

# AWARENESS OF SELF-QUARANTINE- A SURVEY

<sup>1</sup>John Francis, <sup>2</sup>Jothi priya, <sup>3</sup>Lavanya prathap, <sup>4</sup>Lakshminarayanan Arivarasu

*Saveetha Dental College and Hospitals, Saveetha institute of medical and technical sciences, Saveetha University, Chennai:77*

*Assistant Professor, Department of physiology, Saveetha Dental College and Hospitals, Saveetha institute of medical and technical sciences, Saveetha University, Chennai-600077*

*Assistant Professor, Saveetha Dental College and Hospitals, Saveetha institute of medical and technical sciences, Saveetha University, Chennai-600077*

*Assistant Professor, Department of Pharmacology, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences (SIMATS), Saveetha University, Chennai-600077*

[151901093.sdc@saveetha.com](mailto:151901093.sdc@saveetha.com)

[jothipriya.sdc@saveetha.com](mailto:jothipriya.sdc@saveetha.com)

[lavanyap.sdc@saveetha.com](mailto:lavanyap.sdc@saveetha.com)

[lakshmin.sdc@saveetha.com](mailto:lakshmin.sdc@saveetha.com)

## ABSTRACT

Everyone gets separated after a few days when they get bored due to that depression. Self quarantine reduces the economic development of the country. Everyone working has many responsibilities but due to this self quarantine in this lockdown shortage of money leads the country to drop in economic status. Due to self quarantine many are affected mentally, they usually get depressed and lose their peace. Cannot concentrate in what they are doing and change in their mood swings. Self quarantine Self quarantine is most useful during the time of spreading disease. This study is done with the help of an online survey. Many are used to this self quarantine. Many ill effects are there in self quarantine like obesity, due to obesity leads to myocardial infarction but other than these many useful things are occurring due to self quarantine like reducing usage of vehicles which reduces global warming. This study created awareness about the self quarantine and told how to spend free time properly

**KEY WORDS:** Awareness; Eating; Exercise; Junk foods; Laziness; Obesity; Self quarantine.

## INTRODUCTION:

Self quarantine is nothing but monitoring yourself for checking any signs of infection. Quarantine was from the biblical times which used to be practised by various kings. Self quarantine is welfare done to the public to protect them from contagious disease. Quarantine is different from Isolation. Isolation is separation of the infected person from the public and from his/her family but self quarantine is just staying home it is just a precaution to get away from spreading disease like COVID-19. Quarantine is an unpleasant experience. Everyone gets separated after a few days when they get bored due to that depression. Self quarantine reduces the economic development of the country. There are many poor people who starve for food due to this reduced economic development of the country. Everyone working has many responsibilities but due to this self quarantine in this lockdown shortage of money leads the country to drop in economic status. Due to self quarantine many are affected mentally, they usually get depressed and lose their peace, cannot concentrate in what they are doing and change in their mood swings. In this quarantine the many basic needs were not available because many buy more in content without leaving for others. Self quarantine is helpful and saves many lines from communicable disease (Brooks *et al.*, 2020). Very difficult to analyse the mental status of people who were quarantined for a long period, this leads to economic drop of the country (Adebimpe and Ibirongbe, 2019). Self-quarantine restricting the

daily routine of many people and particularly people with eating disorders triggers them to fall off unhealthy habits and many having dogs which disturbs the peak expiratory flow rate (Timothy, Gayatri Devi and Jothi Priya, 2019) without proper exercise which leads to back pain (Swathy and Gowri Sethu, 2015). Many techniques are found for regeneration after myocardial infarction (Renuka and Sethu, 2015). Quarantines are of two types: long time and short term, long term affects the person psychologically leading them to anger etc., but short term will not affect as much as long term quarantine. In many countries there are practices of quarantine like Australia has different method of quarantine and America has different method of quarantine, but finally it's only for the good of their people, This quarantine was useful during the sudden pandemic like COVID-19, Ebola, smallpox in Europe etc.

When you put in effort and strive for something, you make yourself vulnerable because it's possible you'll fail. So, it's tempting to say "f-it" and just not try. But really, that only hurts you, and keeps you from fulfilling your full potential. Instead of pushing away opportunities for self-care, open yourself up to giving them a try. This can be indulgent and frivolous things, like a long, warm bath or a freshly-baked cookie. But self-care also means doing the hard work to keep yourself physically and mentally healthy. Now, more than ever, that's important. Few people would choose to be in quarantine, but it's our reality for now. Since we're in this situation, we might as well make the best of it. If you can emerge from isolation with a more robust understanding of who you are and a better ability to take care of yourself, you'll be able to meet the challenges of your new life in recovery. Disseminating awareness is really cruel as this world is getting endangered by COVID 19. World is coming up with many different medicines but for this COVID - 19 not an exact cure is found to control other than self quarantine. This research gives importance to self quarantine and prevents spreading disease. Focuses on social distancing during this pandemic. Self quarantine during Europe's inflection saved many lives. Self quarantine are the major precautions for spreading disease and due to this mental status of each person differ (Thu, 2012). Self quarantine was the main prevention of any of the spreading communicable diseases (Askarian, Aramesh and Palenik, 2006). Self quarantine and isolation precautions are the practice policies on controlling healthcare associated infections (Alotaibi *et al.*, 2017). Disease control prevention and self quarantine precautions are very simple but it causes mood solutions and changes our mental status (Suliman *et al.*, 2018). Hence the aim is to prevent the spreading communicable disease and to create awareness about self quarantine.

