

"CHALLENGES OF DAILY LIFE AND RESILIENCE DURING COVID-19 PANDEMIC AMONG STUDENTS OF SELECTED COLLEGE OF NURSING, WEST BENGAL"

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Abstract- The investigators conducted a descriptive study to assess challenges of daily life and resilience during Covid-19 pandemic among 4th year Basic B.Sc. Nursing students of college of nursing, R.G. Kar Medical College and Hospital, Kolkata, West Bengal. The objectives were to identify the different challenges faced by 4th year Basic B.Sc. Nursing students during Covid-19 pandemic, to find out the factors associated with daily life challenges and resilience adopted by the 4th year Basic B.Sc. Nursing students. Quantitative non-experimental survey approach with descriptive survey design was adopted for the study. Forty-three 4th year Basic B.Sc. Nursing students from College of nursing R.G. Kar Medical College and Hospital of Kolkata were selected as sample through total enumeration sampling technique. The research instrument comprised of three tools – semi structured questionnaire on socio-demographic data, challenges faced by the students in daily life during Covid-19 pandemic and contributing factors regarding resilience adopted in the face of adversity. The findings of the study revealed that 47.23% students faced the academic challenges during Covid-19 pandemic and 50.30% students have successfully adopted the resilience. The findings of the study have implication in nursing education, administration, practice and research.

Key Words: Challenges, Covid-19 pandemic, Resilience, Students

Introduction

Coronaviruses are a family of viruses that can cause illness like common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019 a new coronavirus was identified which is the cause of a disease outbreak that originated in China. In March 2020 the World Health Organization declared the Covid - 19 outbreaks a pandemic. 1 This pandemic situation is not only concern for risk of death but also it has created psychological pressure to people worldwide. In the wake of pandemic government throughout the world implemented self isolation, social distancing and travel restriction to contain the spread of virus.2 The students were also not away from the ill effects of pandemic situation and they faced various challenges in day to day life and necessitate coping skills. It is essential to empower nursing students with the right education and skill in handling crisis so that they can confidently deal with the challenges, but in this pandemic situation clinical teaching is very much hampered and theoretical classes also done by online classes, so many of students face problem day to day. Also they face unavailability of accommodation and transport facilities, physical exhaustion and mental stress because of working unpredictable situation. As online education was only the way to continue nursing education and side by side the other challenges also faced by the students are need to be assessed along with resilience.

Background of the study

Covid-19 disease has created and an unprecedented situation worldwide and has set forth an array of challenges like medical, ethical, social and organizational etc. Health care workers are bound by ethics to provide support to patients. For providing continuous nursing care to the patients competent nursing staffs are required. For preparation of competent nurse, nursing education is to be conducted in all situations as without nursing education, effective nursing care neither be broad based nor sustained.

Resilience is an ability to recover from or adjust easily to misfortune or change”(Merriam Webster). The American Psychological Association (APA) defined resilience as the process of adapting well in the face of adversity, trauma , tragedy, threat or significant sources of stress –such as family and relationship problems , serious health problems or workplace and financial stress. It was found that individuals used negative coping strategies in the covid-19 process which increased their psychological stress. It is considered that an acute developing pandemic worldwide has increased students stress levels with regard to professional readiness.

The health workers were not exempted from providing services to all patients including covid -19 in the ambience of risk of infection, prolonged duty hours which might tussle with self preservation and protection of loved ones resulting stress, anxiety, disrupted biological rhythm i.e insomnia and depression etc. Nursing students dealing with covid-19 patients faced considerable social rejection and ostracism. Forceful eviction from temporary residence by house owner’s discrimination, violent attacks in public place and also public transport posed threat to their daily lives. In the available literature there are very few studies that directly examine the coping style of nursing students during this pandemic situation. This study was conducted to know the daily life challenges and resilience among the nursing students during the covid19 pandemic situation.

Materials and Methods:

Quantitative descriptive survey design was adopted for this study. 43 B.Sc Nursing 4th year students of selected Govt. College of Nursing , R.G Kar Medical College & Hospital , Kolkata were selected by total enumeration method. Pretested semi structured questionnaire on socio-demographic variable such as age, religion, residence, type of family, monthly income were developed. Then another semi structured questionnaire was developed on educational, social and physiological challenges faced by the nursing students and other semi structured questionnaire to identify contributing factors regarding resilience adopted in the face of adversity. The data was tabulated and analyzed using differential statistics like frequency(f) , percentage (%) and various diagram of descriptive statistics.

