

Part I

Summer Project
on

Health and Wellbeing of Youth As of COVID-19 Lockdown in India

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MBA Health and Hospital Management [2019-2021]

Under The Guidance of : Dr. Nutan P. Jain

OBJECTIVES

- To study the physical and psychological wellbeing of youth (age group 15-29) during COVID-19 lock down in India.
- To identify key physical and psychological wellbeing related to youth.

Background

- ❖ COVID-19, highly contagious disease, originated from Wuhan city of China is now a global threat. This respiratory disease is caused by SARS Coronavirus-2. WHO declared this outbreak as pandemic on 11th March 2020.
- ❖ India reported first case of COVID-19 on dated 30th June 2020 in Kerla and slowly it spread to almost every state of the country. After few weeks the figures of positive cases starts growing with rapid rate.
- ❖ Day by day situation started getting worst that the Indian government ordered complete shutdown of the nation from date 24th March 2020 for the period of 21 days.

- ❖ First phase of lockdown imposed with various restrictions that the whole nation came to the halt. Only essential services were allowed like food products, groceries and medical stores. After the first phase of lockdown further lockdowns were imposed:

Second phase: From 14 April 2020 to 3 May 2020

Third phase: From 4 May 2020 to 17 May 2020

Fourth phase: From 18 May 2020 to 31 May 2020

- ❖ We the public were ordered to follow the preventive guidelines issued by the Government of India. Maintaining respiratory hygiene and norms of social/physical distancing were of prime importance.
- ❖ This lockdown affected almost every age group of the nation. Youth were also not untouched with the restrictions of lockdown. As they represent the future of the nation, their health and wellbeing are of prime importance.

Literature Review

Study Title	Author(s)	Objectives	Methodology	Key Findings
1. Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown	Selim Benjamin Guesoum, Jonathan Lachal Y Niveda Devi, Jalina Laisharm, T Gambhir Singh, H Sanayaima Devi	To review the literature on adolescent psychiatric disorders related to the COVID-19 pandemic and lockdown	Narrative Literature review on MEDLINE and Google scholar.	Quarantine has negative and potentially prolong effects on psychological health of adolescents.
2. Epidemics, quarantine and mental health	Kaushik Chatterjee and V.S. Chauhan	To study psychological effects of epidemics and quarantine.	Studied 129 quarantined persons during SARS epidemic in 2003 who responded to a web survey	Mass quarantine have long term psycho-social effect on individuals health.

3. The psychological impact of the COVID-19 epidemic on college students in China	Wenjun Cao, Zi wei Fang	To study the psychological impact of COVID-19 epidemic on college students of china.	Cluster sampling technique, 7143 participants.	24 per cent of college students faced severe anxiety. Also mental health of college students were highly affected by public health emergencies.
4. How to deal with COVID-19 epidemic-related lockdown physical inactivity and sedentary increase in youth?	Irene Margaritis, Sabine Houdart	To study impacts of physical inactivity and sedentary increase on the health.	Narrative literature review of articles in PUBMED and google scholar	Physical inactivity and increase in sedentary lifestyle increases the health risk of people

Methodology

Research Design:

Descriptive Research Study Using
Online Survey Technique.

Sampling Frame:

Youth [15-29 years old]
population of India

Sampling:

Non Probability Sampling

Sample Size:

152 Respondents from 20 States

Data Collection Method And Tool

Primary Data Collection

- ❖ An online Self-administered Questionnaire was being used as tool.
- ❖ Social media apps [Whatsapp, Facebook and Instagram] and E-mail used to reach respondents.