## **MATERIALS & METHODS:**

This study was prospective observational study. The pros were easy to create. It has gathered large data, it is economical and it has quick interpretation. The cons were the homogeneous population and its survey fatigue. To minimize the sampling bias we have to minimize error in questions and avoid leading questions. This study contains 15 self structured questionnaires which validated the study design, general population, methodology and its survey questionnaire are the internal validity. Social distancing and awareness of self quarantine were the external validity. Knowledge, awareness, effectiveness prevention of spreading disease are the output we get from this study. Using a pie chart and bar graph the study can be represented. Description statistics test is used. Age, socio economic status, temperature education and sex are the independent variable. awareness, interaction with others, knowledge about self quarantine, attitude and perceptions are the dependent variable of this study. The data was collected and statistically analysed in SPSS. Chi-Square analysis was performed and  $p < 0.05$  was considered as statistically significant.

## **RESULTS & DISCUSSION:**

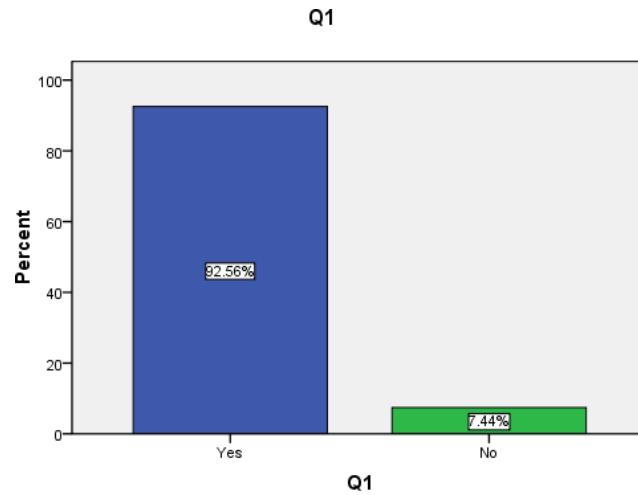
The data was analysed with the help of SPSS and results were given. About 50.4% of the people attend

this survey were female and 49.6% were male . About 92.6% were aware about quarantine and 7.4% don't know (**Figure 1**). About 83.5% said self quarantine prevents the spreading diseases and about 16.5% said no (**Figure 2**). About 41.3% said that sanitization is the best method for preventing the spreading disease, about 50.4% said isolation is better and about 8.3% said to give them rich nutrient food daily (**Figure 3**). About 86% said yes that during this self quarantine period the air pollution declined and about 14% said no (**Figure 4**). About 76.9% said yes that doctors and nurses are kept in self quarantine after treating COVID 19 patients and about 21.5% said no (**Figure 5**). Aware that cessation of flights has 66.9% led to 71% decrease in India's economy and about 33.1% said no (**Figure 6**). About 78.5% said self quarantine improves their health and about 21.5% said no (**Figure 7**). About 71.1% said that it psychologically affects the students due to self quarantine of any of the family members and about 28.9% said no (**Figure 8**). About 76.95% said yes that due to this quarantine there is a devoid of social status in the economy and about 23.1% said no (**Figure 9**). About 76% said yes that they are aware that the spread is contained due to measure of self quarantine and about 24% said no (**Figure 10**). About 76% says that junk food consumption is reduced during this quarantine and 24% said no (**Figure 11**). About 71.1% said ayurvedic food has increased during this quarantine and about 28.9% said no (**Figure 12**). About 79.3% said that there is a global level decrease in share market level and about 20.7% said no (**Figure 13**). About 63.6% said that pets are prone to COVID - 19 & 36.4% said no (Figure 14). About 78.9% think that people around the self quarantine people prone to COVID 19 and 13.1% said no (**Figure 15**).

