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Assess the kinds of disorder affected people during the COVID-19

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Abstract

When the emergency situation of Corona came in the country, it had an effect on the whole world. There has not been any country that has not been hit by it. Where there were more cases and there were fewer cases. The corona epidemic had engulfed the whole world, which had an effect on every citizen of the world. The result of doing this study was that which people got physical mental disorder due to being afraid of this epidemic, which affected the entire personality. Its effect was not on one person but on the whole family.

Keywords: Disorder, assess, COVID-19

Introduction

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us to do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise. It is very important for people of all ages and abilities to be as active as possible. Just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help ease body muscles and improve blood circulation and muscle activity. Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19.

Objectives

1. To study the nutritional status of respondents.
2. To identify the nutritional stress, disorder and behavioural addictions of respondents.

Methodology

The study was conducted in Kanpur district. The four wards randomly selected out of which 110 wards. The total 300 sample size were selected (150 male and 150 females). Dependent and independent variables such as age, education, caste, nutritional stress, mental and physical disorders etc. were used. The statistical tools such as percentage, χ^2 , Cr, etc. were used.

Results

Table 1: Distribution of respondents according to occupation

(N=300)			
Occupation	Male	Female	Total
Govt. Service	90 (60.0)	21 (14.0)	111 (37.0)
Private Job	45 (30.0)	48 (32.0)	93 (31.0)
Business	15 (10.0)	15 (10.0)	30 (10.0)
House wife	-	66 (44.0)	66 (22.0)
Total	150 (100.0)	150 (100.0)	300 (100.0)
χ^2	88.364**		$p < 0.01$

(Figures shown parentheses are the percentage of respective value)

In the Corona period, more impact was on the business of the people, especially on the private job and industry because the whole country's system came to a standstill at the time of Corona.

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Table 2: Distribution of respondents according to nutritional intake

Age group	Protein (g)	Energy (Kcl)	Fat (g)	Beta carotene (mg)	Thiamine (mg)	Riboflavin (mg)	Vitamin-C (mg)	Niacin (mg)	Calcium (mg)	Iron (mg)
20 – 30	90	2080	98	0.6	3.2	1.8	90	24	728	14
30 – 40	92	2450	96	0.7	3.8	1.8	100	28	753	16
40 – 50	92	2168	92	0.7	3.8	1.8	100	28	76.0	16
50 – 60	88	2180	96	0.7	3.4	1.6	80	25	760	15
Mean	90.5	2220	94.5	0.7	3.5	1.8	92.5	26.2	751	15
SD	3.5	28	4.0	0.1	1.0	0.6	2.5	1.6	20	2.0
r	0.2204*	0.3145*	0.2611*	0.2080*	0.1106	0.2601*	0.10981*	0.0111	0.3311*	0.2317*

Currently COVID-19 pandemic is a leading challenge across the globe. It is mandatory to attain and maintain good nutritional status to fight against virus. Nutritional status of individual is affected by several factors such as age, sex, health status, life style and medications.

Table 3 (a): Distribution of respondents according to physical disorders

Sl. No.	Physical disorders	Male	Female
1.	Weight gain	62 (61.3)	86 (57.3)
2.	Musculoskeletal disorders	55 (36.7)	85 (56.7)
3.	Lack of physical activity	75 (50.0)	60 (40.0)
4.	Sleep disorders	60 (40.0)	90 (60.0)
5.	Eye strain	70 (46.7)	85 (56.7)
6.	Headache	62 (41.3)	90 (60.0)
7.	Low back pain	50 (33.3)	94 (62.7)
8.	Excessive workload	52 (34.7)	85 (56.7)
9.	Problem of indigestion	78 (52.0)	64 (42.7)
10.	Disturbed eating habits	80 (53.3)	64 (42.7)
11.	Others	96 (64.0)	62 (41.3)

(Figures shown parentheses are the percentage of respective value)

Due to staying at home during the Corona period, people watched T.V because at that time only news of Corona used to come on T.V, each channel used to show the same news, due to which people started watching Hotstar, pictures, serials on Netflix. Did it because going to office was closed, people used to watch pictures till late night, due to which they became victims of sleep disorder, due to more T.V and laptop, people started having pain in their eyes, children also used to take online classes or study on laptop. While playing games, people used to get headache even if they stayed at home, but due to online classes, there was more burden on the children,

due to work from home, the work load also increased for a long time on laptop and computer. There was a change, if any person in the family pharmise some snacks, then snacks were made for the whole family and everyone used to eat little by little, due to this the eating habits of the adult people got disturbed, people also did some physical work at home. But all the people of the family were living together in the house, that is why the routine of physical exercise and eating food had deteriorated, which resulted in people gaining weight.

Table 3 (b): Distribution of respondents according to mental and behavioural disorder.

