

**A DETAILED RESEARCH STUDY ON THE KNOWLEDGE,
ATTITUDE AND PRACTICE AMONG WORKING CLASS
POPULATION TOWARDS COVID-19 IN THE STATE OF KERALA.**

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ABSTRACT

Coronaviruses (CoVs) are RNA viruses that have become a major public health concern since the Severe Acute Respiratory Syndrome-CoV (SARS-CoV) outbreak in 2002. The continuous evolution of corona viruses was further highlighted with the emergence of the Middle East Respiratory Syndrome-CoV (MERS-CoV) outbreak in 2012. Currently, the world is concerned about the 2019 novel CoV (SARS-CoV-2) that was initially identified in the city of Wuhan, China in December 2019. Due to lack of specific drugs and vaccine, the only method to prevent the fatality is by proper social distancing and self isolation techniques. So it is of huge importance to conduct study among the working class population.

KEYWORDS: Covid-19, Pandemic, Vulnerable.

INTRODUCTION

The COVID-19 pandemic has spread very quickly and the world needs to prepare for the prevention of the pandemic. Health education programs aimed at improving COVID-19 knowledge are reported helpful to hold optimistic attitudes and maintain appropriate practices. The response to the COVID-19 pandemic has exposed that basic disease prevention and control systems are insufficient in terms of human resources and laboratory testing capacity. During this COVID-19 pandemic, it has been observed that older people, individuals with diabetes, hypertension, lung disease, kidney disease and immuno-

compromised individuals are at risk of severe illness and considerably greater mortality with SARS-CoV-2 infection.

METHODOLOGY

STUDY AREA: State of Kerala

STUDY DESIGN: Cross sectional study

INCLUSION CRITERIA:

- Working class and adults of age group 15-59. (203 participants).

EXCLUSION CRITERIA: Those who are not willing to participate

DURATION: May -September 2020.

STATISTICS: Data was entered into Excel sheet and statistics was done using SPSS software.

RESULTS

AGE					
		Frequency	Percent	Valid Percent	Cumulative Percent
	15-30	108	53.2	53.2	53.2
	31-45	82	40.4	40.4	93.6
	46-59	13	6.4	6.4	100.0
	Total	203	100.0	100.0	

SEX					
		Frequency	Percent	Valid Percent	Cumulative Percent
	Male	102	50.2	50.2	50.2
	Fem	101	49.8	49.8	100.0
	Total	203	100.0	100.0	

MARITAL STATUS					
		Frequency	Percent	Valid Percent	Cumulative Percent
	Marr.	83	40.9	40.9	40.9
	Sin	64	31.5	31.5	72.4
	Sep	56	27.6	27.6	100.0
	Total	203	100.0	100.0	

EDUCATION LEVEL					
		Frequency	Percent	Valid Percent	Cumulative Percent
	SSLC	8	3.9	3.9	3.9
	Plus2	27	13.3	13.3	17.2
	Dip	26	12.8	12.8	30.0
	Deg	93	45.8	45.8	75.9
	PG	41	20.2	20.2	96.1
	PHD	8	3.9	3.9	100.0
	Total	203	100.0	100.0	

NUMBER OF FAMILY MEMBERS					
		Frequency	Percent	Valid Percent	Cumulative Percent
	1	24	11.8	11.8	11.8
	2	26	12.8	12.8	24.6
	3	7	3.4	3.4	28.1
	4	70	34.5	34.5	62.6
	5	38	18.7	18.7	81.3
	6	24	11.8	11.8	93.1
	7	14	6.9	6.9	100.0
	Total	203	100.0	100.0	

UNDERLYING DISEASE					
		Frequency	Percent	Valid Percent	Cumulative Percent
	HTN	29	14.3	14.3	14.3
	DM	12	5.9	5.9	20.2
	CVD	4	2.0	2.0	22.2
	CAN	2	1.0	1.0	23.2
	Allerg	19	9.4	9.4	32.5
	None	79	38.9	38.9	71.4
	Others	58	28.6	28.6	100.0
	Total	203	100.0	100.0	

APL/BPL					
		Frequency	Percent	Valid Percent	Cumulative Percent
	BPL	67	33.0	33.0	33.0
	APL	136	67.0	67.0	100.0
	Total	203	100.0	100.0	

I) Knowledge items towards Covid-19

CAUSATIVE AGENT OF COVID19					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	175	86.2	86.2	86.2
	NO	28	13.8	13.8	100.0
	Total	203	100.0	100.0	

COVID-19 INFECTION CAN BE PREVENTED					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	153	75.4	75.4	75.4
	NO	50	24.6	24.6	100.0
	Total	203	100.0	100.0	

IMPACT OF EARLY DETECTION AND VISIT TO HOSPITAL ON COVID-19					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	155	76.4	76.4	76.4
	NO	48	23.6	23.6	100.0
	Total	203	100.0	100.0	