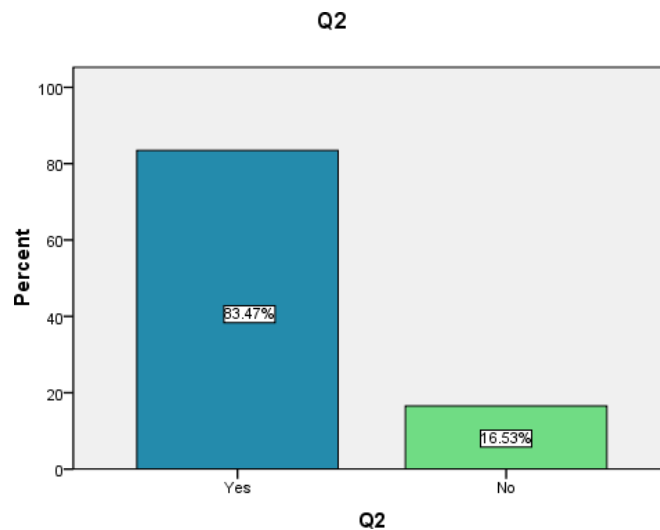
We have seen the association between gender and awareness on self quarantine (**Figure 16**), awareness on spread the COVID 19 on self quarantine (**Figure 17**), awareness on doctors treating Covid 19 patients (**Figure 18**), awareness on improvement on overall health during self quarantine (**Figure 19**), awareness on measures of self quarantine (**Figure 20**) and awareness on consumption of ayurvedic food on self quarantine (**Figure 21**).

In the current study 825 of the students have a huge amount of stress due to self quarantine. Studies have proved that due to self quarantine 65% of the people's health has been improved (B., 1988). 90% of students think that the social status and economy of our country has decreased. A study has proposed that 80% of our country's share market has decreased in part 3 months. 60% (Jin, Shin and Jang, 2020) of students have taken isolation as a measure for prevention of coronavirus and 50% of them were aware of precaution measures and were not able to follow the increased size and inclusion of more criteria were the limitations of this study (Casella *et al.*, 2020). Due to this self quarantine many started to eat many junk foods which leads them to thyroid related problems like goitre (Samuel and Devi, 2015). As they intake over junk food they become obese which leads to infertility (Baheerati and Gayatri Devi, 2018). And many thyroid related tests are taken as they are obese to confirm whether they have thyroid or not (Fathima and Preetha, 2016). Sleeping is the main thing which is done by many and there are many types of sleeping methods (Rj and R, 2016). Due to over heat and not intake of water leads to jaundice and nowadays many childrens are affected with neonatal (Harsha *et al.*, 2015). Many novel drugs are used nowadays (Dave and Preetha, 2016). As many doctors have good muscles (Abigail *et al.*, 2019) they stay healthy and fit (David *et al.*, 2019). Many are aware of many tongue exercises (Shruthi and Preetha, 2018). Nowadays many non-alcoholic fatty liver diseases are prone (Choudhari and Jothipriya, 2016). Many treatments and prevention steps are undergoing in self quarantine (Iyer, Gayatri Devi and Jothi Priya, 2019). Many online research are done like study about adenoids by oronasal and nasal spirometry which creates awareness for the person doing this and it's helpful for the students (R and Sethu, 2018).

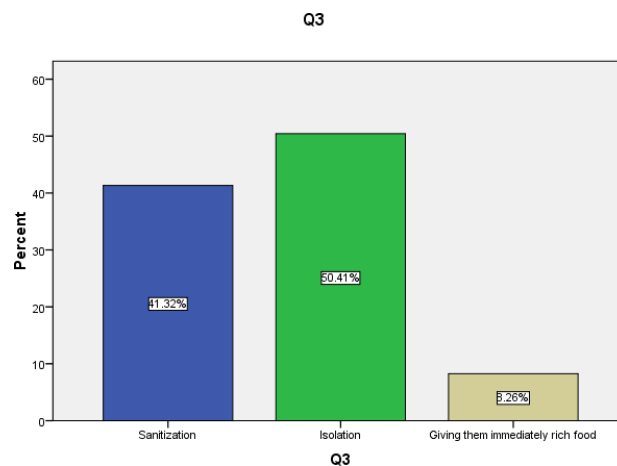
To create awareness about the use of being self quarantine which prevents the spreading disease and reduces the death rate.