Results:

Frequency and percentage distribution of socio-demographic data of Basic B. Sc 4th year nursing student

Section –I: Description of demographic data**Table 1: Frequency and percentage distribution of socio-demographic data of basic B.Sc. 4th year nursing students**

n=43

Sl. No.	Sample Characteristics	Frequency	Frequency Percentage (%)
1.	Age in years		
	21-22	17	39.53
	23-24	26	58.13
	25-26	1	2.8
2.	Religion		
	Hindu	36	83.72
	Muslim	7	16.27
3.	Family pattern		
	Nuclear	31	72
	Joint	12	28
4.	Residence pattern		
	Rural	28	65
	Urban	11	26
	Semi-urban	4	9

Table 1 showed that out of 43 samples majority i.e. 58.13% of students belongs to the age group of 23-24 yrs, 83.72% of students belonging to Hindu religion,72% of students belongs to Nuclear family and 65% of students living in rural area.

Section – II: Description of challenges on academi , Inter-personal relationship and psychological.**Table 2: Frequency and percentage distribution of academic challenges faced by B.Sc. 4th Year Nursing Students**

N=43

Sl. No.	Sample Characteristics	Frequency	Frequency percentage
1.	Feeling about online classes		
	Enjoyed	5	11.62
	Getting bared	11	25.58
	Worried	2	4.65
	Gradually habituated	25	58.15
2.	Issues faced by students		

	Network problem	Nil	Nil
	Time Management	11	25.53
	Recharging issue of the internet	23	53.48
	No issues	9	20.94
3.	Biggest concern about academic matter		
	Completion of syllabus	8	18.60
	Fulfilment of clinical experience	9	20.93
	University examination	22	51.16
	Time constraints	4	9.31
4.	Difficulties faced in understanding the presentation that given online		
	Showing A.V. Aids	8	18.60
	Voice interruption	11	25.58
	Lack of eye to eye contact	10	23.27
	Passive learning	11	25.58
	Mismatch Audio & Video	3	6.97

Table 2: showed that, 58.15% of students are being gradually habituated with online classes 53.48% of students are facing recharging issue of the internet, 51.16% of the students are begin concerned about university examination Majority i.e. 25.58% of students are facing difficulties in both voice interruption & passive learning in understanding the presentation that given on online.

Table 3:. Frequency and percentage distribution of challenges related to interpersonal relationship faced by Basic B.Sc. 4th year Nursing students.

n=43

Sl. No.	Sample Characteristics	Frequency (f)	Frequency percentage (%)
1.	Feeling towards maintaining social Distance		
	Easy	Nil	Nil
	Quiet difficult	22	51.16
	Hard	21	48.84
2.	Pattern of relationship with parents and siblings		
	As usual	32	74.42
	Worsen	11	25.58
3.	Challenges regarding communication with relatives		
	Lack of transport	11	25.58
	Fear of getting Covid-19 positive	19	44.20
	Restriction to go outside	10	23.25
	No challenges	3	6.97

The data represented in table 3 showed that majority i.e. 51.16% of the students were feeling quiet difficult towards maintaining social distance. Majority i.e. 74.42% of the students were feeling as usual relationship with parents and siblings, 44.20% of the students were facing challenges of fear of getting Covid-19 positive regarding communication with relatives.