Secondary Data

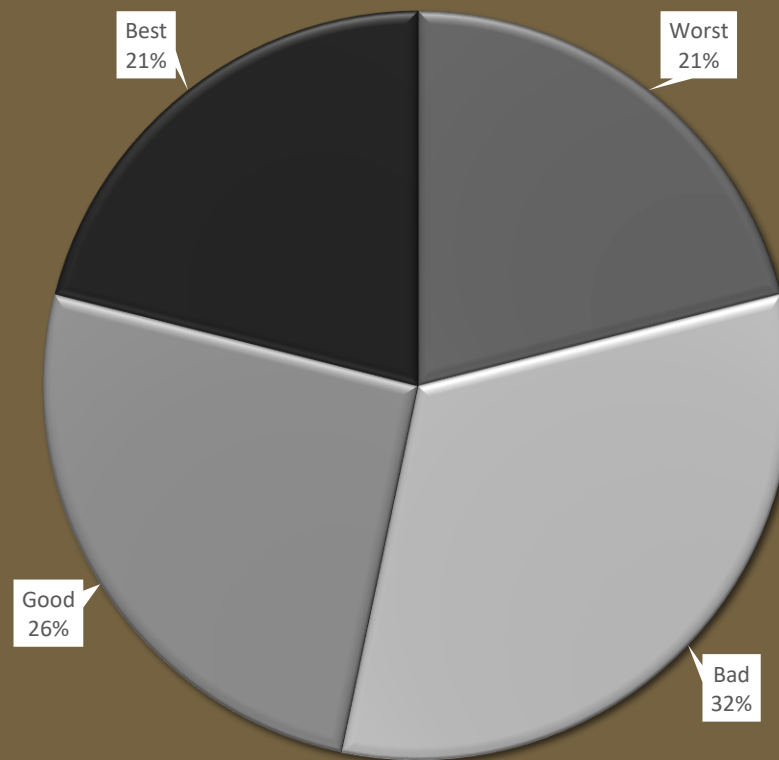
- ❖ Using data base PUBMED and Google Scholar.

RESULTS

- ❖ Indian youth were highly aware of COVID-19 pandemic and related precautionary measures. 98 percent respondents said they followed all the guidelines issued by the health ministry of the country.
- ❖ During lockdown physical health related complaints among youth were negligible.
- ❖ COVID-19 lockdown affected psychological health of the Indian youth. Significant prevalence of psychosomatic symptoms were observed.
- ❖ Future job prospect was the top stressor among the youth and also loss in academic causes significant psychological burden.

- ❖ During the lockdown youth of country had high level of social support and higher satisfaction with the support they got was observed.
- ❖ Overall functional health of respondents found well. Although Socializing and Recreational activities were lesser than earlier.
- ❖ More than half, 53 percent of youth had bad current mental wellbeing score.

Current Wellbeing Score



Worst Bad Good Best

DISCUSSION

- ❖ Past studies suggested public health emergencies and lockdown can result in psychological disorder.
- ❖ Negligible physical health complaints ensures good physical health and wellbeing.
- ❖ Future job prospects, losses in academics, perceived financial burden and isolation were the main stressors among youth.
- ❖ Stress, depressive mood and anxiety were experienced by most of the youth during lockdown.
- ❖ Youth of the nation had very high social support for whenever they feel low during lockdown and they reported highly satisfied with the social support they got.
- ❖ Although, it is observed that it was very challenging to maintain mental wellbeing during lockdown days.

CONCLUSION

Physical health problems during the complete lockdown was negligible but higher presence of psychosomatic symptoms were observed. Maintaining good mental wellbeing during mass quarantine was highly challenging for the youth.

For complete lockdown [or mass quarantine] like situation in future, the government, parents and caregivers are advised to monitor psychological health of youth and provide necessary mental support.

PART-II

Course 1- eHealth: more than just an Electronic records

Website- www.coursera.com

Organization- University of Sydney

Course instructor: Tim Shaw

COURSE DESCRIPTION

- ❖ Basically explored the scope of new technology that can be applied in the healthcare field.
- ❖ Comparative picture of eHealth and traditional health care practice.
- ❖ Benefits of using technology in healthcare and also the barriers in implementation.

COURSE METHODOLOGY

Lecture Videos and Power point presentation	Case Study
Assignments And Quiz	Peer review

COURSE CONTENT

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Week 1- Module 1

What is eHealth?

CONTENTS

- ❑ Concept and definition of E-Health.
- ❑ Scope of new technology in Healthcare

Key Learning

**eHealth has potential
to become new trend
in healthcare.**

Week 2- Module 2

Health In our Hands

CONTENTS

- ❑ How new technology could be utilized to monitor own health.

Key Learning

**Health apps and software
can be Used to
maintain one's health.**

Week 3- Module 3

Data and Quantified self

CONTENTS

- ☐ Benefits of having electronic records.
- ☐ Possible use of digital data even in critical situation.

Key Learning

e-records is much better and hassle free than traditional methods and its application can be proven lifesaving.

Week 4- Module 4

**Interacting
With
Health
Professional
Using New
Technology.**

CONTENTS

- ☐ Benefits of interacting through new technologies.
- ☐ Possible barriers in the implementation of E-Health.

Key Learning

Although challenges are there in implementation but pros of eHealth outweigh it.

Week 5- Module 5

E-Health in Professional Practice.

CONTENTS

- ☐ Target based design of the technology
- ☐ Exploring various implementation strategies

Key Learning

There is very huge scope of E-Health in professional practice that will enhance quality and rich experience of healthcare.



THANK YOU