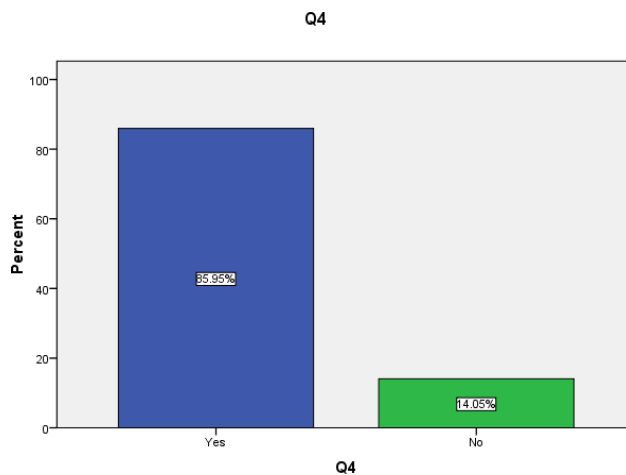
**Figure 1:** Bar chart showing percentage distribution on the “Awareness of Self quarantine”. Majority of the participants about 93% Yes(blue); 7% No (green)



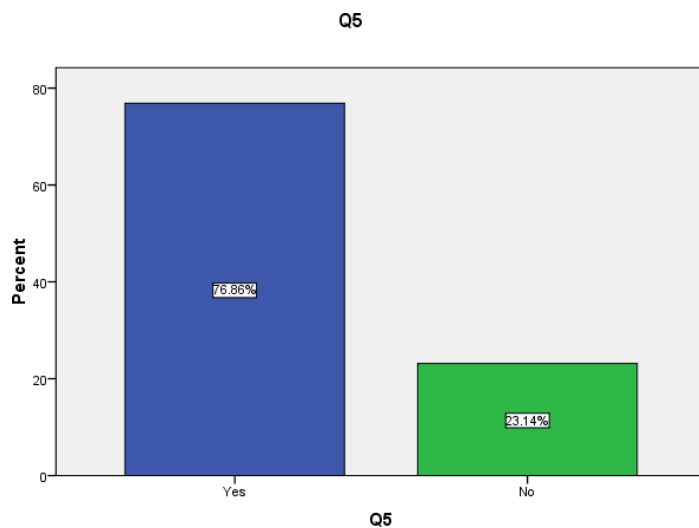
**Figure 2:** Bar chart showing percentage distribution on the “Negative effect of Self quarantine on COVID-19 spread”. Majority of the participants about 83% Yes (blue);17% No(green)



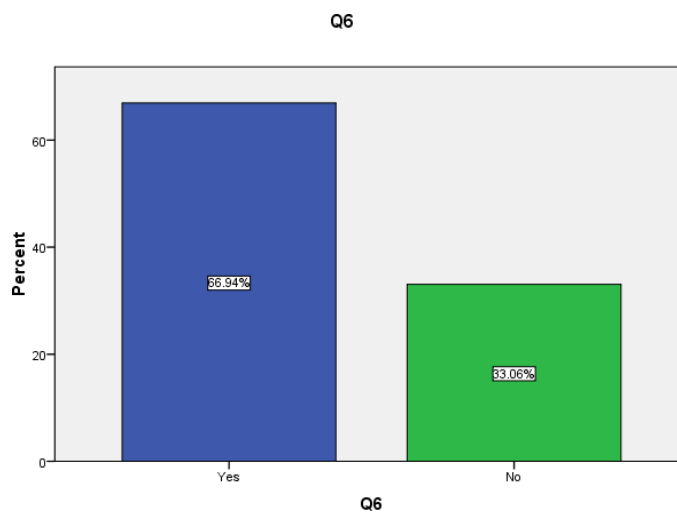
**Figure 3:** Bar chart showing percentage distribution on the self quarantine measures”. Majority of the participants about 41% sanitization (blue); 51% isolation(green); 8% giving them immediately rich food (brown)



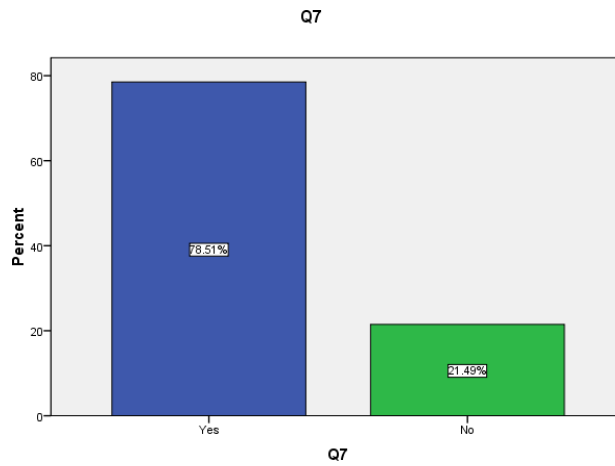
**Figure 4:** Bar chart showing percentage distribution on the “Reduction of Air pollution during this lockdown”. Majority of the participants about 86% Yes(blue); 14% No(green)