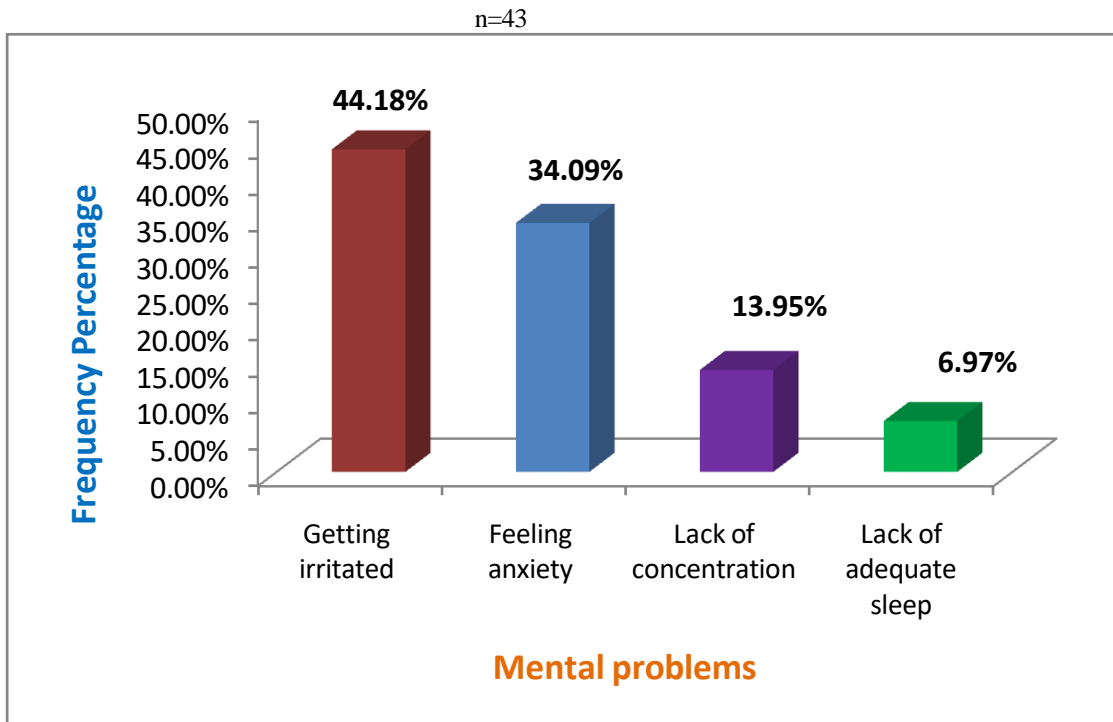
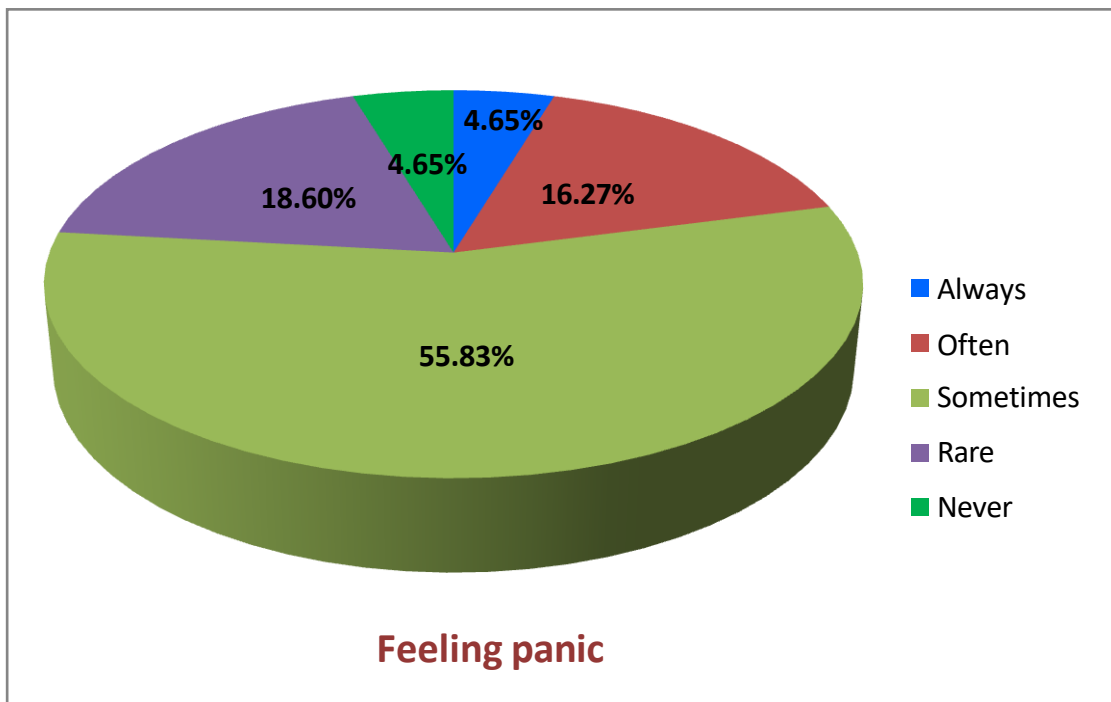


Figure: 1 Bar diagram showing percentage distribution of psychological problem felt by nursing students.

