



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE TOWARDS COVID-19 AMONG THE ADULTS RESIDING IN SELECTED AREA OF JALANDHAR, PUNJAB

Nursing

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ABSTRACT

COVID-19 was declared a pandemic by the WHO on March 11, 2020. India implemented various measures, including vaccination, lockdown, contact tracing, quarantine, hand hygiene, respiratory etiquette, and physical distancing to control its spread. This study aimed to assess the knowledge and practices regarding COVID-19 among adults. A descriptive research design was adopted, and 200 adults meeting the sampling criteria were selected using purposive sampling. Data were collected using a structured knowledge questionnaire and practice checklist. The findings revealed that 36.5% of adults had inadequate knowledge, 46% had moderate knowledge, and 17.5% had adequate knowledge. The level of practice towards COVID-19 findings revealed that majority 121(60.5%) of the had poor practice, 66(33%) of the adults had good practice. Only 13(6.5%) adults had excellent practice. Overall, the findings indicated moderate knowledge and inadequate preventive practices regarding COVID-19, highlighting the need for targeted health education and awareness programmes to promote appropriate preventive practices among community members.

KEYWORDS

Knowledge, Practice, COVID-19, Adults

INTRODUCTION

COVID-19 is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), first identified in Wuhan, China, in December 2019. Due to its rapid global spread, the World Health Organization declared COVID-19 a pandemic on 11 March 2020. The disease primarily affects the respiratory system and may range from asymptomatic or mild illness to severe pneumonia, respiratory failure, and death. Older adults and individuals with underlying health conditions are at greater risk of severe disease. Public health measures such as hand hygiene, respiratory etiquette, physical distancing, isolation, quarantine, and vaccination played an important role in reducing transmission and severe outcomes.¹⁻³ The COVID-19 pandemic created a major challenge for healthcare systems and communities worldwide. Healthcare workers were at increased risk of exposure because of their close and prolonged contact with infected individuals. Adequate knowledge and appropriate preventive practices, including hand hygiene, use of personal protective equipment, respiratory hygiene, and vaccination, are essential for reducing the risk of infection and transmission. Public awareness and adherence to recommended preventive measures therefore remain important components of effective infectious disease control.⁴⁻⁶

Objectives of the Study

- To assess the knowledge towards COVID-19 among the adults residing in selected area of Jalandhar.
- To assess the practice towards COVID-19 among the adults residing in selected area of Jalandhar.
- To find the correlation between the knowledge and practice towards COVID-19 among the adults residing in selected area of Jalandhar.

Hypotheses

- H₁:** There will be a significant correlation between the knowledge and practice regarding COVID-19.

Research Approach

Quantitative research approach was used in this study to assess the knowledge and practice regarding COVID-19 among the adults in selected area of Jalandhar.

Research Design

Descriptive research design was used to assess the knowledge and practice towards COVID-19 among the adults among the adults in selected area of Jalandhar.

Variables

Research Variable- Knowledge and Practice towards COVID-19.

Demographic Variable- In this includes age, gender, religion, education, monthly family income, types of family, occupation.

Setting of the Study

This study was conducted in the Sadar Bazar area of Jalandhar Cantt.

Population

This study consisted of adults above 18 years of age residing in selected area of Jalandhar.

Sample and Sampling Technique

Sample: In this study samples were adults residing in Sadar bazar area of Jalandhar Cantt who are willing to participate in study & who fulfill the inclusion criteria and exclusion criteria

Sample Size: 200

Sampling Technique: In present study purposive sampling technique was used to select samples

Sampling Criteria: Samples are selected with following pre-determined set of criteria during the period of study.

Tool of the Study: Final tool consisted of three parts. Data was collected by Structured interview schedule.

- Socio Demographic proforma with 14 items collects data about the characteristics of the sample population. in this study section I included age, gender, religion, education, monthly family income, types of family, occupation and other relevant baseline characteristics related to COVID-19
- Structured knowledge questionnaire on COVID-19 was developed which consisted of 24 multiple-choice questions regarding COVID-19.
- Structured practice checklist on COVID-19 consisting 25 items. It had a minimum score of 0 and maximum of 25.