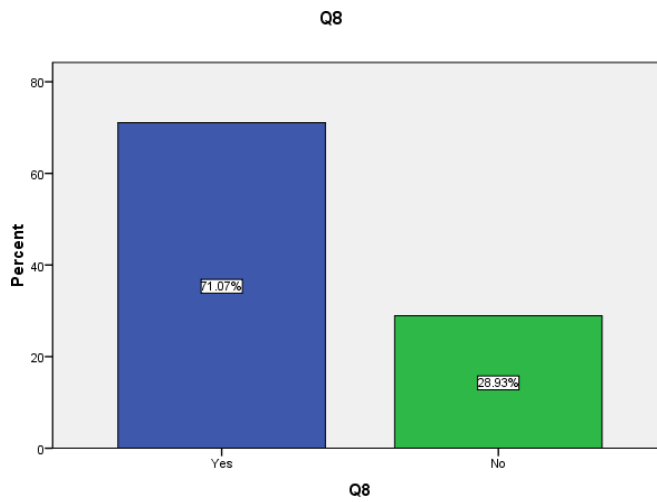
**Figure 5:** Bar chart showing percentage distribution on not taking proper self quarantine measures by the doctors after treating patients”. Majority of the participants about 77% Yes( blue);22% No(green)



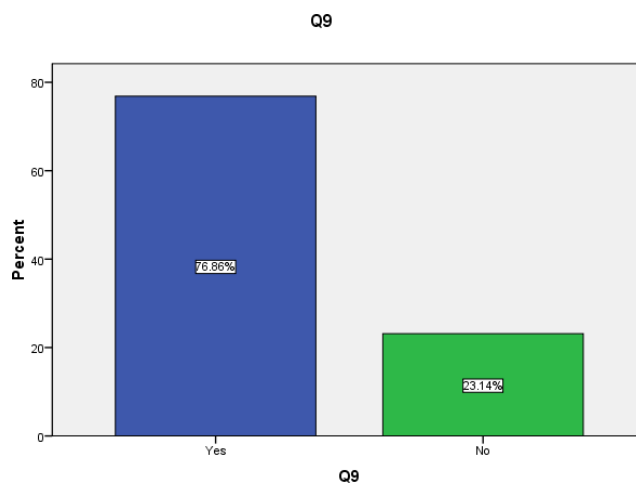
**Figure 6:** Bar chart showing percentage distribution on “Stoppage of flights due to COVID - 19”. Majority of the participants about 67% Yes( blue) ;33% No(green)



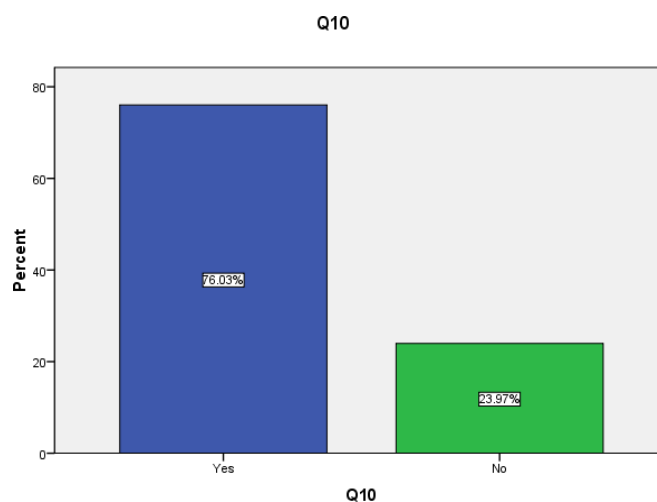
**Figure 7:** Bar chart showing percentage distribution on “ improvement overall health on self quarantine”. Majority of the participants about 78% Yes(blue);22% No(green)



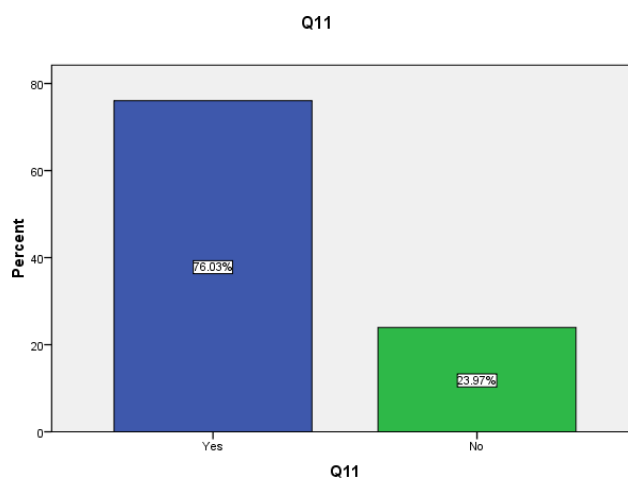
**Figure 8:** Bar chart showing percentage distribution on the stoppage of Board exams due to self quarantine”. Majority of the participants about 71% Yes(blue);29% No(green)