The data presented in the figure 1 showed that majority 44.18% of the students were getting irritated.
n=43

Figure 2: Pie diagram showing percentage distribution of feeling panic of nursing students.



The data presented in figure 2 showed that majority 55.83% of students sometimes feeling panic.

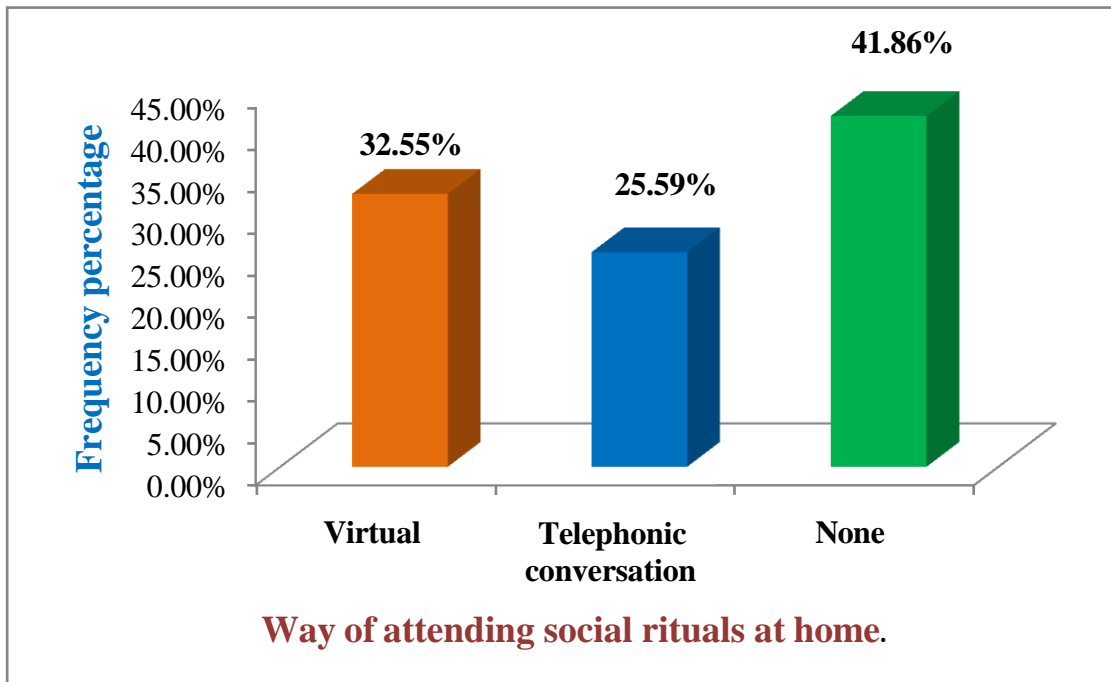


Figure 3: Bar diagram showing percentage distribution of way of attendance of social rituals at home.

The data presented in the figure3 showed that 41.86% of the students were not using any way of attending social rituals at home.

