

EMOTIONAL IMPACT ON PARENTS OF NURSING INTERN STUDENTS DURING CURRENT PANDEMIC: A CROSS SECTIONAL STUDY

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Abstract: Background: Nurses acts as a frontline healthcare worker and they are facing substantially higher risk of getting infection and death in result to excessive exposure to corona disease. COVID-19 affects all the citizens miserably throughout the world and created physical as well as social distance among people which causes stress for parents of health workers (nurses) who works as warriors during lockdown due to corona disease. So, Objective of this current study attempted to find out the emotional impact among parents of nursing intern students during the outbreak of corona (COVID-19) pandemic and to find out the association between emotional impact on parents of nursing intern students with selected demographic variables. **Materials and Methods:** Study was carried out as cross-sectional design through online survey method in India. A total 350 number of parents were participated with the help of internet services and Google forms, whatsapp and other social media data were collected. Purposive sampling technique was used for this study. Inferential statistics were used to analyze the data. **Results:** This study result revealed that all most half of the parents from total samples were reported a severe emotional impact during lockdown and few parents were reported mild emotional impact and less than half of the parents were reported moderate emotional impact for COVID duty during outbreak of Covid-19. And the socio-demographic variables were statistically significant with emotional impact of parents of nursing intern students. **Conclusion:** Study concluded that outbreak of Nobel corona virus put moderate to severe emotional impact among parents of nursing intern students though nursing personnel works like warriors in this world.

Keyword: Nobel corona, nursing intern students, parents, pandemic, emotional impact

Introduction

The whole world is facing an unparalleled challenge in every place that has been affected due to the spreading of COVID-19 pandemic. As per World Health Organization (WHO), Since 28th February 2020, the global risk raised by the outbreak of COVID-19 which has been upgraded to "very high".¹ On 11th March, the Director General of WHO announced that this is the first pandemic disease in the history which is caused by corona virus i.e (COVID-19). Corona disease is a contagious disease caused by

COVID-19 virus through droplets or discharges coming from the nose of an infected person while they coughs or sneezes and causing acute respiratory syndrome.²First case of corona, appeared in Wuhan city of China and very steeply extended across the globe.³Corona disease(COVID-19) first started in Wuhan city of china in 2019 December with 40 suspected cases of pneumonia having idiopathic cause. Among them some patients were dealers and vendors of the Huanan Seafood market, Wuhan. Meanwhile, A first death of a old man with 61years age infected by COVID-19 was announced by china and he was exposed to seafood wholesale market on 11th January 2020.⁴coronavirus rapidly spreads across the world within few days to months and called as a pandemic disease, it is inflicting a noticeable degree of stress, fear, tension among the large population ; particularly, older adults, children's ,care providers and immune compromised individuals.⁵As of May 10,all over the world coronavirus affected cases reported 4,254,800 and unfortunately 287,293 deaths. And in India total corona virus cases crossed 70,000 and 2415 had lost their life. COVID-19 is affecting 212 countries and territories around the world.⁶In public, there is chance of elevated levels of anxiety or stress especially due to quarantine and lockdown effects on mental health. The psychological impact of covid-19 may lead to increase levels of depression, loneliness, harmful intake of alcohol and drug abuse, and suicidal behavior or self-harm.⁷

The impact of corona mostly affects to mental health of the public due to restricted daily activities or livelihoods which has created loneliness, stress/anxiety from separation.⁸Corona disease (COVID-19) has a significant impact on front-line medical staffs mostly nurses who are exposed directly with patients. Nursing intern students are also playing a vital role by handling covid-19 patients directly as a warrior.⁹ Here, corona is not only affecting the mental health of nursing intern students but also may bring apprehension, stress, depression among their parents. parents are very much loving and caring towards their child and putting their all effort to protect their child from all kind of problems or hazards or injuries. According to experts' views, spread of corona virus can be reduced by decreasing physical contact and social contact among individuals that's why Government announced lockdown rule throughout the country to minimize the rate of contagious corona disease. But this lockdown changed the daily living pattern of human beings by restricting many more activities. Nurses, student nurses or other health personnel who are providing care or coming contact with corona positive patients they are not able to come to home or meet their family members due to quarantine period. To understand the psychological stress status of parents during the outbreak of COVID-19 this study has conducted.

Materials and Methods

Design

Cross-sectional, observational study design was used in this study to collect the data.

Sampling

A purposive sampling technique was used.

Participants

Parents (N=350) of nursing intern students from SUM Nursing college, Odisha.