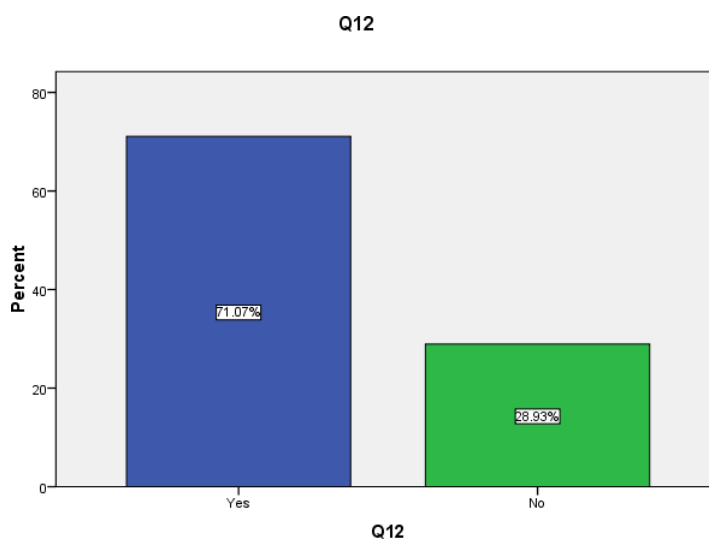
**Figure 9:** Bar chart showing percentage distribution on downfall social economy status”. Majority of the participants about 77% Yes(blue);23% No(green)



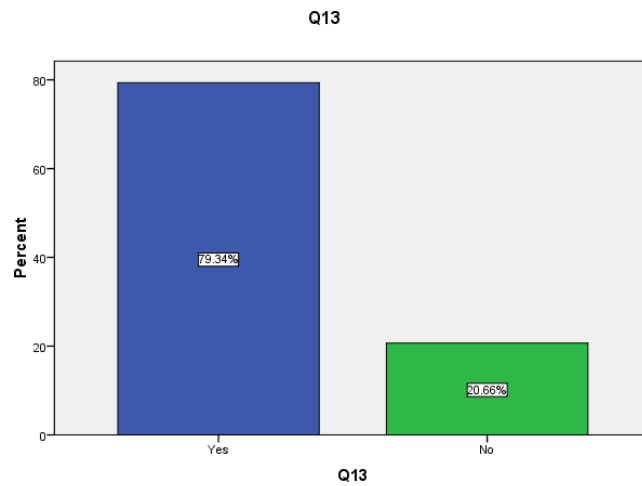
**Figure 10:** Bar chart showing percentage distribution on Measure taken during self quarantine”. Majority of the participants about 76% Yes(blue);24% No(green)



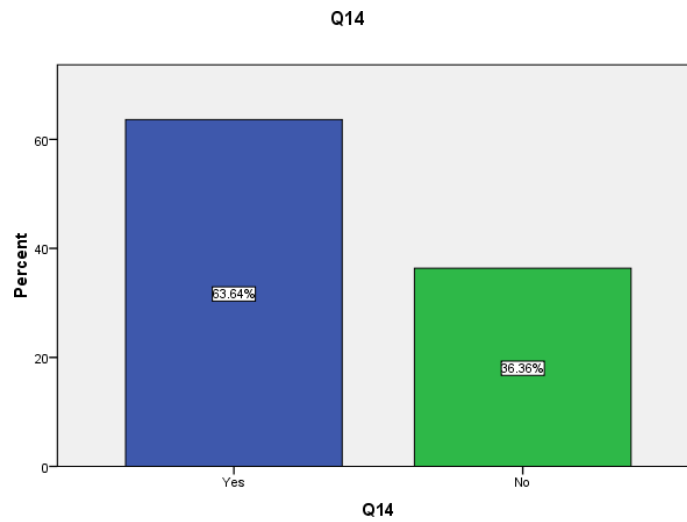
**Figure 11:** Bar chart showing percentage distribution on junk food consumption level in the quarantine”. Majority of the participants about 76% Yes(blue);24% No(green)



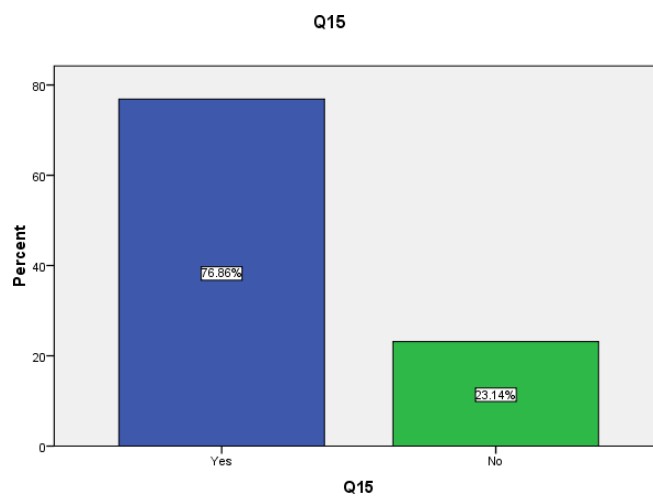
**Figure 12:** Bar chart showing percentage distribution on Ayurvedic food consumption in this quarantine”. Majority of the participants about 71% Yes( blue);29% No(green)