MENTIONED ATLEAST ONE SIGN AND SYMPTOM OF COVID19					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	203	100.0	100.0	100.0

QUARANTINE OR SELF ISOLATION PREVENT COVID-19 TRANSMISSION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	141	69.5	69.5	69.5
	NO	62	30.5	30.5	100.0
	Total	203	100.0	100.0	

II) Attitude items towards Covid-19

WILL GO OR CALL FOR CONSULTATION IF YOU HAVE SIGNS AND SYMPTOMS OF COVID-19					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	164	80.8	80.8	80.8
	NO	39	19.2	19.2	100.0
	Total	203	100.0	100.0	

AVOIDING MASS GATHERING IS NECESSARY FOR PREVENTION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	179	88.2	88.2	88.2
	NO	24	11.8	11.8	100.0
	Total	203	100.0	100.0	

AVOID TOUCHING EYES, MOUTH ETC WITH UNCLEAN HAND IS NECESSARY					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	172	84.7	84.7	84.7
	NO	31	15.3	15.3	100.0
	Total	203	100.0	100.0	

FACEMASK IS NECESSARY FOR COVID19 PREVENTION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	161	79.3	79.3	79.3
	NO	42	20.7	20.7	100.0
	Total	203	100.0	100.0	

PHYSICAL DISTANCING IS NECESSARY FOR COVID-19 PREVENTION					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	176	86.7	86.7	86.7
	NO	27	13.3	13.3	100.0
	Total	203	100.0	100.0	

COVID-19 IS A RESULT OF PUNISHMENT OF GOD					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	37	18.2	18.2	18.2
	NO	166	81.8	81.8	100.0
	Total	203	100.0	100.0	

III) Practice items towards Covid-19

EXTREMELY SCARED ABOUT COVID-19					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	92	45.3	45.3	45.3
	NO	111	54.7	54.7	100.0
	Total	203	100.0	100.0	

PERFORM REGULAR EXERCISE					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	76	37.4	37.4	37.4
	NO	127	62.6	62.6	100.0
	Total	203	100.0	100.0	

KEEP DIETARY BALANCE					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	61	30.0	30.0	30.0
	NO	142	70.0	70.0	100.0
	Total	203	100.0	100.0	

CHECK SIGNS AND SYMPTOMS OF COVID-19 REGULARLY					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	179	88.2	88.2	88.2
	NO	24	11.8	11.8	100.0
	Total	203	100.0	100.0	

PRACTICE PROPER HAND WASHING					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	111	54.7	54.7	54.7
	NO	92	45.3	45.3	100.0
	Total	203	100.0	100.0	

USE APPROPRIATE FACE MASKS					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	YES	134	66.0	66.0	66.0
	NO	69	34.0	34.0	100.0
	Total	203	100.0	100.0	

DISCUSSION

The current study is conducted among age group between 15-59 in the state of Kerala. There were 53.2% participants from age group 15-30 years, 40.4% from 31-45 years and 6.4% from 46-59 years respectively. 50.2% were males and 49.8% were females. 40.9% were married, 31.5% were single, 27.6% were separated/widowed. In the study, 3.9% had only SSLC education, 13.3% had PLUS 2, 12.8% had diploma, 45.8% degree, 20.2% post graduation and 3.9% had PHD. In the study majority (34.5%) have four family members at their home, 18.7% have five members and so on. The major study finding was that only 38.9% didn't have any kind of comorbidities. 14.3% have hypertension, 5.9% have diabetes mellitus, 2% have cardio vascular disorders, 1% have cancer, 9.4% have allergy and so on. Majority of the study population belong to APL category (67%).

Majority of the population (86.2%) know about causative agent of Covid19, 75.4% know how to prevent the infection, 76.4% know impact of early detection and visit to hospital. Surprisingly, all the population (203 participants) mentioned at least one sign and symptom of Covid-19. 69.5% knew quarantine or self isolation can prevent transmission.

80.8% mentioned that they will go or call for consultation if they have any signs and symptoms. 88.2% know avoiding mass gatherings is necessary and 84.7% know avoid touching eyes, mouth etc with unclean hands is necessary. 79.3% know that facemask can prevent covid-19 infection, 86.7% know about the importance of physical distancing too. Surprisingly 18.2% believe that covid-19 is due to the punishment of God.

It was found that 45.3% are extremely scared about the infection. Majority (62.7%) don't perform regular exercise and 70% don't keep dietary balance too. 88.2% check regularly for the signs and symptoms of the infection, and only 54.7% practice proper hand washing. Shockingly, just 66% use appropriate face mask during this pandemic situation.

CONCLUSION

More than half of the population had good knowledge towards prevention and early detection of Covid-19. It was clearly understood that majority of the population have comorbidities which make the population further vulnerable to the pandemic. Majority don't perform regular exercise and don't follow a balanced diet which can further worsen the situation. So there is urgent need for mass counseling sections among the elderly regarding the importance of healthy lifestyle.

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