n=43

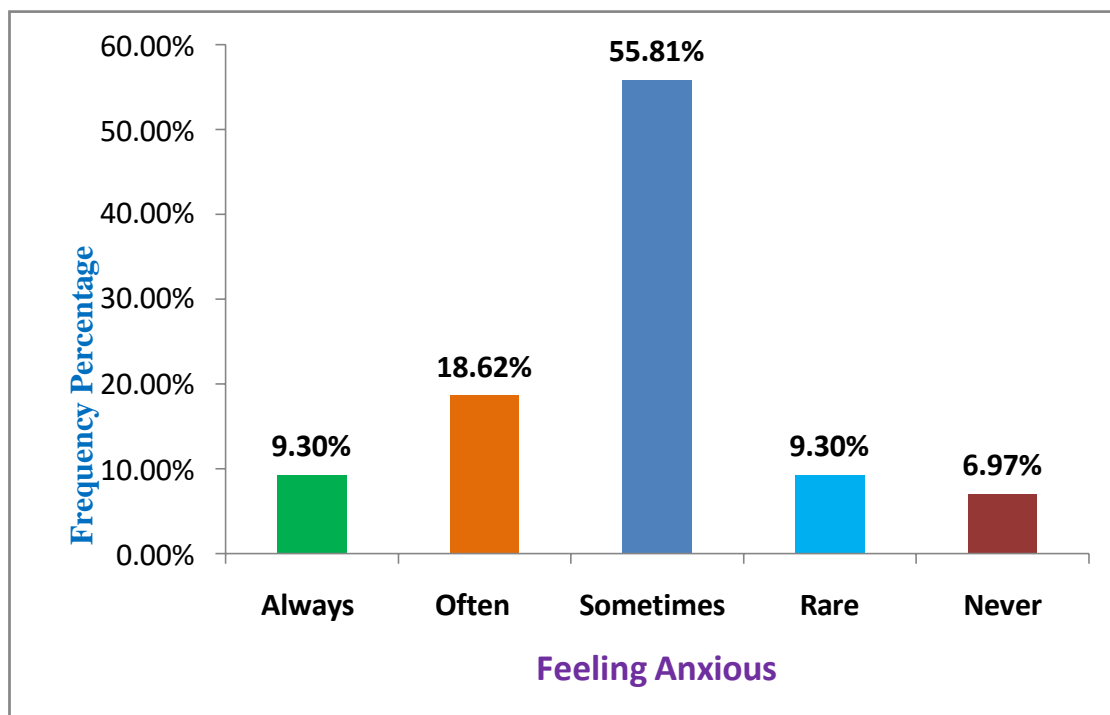


Figure 4 Bar diagram showing frequency and percentage distribution of feeling anxious by nursing students.

Figure 4 showed that 55.18% students feeling anxious sometimes

n=43



Fig. 5 Pie diagram showing percentage distribution of suffering from fear of death by nursing students. The data presented in figure 5 showed that majority 32.58% of students were never suffering from fear of death.

n=43

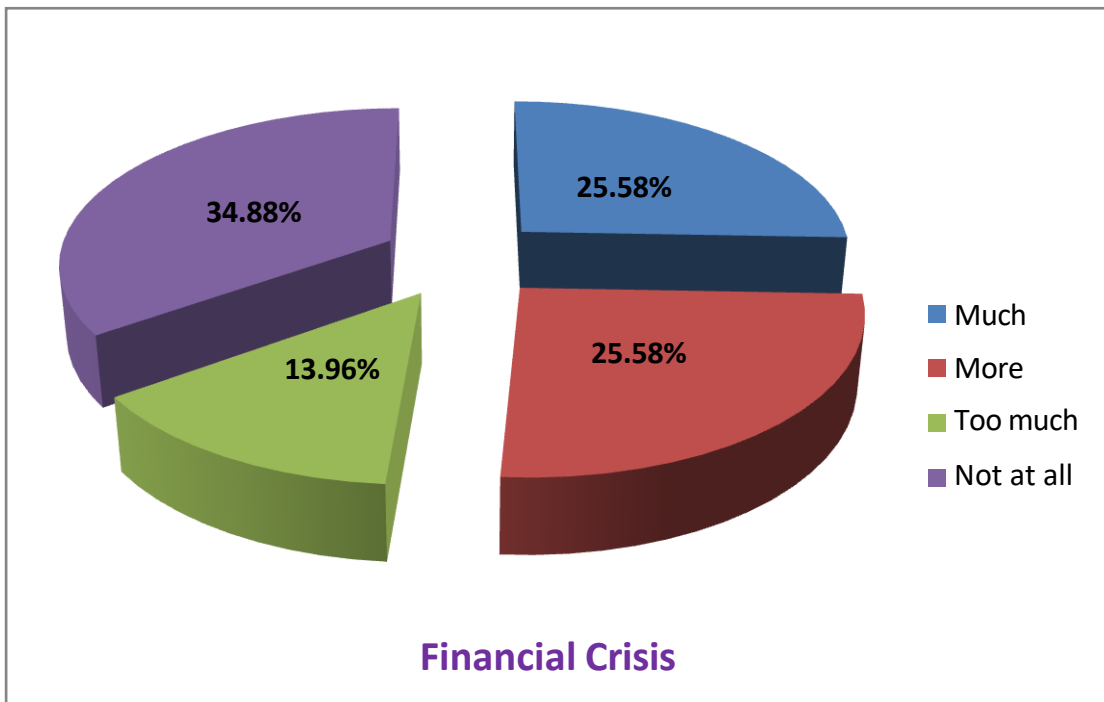


Figure 6 Pie diagram showing percentage distribution of frequency of Financial Crisis felt by nursing students. The data presented in the figure 6 showed that 34.88% of the students family were not facing financial crisis at all.