Sl. No.	Mental and behaviour disorders	Male	Female
1.	Social isolation	96 (64.0)	66 (44.0)
2.	Depression and anxiety	92 (61.3)	70 (46.7)
3.	Stagnant growth in career	84 (56.0)	66 (44.0)
4.	Fear of joblessness	106 (70.7)	70 (46.7)
5.	Fear of infection	86 (57.3)	72 (48.0)
6.	Irritable behaviour	80 (53.3)	64 (42.7)
7.	Change in habits and lifestyle	62 (41.3)	56 (37.3)
8.	Lack of household help	52 (34.7)	74 (49.3)
9.	Others	48 (32.0)	70 (46.7)
	Z	19.066*	p<0.05

(Figures shown parentheses are the percentage of respective value)

The World Health Organization describes a close relationship between physical and mental functions with the level of self-governance and social participation in the community. Social participation has been defined as active participation in a religious, sports, cultural, recreational, political, and volunteer community organizations.

Table 4: Distribution of respondents according to reduce nutritional disorder

Sl. No.	Reduce nutritional disorder strategies	Male	Female
1.	Eat fresh foods every day	88 (58.7)	90 (60.0)
2.	Drink enough water every day	110 (73.3)	80 (53.3)
3.	Eat moderate amount of fat and oil	60 (40.0)	85 (56.7)
4.	Eat less salt and sugar	75 (50.0)	95 (63.3)
5.	Avoid eating out	50 (33.3)	75 (50.0)
6.	Counselling and psychosocial support	60 (40.0)	70 (46.7)
7.	Improve brain functioning	75 (50.0)	80 (53.3)
8.	Improve nutrition and healthy eating habits	78 (52.0)	65 (43.3)

(Figures shown parentheses are the percentage of respective value)

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illness and infectious diseases. So they should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants the body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower risk of overweight, obesity, heart disease, stroke, diabetes and

certain types of cancer.

Conclusion

The World Health Organization describes a close relationship between physical and mental functions with the level of self-governance and social participation in the community. Social participation has been defined as active participation in a religious, sports, cultural, recreational, political, and volunteer

community organizations. Various studies have reported protective effects of social participation for the health of the elderly, being considered as a stimulus to increase the level of physical activity and cognitive functions. The social participation has been associated with a better quality of life, more muscle mass, balance, cognition and lower comorbidities and disability in older people. Participating in social meetings and activities are stimuli that increase the level of physical activity as well as the interaction with other older adults stimulating sensory systems, self-esteem, affectivity, emotional and psychological support.

Recommendations

1. Panic buying behaviour may have negative consequences, such as an increase in food prices, overconsumption of food and an unequal distribution of products. It is therefore important to consider your own needs, as well as those of others. Assess what you already have at home and plan your intake. You might feel the need to purchase large amounts of foods, but make sure to consider and utilize what is already in your pantry, as well as foods with shorter shelf life. This way you can avoid food.
2. Use fresh ingredients and those that have a shorter shelf life first. If fresh products, especially fruits, vegetables and reduced-fat dairy products continue to be available, prioritize these over non-perishables. Frozen fruits and vegetables can also conveniently be used over longer periods of time and often have a similar nutrient profile to fresh foods. To avoid food waste, you may consider freezing any leftovers for another meal.
3. During regular daily life, many individuals often do not have the time to prepare home-cooked meals. Spending longer periods of time at home may now offer the possibility to make those recipes you previously did not have time to make. Many healthy and delicious recipes can be found online. Take advantage of the wealth of freely available information, and experiment with the ingredients you can access, but remember to keep in mind the principles for healthy eating offered in this guidance. Some examples of healthy recipes with accessible ingredients may also be found below.
4. Although home-cooked meals should be prioritized, some cities and countries have rather advanced delivery systems for ingredients and ready meals, and many businesses are now starting to offer this service. Some solutions include “contact-less” options, where no human interaction is required, thus supporting self-quarantine and isolation measures. These should be prioritized, particularly from reliable businesses following strict food hygiene requirements. For food delivery and transportation, it is important to keep food at safe temperatures (below 5 °C or above 60 °C). Keeping in mind that these services might be overwhelmed, you might want to consider exploring what is available in your area.
5. Food safety is a prerequisite for food security and a healthy diet. Only safe food is healthy food. When preparing food for yourself and others, it is important to follow good food hygiene practices to avoid food. Contamination and food borne diseases. The key principles of good food hygiene include: your hands, kitchen and utensils clean separate raw and cooked food, especially raw meat and fresh produce cook your food

thoroughly keep your food at safe temperatures, either below 5 °C or above 60 °C; and use safe water and raw material.

6. WHO recommends that ideally less than 5% of total energy intake for adults should come from free sugars (about 6 teaspoons). If you crave something sweet, fresh fruit should always be the priority. Frozen fruits, canned fruits in juice rather than syrup, and dried fruits with no added sugar are also good options. When other dessert options are chosen, ensure that they are low in sugar and consume small portions. Watch out for low fat options, as these are often high in added sugars. Limit the amount of sugar or honey added to foods and avoid sweetening your beverages.

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