Method of data collection

This study was conducted through online from 26th March to 20th April .2020 and Participants who had internet access they could participated in the study. An online self-structured emotional impact questionnaire was developed with the help of Google forms, and prepared a consent form; which was attached to it. The auto-generated link for the questionnaire was copied and sent to the participant's emails, WhatsApp and other social media to the parents of the nursing intern students. After receiving and clicking on the link the participants were able to know about information regarding the research study and participants consent form. After that, they filled up their details about socio- demographic variable. Then

a series of multiple-choice questions appeared serially regarding emotional impact, which were answered by the participants. In this online study, those participants were having internet access and were able to read and understand English, they could participate in this study. The socio-demographic variables of this current study included age, gender, occupation, education, Family type.

The online self-reported questionnaire related to emotional impact developed by the investigators. In the emotional impact tool, 11 multiple choice questions were present, and that could be rated by a 4-point Likert scale. The emotional impact of corona on parents was measured by using the self structured emotional impact questionnaires which had validated by experts. This 11-items questionnaire aims to measure the emotional impact of parents during lockdown. The total score was divided into 0–15 (mild emotional impact), 16–30 (moderate emotional impact), and 31–44 (severe emotional impact)

Results:

Description of study samples according to socio demographic variables

Table-1 Frequency (f) and percentage (%) distribution according to age, sex, education, occupation, family type.

N=350

Characteristics	Frequency(F)	Mean	Sd	Participants (%)
Age(years)				
30-40	13			4
41-50	154	116.66	90.94	44
51 & above	183			52
Sex				
Male	179			51
Female	171	175	11.31	49
Education				
Under Matriculation/Matriculation	31			9
Graduation	203	116.66	86.001	58
PG & above	116			33
Occupation				
Unemployed	57			16
Employed	241	116.66	107.70	69
Business	52			15
Family Type				
Nuclear	323			92
Joint	27	175	209.30	8

Table.1 depicted that the in socio demographic data Highest 52 % of parents were in the age group of 51 and above years. Majority 51% of the parents were men . Highest 58 percentage of parents were belong to

graduation. Highest percentage i.e.69% of parents were employed .And majority 92% of parents were belong to nuclear family.

Table-2: Description of participant’s responses towards emotional impact with percentage distribution.

N=350

Items		No change (Percentage)	Can’t say (Percentage)	Slightly decreased (Percentage)	Slightly increased (Percentage)
1	How has lockdown affected your relationships with family members?	31	16	11	42
2	How has lockdown affected your emotions and feelings?	21	14	12	53
3	How has lockdown affected your social contacts?	31	11	49	9.14
4	How has lockdown affected your appetite?	25.14	1	34	40
5	How much use of social media and electronic media affected?	35	3	6	56
		Never (percentage)	Rarely (percentage)	Sometimes (percentage)	Often (percentage)
6	Have you been optimistic about future during lockdown?	17	42	31	10
7	Have you been feeling relaxed and useful during lockdown?	33.72	42	14	10
8	How often have you been upset because of something happened unexpectedly?	4.85	6.28	35	53
9	How often have you felt stressed due to lockdown?	3.14	9.14	38	49
		Not at all	Several days	More than half of days	Nearly everyday
10	How much have you being restless, irritable and annoyed due to lockdown?	4	14	36	46

11	How much have you feeling afraid, as if something awful might happen?	8.50	10	38	44
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N=350