Section – III : Description of Resilience adopted by 43 B.Sc. Nursing students.

Table 4: Frequency and percentage distribution of resiliences adopted by B.Sc. 4th year nursing students

n=43

Sl. No.	Variables	Frequency	Percentage
1.	Time management for online classes as per routine schedule	22	51.17%
	Make study plan	6	13.95%
	Use online resource quickly	3	6.98%
	Eliminate distraction	2	4.65%
	Limit social networking	10	23.25%
2.	Process to overcome communication problem with relatives		
	Communicating over telephone	27	62.8%
	Physical attendance with covid protocol	3	7%
	Video conferences	11	25.6%
	None	2	4.7%
3.	Adjustment with parents and siblings		
	Self counseling	8	18.6%
	Using jokes & mimics	7	16.3%
	Keeping myself updated	7	16.3%
	Parent's advice	21	48.83%
4.	Methods of alleviate panic		
	Maintaining Covid protocol	25	58.13%
	Reading story book	4	9.93%
	Doing extra-curricular activity	9	20.93%
	Getting vaccination	5	11.61%
5.	Healthy habits		
	Taking nutritious diet	29	67.44%
	Taking adequate fluid and water	4	9.3%
	Doing exercise and relaxation technique	6	13.95%
	Maintaining adequate sleep	4	9.3%
6.	Maximum time spend		
	Studying	12	27.90%
	Reading newspaper	2	4.65%
	Social networking	24	55.81%
	Watching television	5	11.63%
7.	Frequency of listening to news		
	Once daily	17	39.53%
	Twice daily	6	13.95%
	Frequently	16	37.20%
	Very often	4	9.30%
8.	Way to alleviate fear and anxiety		
	Telephonic conversation	19	44.1%
	Virtual get together	4	9.3%

	Video cell	12	27.9%
	None	8	18.6%
9.	Process used to boost immunity		
	Allopathic multivitamin	16	37.12%
	Ayurvedic medicine	1	2.34%
	Homeopathic medicine	1	2.34%
	Home remedies	16	37.13%
	All of the above	9	20.93%

The data presented in the table 4 showed that majority 51.17% of the students were managing time for online classes as per routine schedule, 62.8% of the students were communicating over telephone to overcome communication problem with relatives, 48.83% of the students were taking parent's advice to adjust with parents and siblings and majority 58.13% of students were maintaining covid protocol to alleviate panic. Majority 67.44% of the students were taking nutritious diet as healthy habits, 55.81% of the students were spending maximum time in social networking, 39.53% of the students were once daily listening to T.V. news.,44.1% of the students were alleviating fear and anxiety by Telephonic conversations. Majority 37.13% of the students are using home remedy to boost immunity.

Discussion

A study was conducted among 43 Basic B.Sc Nursing 4th year students of Govt.College of Nursing, R.G Kar Medical college & Hospital , Kolkata to determine the challenges on daily life faced by Basic B.Sc Nursing 4th year students and resilience adopted by them. The study stated that 47.23% students faced the academic challenges during covid 19 pandemic and 50.30% students have successfully adopted the resilience.

A study was conducted on the academic performance of veterenary medical student, Mohamed A.A. Mahdy .The study revealed that 47.5% students were greatly affected by academic challenges during covid 19 pandemic. 3

Another study was conducted by Angela Serrano Sarmiento et.al on Resilience and COVID-19. An Analysis in University Students during Confinement, the finding showed that 57.7% presented high resilience, 14% solid resilience and remaining 30% presented low level of resilience.

Conclusion:

The present study revealed that during covid -19 pandemic, majority of the 4th year Basic B.Sc. Nursing students faced academic challenges (researching issue of the internet) , felt quiet difficult towards maintaining interpersonal relationship and got irritated in psychological challenges. Majority of the 4th year Basic B.Sc. Nursing students adopted resilience accordingly.

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