**Figure 13:** Bar chart showing percentage distribution on “Decrease in share market level in quarantine”. Majority of the participants about 79% Yes(blue); 21% No(green)

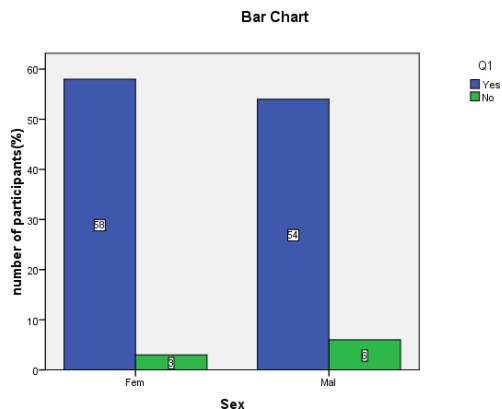


**Figure 14:** Bar chart showing percentage distribution that 'Pets are not prone in COVID 19'. Majority of the participants about 64% Yes(blue);36% No(green)

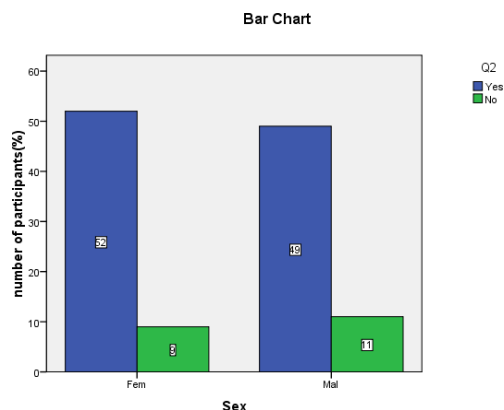


**Figure 15:** Bar chart showing percentage distribution that 'People are prone to Covid 19 in self quarantine'. Majority of the participants about 77% Yes(blue);23% No(green)

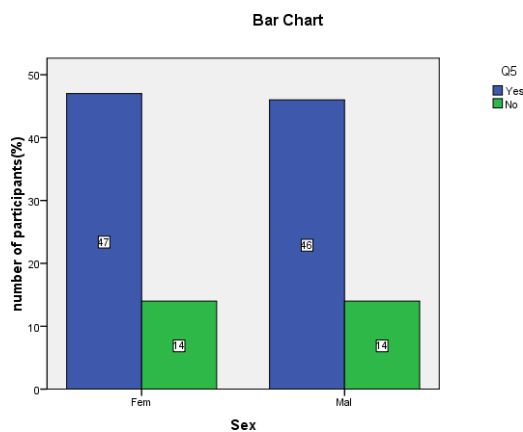




**Figure 16:** Bar graph represents the association between gender and awareness of self quarantine. X axis represents the gender and the Y axis represents the number of participants of which blue colour denotes Yes and green colour denotes No. Majority of the females (58 participants) were more aware of self quarantine than males. However the difference is not statistically significant (Pearson’s chi square value 1.135,  $p=0.287 (>0.05)$ , hence not statistically significant).

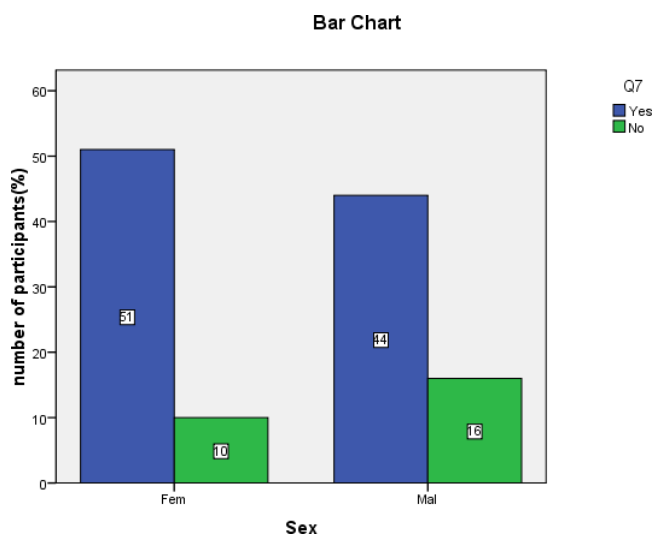


**Figure 17:** Bar graph represents the association between gender and spread the COVID 19 on self quarantine. X axis represents the gender, Y axis represents number of participants of which blue colour indicates yes and green colour indicates no. Majority of the females (52 participants) reported being aware of self quarantine does not spread the COVID 19 more than males. However the difference is not statistically significant (Pearson’s chi square value- 0.281, p value 0- .596 ( $> 0.05$ ), hence not statistically significant).