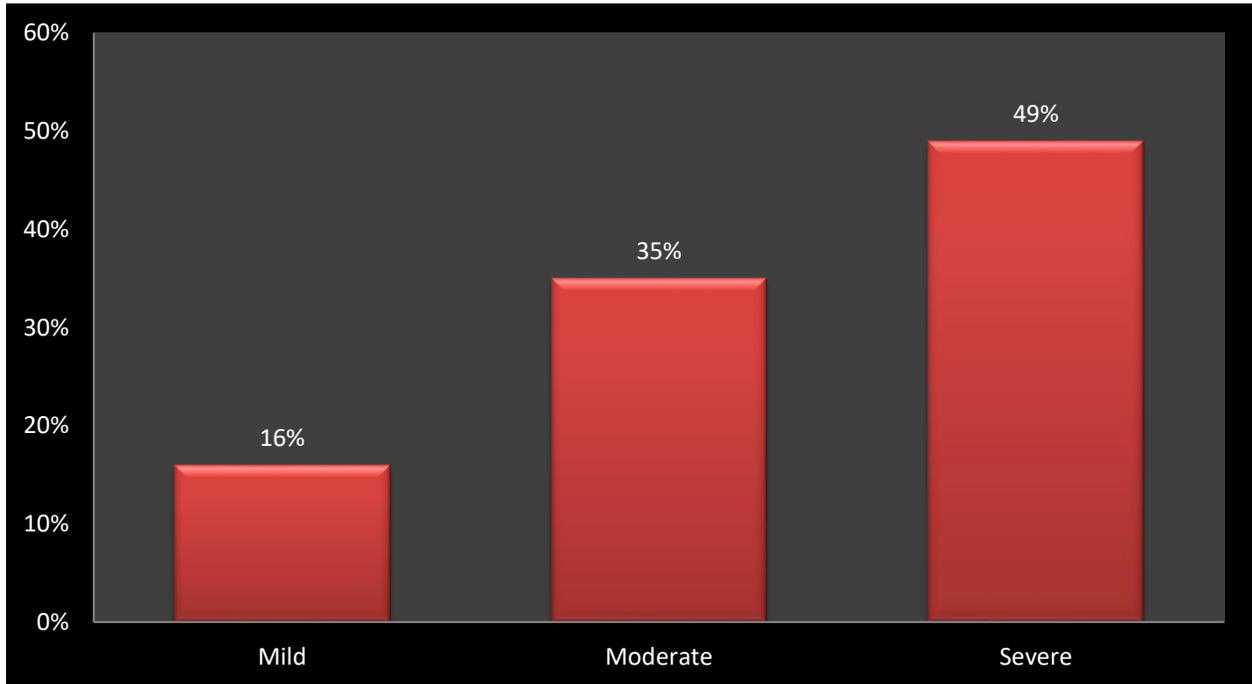


Figure-1 revealed that majority 49% of parents were having severe emotional impact, where as 35% were having moderate emotional impact and 16% of parents were having mild emotional impact.

Table-3 Chi-square analysis of age, sex, education and occupation with emotional impact of parents.

N=350

Demographic Variable	Chi-Square Value	Df	P value
Age in year of Parents	330.54	2	<.00001*
Sex of Parents	288.11	1	<.00001*
Parents Education	206.90	2	<.00001*
Occupation Of Parents	109.50	2	<.00001*

*P value \leq 0.05

Discussion

This is the first emotional impact investigation among parents of nursing intern students in the outbreak of the coronavirus from 26th march 2020 to 20th April 2020 epidemic in, India. When cities are affected by deadly, large-scale disasters of various types, that may put psychological impact over mental health of parents which can differ across different periods. Therefore investigators choose to conduct a survey on parents of nursing intern students on emotional state during lockdown results from outbreak of coronavirus infections.

Jehun S et al. 2020 conducted a study with description of outbreak of SARS in 2013 which was caused by corona virus but having another strand, but now the emergence of COVID-19 was first detected in 2019; Some clinical features are similar to the SARS. Although some sign and symptoms of these two diseases are different, but the epidemiological factors, etiology of corona infection and the mode of rapid transmission are similar. Mostly, the rate of transmission is faster in corona virus than that of SARS, but the rate of mortality is lower in Covid-19 than SARS.¹⁰

In this study, result of emotional impact among parents during outbreak of COVID-19, revealed 55 (16%) reported mild emotional impact; 125 (35%) rated moderate emotional impact; and 170 (49%) reported a severe emotional impact. Supported to this study, In February 2020 Cuiyan Wang et al. conducted a study in china on people's psychological impact by using the IES-R scale during covid-19. And study result revealed that sample mean score of samples was 32.98 (SD = 15.42). Among, all respondents, 24% had minimal psychological impact, 21.7% had mild psychological impact and 53.8% had moderate and/or severe psychological impact.¹¹

In current study majority parents 154 (52 %) were in the age group of 51 and above years and 183(44%) were belonged to 41-50 years age group. Majority 179(51%) male and 171(49%) females among parents. Highest 203(58%) no. of parents were completed graduation and 116(33%) were completed post graduate and above. Highest percentage i.e.,241(69%) no. of parents was employed. And majority323(92%) no. of parents were belonged to nuclear family. By supporting to this study in march 2020 Yenana Wang et al conducted a study in China regarding publics psychological state during outbreak of Covid-19. In which, study result revealed that from 600 participants 433(72.17%) were 18-40years age group and rest 167 were above 40 years old. Likewise, 6.3% (38 people) completed postgraduate and above ,27.5%(165people) completed graduation. In occupation 40% were employed,34.5% were doing business and 11.67% were unemployed.¹²

Conclusion

The advantage of this study is that researchers investigated the emotional impact of the parents of nursing intern students during the outbreak of corona (Covid-19) in time.

During this lockdown period of COVID-19 outbreak in Odisha, India near about half of the participants rated severe emotional impact, and about one-third had moderate emotional impact. Specific up-to-date and accurate information, possible psychological support and enhancement of optimistic attitude of parents towards their daughters/sons Nobel profession leads to service to mankind can associated with a lower psychological impact during the COVID-19 epidemic.

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