stigma of COVID 19.

STIGMA: Stigma is a mark of disgrace that sets a person apart from others.

In this study stigma means misassumptions about the COVID 19 in the adult.

COVID 19: Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

ADULTS:-Adults refers to a fully grown person who is legally responsible for their actions.

In this study, Adults refers Male and female age group between 18- 55 years.

Problem statement

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RESEARCH METHODOLOGY

RESEARCH APPROACH

A descriptive, cross sectional study was used to assess the knowledge and self-expressed stigma regarding COVI19.

RESEARCH DESIGN

Non-experimental descriptive research is the label given to a study when a researcher cannot control, manipulate or alter the predictor variable or subjects, but instead, relies on interpretation, observation or interactions to come to a conclusion.

RESEARCH SETTING

The study will be conducted in selected areas of Pune city.

POPULATION

In this study population consist adult who are living in Pune city.

SAMPLE AND SAMPLING TECHNIQUE

In this study sample is adult from selected areas of Pune city. And non-probability Convenient Sampling Technique will be used.

SAMPLE SIZE

Total sample of 100 adults were selected.

Criteria for sample selection:

INCLUSION CRITERIA

- Adults 18-55 years
- Adults who will be present at the time of study.
- Who can read and write English or Marathi

DEVELOPMENT AND DESCRIPTION OF THE TOOL

Before developing the tool an extensive review of literature was done. Books and articles were also studied. Opinion and suggestion from various experts in the field and exposure of the investigator in the area of research were considered.

The investigator selected the following tool for data collection. The tools were constructed according to the objective of the study it consists of three sections.

- Section I Demographic profile
- Section II To assess the knowledge regarding COVID-19 Outbreak among adults
- Section III To assess the self-expressed stigma regarding COVID-19 Outbreak among adults

PLAN FOR DATA ANALYSIS

The collected data was organized, tabulated and analyzed by using descriptive and inferential statistics methods wherever required. The descriptive statistics like percentage, mean, SD and inferential statistics like correlation and coefficient will be used. Further the analyzed data will be presented in the form of tables, figures and diagrams.

Sample Size for Frequency in a Population

REFERENCE

1. Coronavirus disease 2019 - World Health Organization 2019.<https://www.who.int>
2. Detail Question and Answers on COVID-19 for Public Ministry of Health and Family Welfare.<https://www,mohfw.gov.in>.
3. coronavirus symptoms: What are they and how do I protect. <https://www.bbc.com › news › health>.
4. Q&A on coronaviruses (COVID-19) - World Health Organization <https://www.who.int › Newsroom>.
5. Coronavirus Resource Center - Harvard Health. <https://www.health.harvard.edu>
6. Symptoms of Coronavirus. <https://www.cdc.gov › 2019-ncov>.
7. 2019 Coronavirus (COVID-19): Symptoms, Treatment. <https://www.healthline.com › health>.
8. COVID-19: A History of Coronavirus.<https:// www.labmanager.com › lab-health-and-safety>.
9. Coronavirus Update (Live).<https:// www.worldometers.info › coronavirus>
10. Stigma, distancing in slums may impede India's coronavirus fight. <https://www.natureasia.com › nindia>
11. Doctors come under attack in India as coronavirus stigma grows. <https://www.japantimes.co.jp › news>.
12. Covid-19 update: Govt issues advisory to stem social stigma. <https://www.hindustantimes.com .>
13. Social Stigma Forcing Coronavirus Patients.<https://www.medicalbuyer.co.in>

TOOL

Section A

Demographical variable

1. Age

- a. 18-28 years
- b. 28-38 years
- c. 38-48 years
- d. 48 and above

2. Sex

- a. Male
- b. Female

3. Educational status

- a. Illiterate
- b. Primary
- c. Secondary
- d. Graduation
- e. Post-Graduation

4. Occupation

- a. Government employee
- b. Privet employee
- c. Unemployed
- d. Self employed
- e. Student
- f. Others

5. Living areas

- a. Rural area
- b. Urban area

6. Heard about COVID-19

- a. Yes
- b. No

7. If yes, from were

- a. TV
- b. News paper
- c. Social media like Face book, WhatsApp
- d. From relative or neighbor
- e. Other source

8. Any COVID positive and suspect case in family?

- a. Yes
- b. No
- c. I don't know

Section B :-

Knowledge regarding COVID 19

1. What is COVID-19?

- a. Allergy
- b. Asthma
- c. Severe Acute Respiratory Syndrome Coronavirus-2
- d. Fever

2. COVID-19 Cause by

- a. Virus
- b. Bacteria
- c. Fungi
- d. Parasites.

3.The first case of novel coronavirus was identified in ...

- a.Beijing
- b.Shanghai
- c.Wuhan, Hubei
- d.Tianjin

4.How long does the novel coronavirus survive outside the body?

- a. A week in the air and on surfaces
- b. Several hours to days
- c. Up to a two and a half weeks
- d. Several year

5. In which age group the COVID-19 spreads?

- a. COVID-19 occurs in all age groups.
- b. Coronavirus infection is mild in children.
- c. Older person and persons with pre-existing medical conditions are at high risk to develop serious illness.
- d. All the above are correct,

6. How does Coronavirus transmit?

- a. When a person sneezes or coughs, droplets spread in the air or fall on the ground and nearby surfaces.
- b. If another person is nearby and inhales the droplets or touches these surfaces and further touches his face, eyes or mouth, he or she can get an infection.
- c. If the distance is less than 1 meter from the infected person.
- d. All the above are correct

7. What are the symptoms of COVID-19 in the early stages?

- a. Typically, there are no obvious symptoms
- b. Vomiting
- c. Dizziness
- d. Flu like symptoms

8. Mild Symptoms occur after 2-15 day of Novel coronavirus are:

- a. Fever
- b. cough
- c. Shortness of breath
- d. All the above

9. What happens to a person suffering from COVID-19?

- a. Around 80% of the people will require no treatment as such and will recover on their own.
- b. Around <20% or a small proportion may need hospitalization.
- c. A very small proportion basically suffering from chronic illness may need admission in an Intensive Care Unit (ICU).
- d. All the above are correct

10. What are the precautions that need to be taken to protect from the coronavirus?

- a. Cover your nose and mouth when sneezing and wearing face cover or mask.
- b. Add more garlic into your diet.
- c. Visit your doctor for antibiotics treatment
- d. Wash your hands after every hour.

ANSWER KEY

ITEM	CORRECT ANSWER
1.	C
2.	A
3.	C
4.	B
5.	D
6.	D
7.	A
8.	D
9.	D
10.	A

SECTION- C

Sr.no	Item	True	False	Don't know
1.	Do you think hand washing, covering face and social distancing effective against the coronavirus disease?			

Assessment tool for the self-expressed stigma regarding COVID-19 Outbreak

2.	It is safe to stay away from the sick person at a distance of 3 feet (1 meter).			
3.	Isolation and treatment of people who are infected with the COVID-19 virus are effective ways to reduce the spread of the virus.			
4.	Do you think state, territorial, and local health departments are doing enough to prevent the spread of COVID-19?			
5	Do not target healthcare and sanitary Workers or police. They are there to help you			
6	Appreciate efforts of people providing essential services and be supportive towards them and their families.			
7	Cross check any information related to CoVID-19 from reliable sources before forwarding any messages on social media			
8.	Do you think Avoid spreading fear and panic are helpful for community?			
9	Share only the authentic information available on the website of Ministry of Health and Family Welfare, Govt. of India or the World Health Organisation			
10	Do you think Never spread names or identity of those affected or under quarantine or their locality on the social media?			