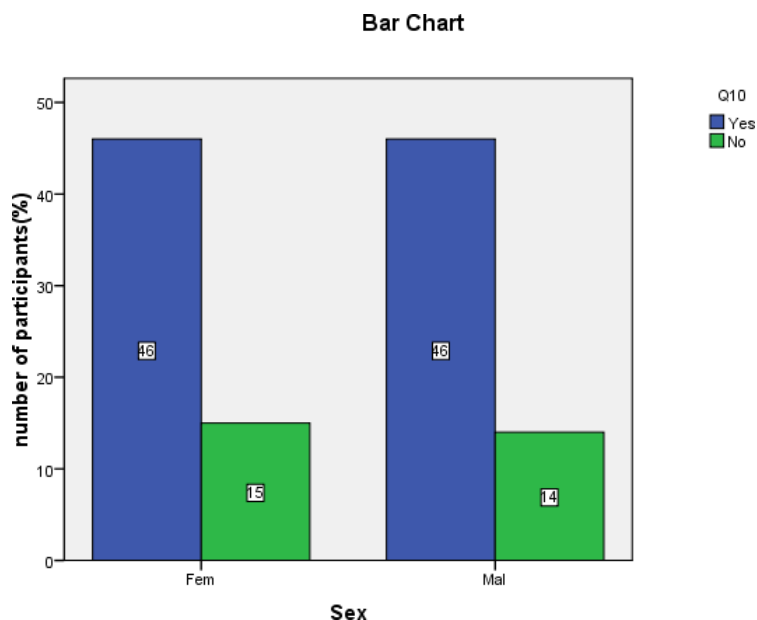


**Figure 18:** Bar graph represents the association between gender and doctors treating Covid 19 patients. X axis represents the gender, Y axis represents the number of participants of which blue colour indicates yes and green colour indicates no. Majority of the females ( 47 participants) reported being aware of keeping

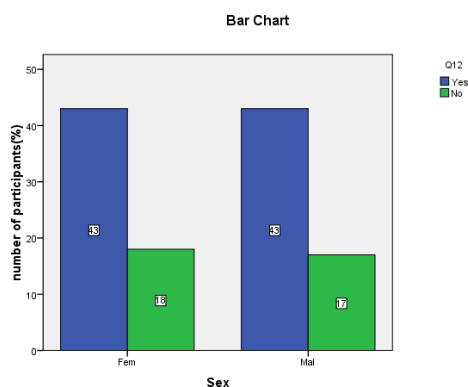
the doctors treating the Covid 19 patients in self quarantine than males. However the difference is not statistically significant (Pearson’s chi square value 0.002,  $p=0.960 (>0.05)$ ), hence not statistically significant.



**Figure 19:** Bar graph represents the association between gender and improvement on overall health during self quarantine. X axis represents the gender and the Y axis represents the number of participants of which blue colour indicates yes and green colour indicates no. Majority of the females (51 participants) reported that self quarantine improves overall health than males. However the difference is not statistically significant (Pearson’s chi square value 1.892,  $p=0.169 (> 0.05)$ ), hence not statistically significant).



**Figure 20:** Bar graph represents the association between gender and measures of self quarantine. X axis represents the gender and the Y axis represents the number of participants of which blue colour indicates yes and green colour indicates no. In both the genders there is no association. Pearson’s chi square value 0.026,  $p=0.871 (>0.05)$ , hence not statistically significant.



**Figure 21:** Bar graph represents the association between gender and consumption of ayurvedic food on self quarantine. X axis represents the gender and the Y axis represents the number of participants of which blue colour indicates yes and green colour indicates no. There is no association between both the genders, Pearson’s chi square value 0.020  $p=0.887(>0.05)$ , hence not statistically significant.

**CONCLUSION:**

Research suggests that when we see ourselves clearly, we are more confident and more creative; we make better decisions and communicate more effectively; and we're better workers and more-effective leaders. But even though most people believe they are self-aware, self-awareness is a truly rare quality. When we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. This empowers us to make changes and build on our areas of strength, as well as identify areas where we would like to make improvements. Self-awareness is often the first step to setting goals. Hence, We conclude that many are aware about self-quarantine measures and control spreading disease. And many are aware how to spend quarantine usefully.

**AUTHOR CONTRIBUTION:**

Idea of the study and statistical analysis was conceptualised by Jothi Priya and Lakshminarayanan Arivarsu, Collection of the literature and drafting the manuscript was done by John Francis, revising the manuscript for publication was done by Dr. Lavanya Prathap.

**CONFLICT OF INTEREST :** The author declares that there was no conflict of interest in the present study.

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