RESULTS

I. Sociodemographic Characteristics:

Age wise distribution of the adults revealed that 69 (34.5%) of the adults belonged to the age group of 18-25 whereas majority 74 (37%) adults belonged to the age group of 26-45 and 48 (24%) belonged to the age group of 46-55 years. Only 9 (4.5%) belonged to the age group of above 55 years.

Gender wise distribution of adults depicts that majority 121(60.5%) adults were male, 77(38.5%) adults were female and 2(1%) adults from transgender.

Religion wise distribution of adults depicts that majority 161(80.5%) was Hindu, 19(9.5%) adults were Christian and 20 (10%) adults were Muslim.

Education wise distribution of adults reveals that 84(42%) of adults had primary School education, whereas 64(32%) of the adults studied up to high School, 30(15%) of the adults studied up to graduation and only 1(0.5%) were post graduate and above.

This study reveals that majority 110 (55%) of adults were having family monthly income between 20001-30000 rupees, majority 123(61.5%) of adults live in Joint family, 63(31.5%) were private

employed, majority (94.5%) of the adults were not infected with COVID-19, Only 11(5.5%) of the adults were infected with COVID-19, Only 23 (11.5%) of the adults were having history of family member infected with COVID-19, 76.5% of the adults had not attended any training related to COVID-19, 77(38.5%) of the adults were not having Arogya Setu app, majority (72.67%) of the adults were not drinking soft /cold drinks more than once in a week. Majority 131 (65.5%) of the adults had not taken home remedies for prevention of COVID-19. Only 69 (34.5 %) adults had taken home remedies for prevention of COVID-19.

II. Analysis of the Knowledge Towards Covid-19

Table 1: Frequency and Percentage Wise to Assess the Level of Knowledge Towards Covid-19 Among the Adults

Level of knowledge	n=200 Knowledge Score	
	f	%
Inadequate	73	36.5
Moderate	92	46
Adequate	35	17.5
Total	200	100

The above table shows the frequency and percentage of level of knowledge towards COVID-19. Out of 200 adults, 73 (36.5%) had inadequate knowledge, 92 (46%) of the adults had moderate knowledge and only 35 (17.5%) adults had adequate knowledge.

III. Analysis to Assess the Practice Towards Covid-19

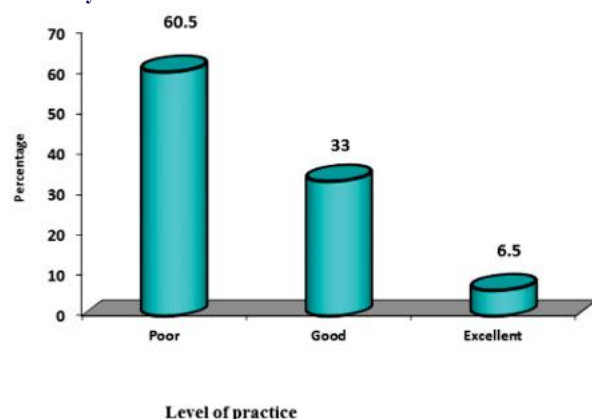


Figure 1: Percentage Wise to Assess the Level of Practice Towards Covid-19 Among the Adults

The above table and figure show the frequency and percentage of level of practice towards COVID-19. In that majority 121(60.5%) of the adults had poor practice, 66(33%) of the adults had good practice. Only 13(6.5%) adults had excellent practice.

IV. Correlation Between Knowledge and Practice Towards Covid-19.

Table II: Correlation Between Knowledge and Practice Towards Covid-19 Among the Adults

Overall knowledge and overall practice	'r' value	p-value
	0.5910	P<0.001*** (HS)

HS- Highly Significant, NS- Not Significant.

The above table shows the correlation between knowledge and practice, which was calculated by Karl Pearson correlation coefficient. there was moderately positive, statistically significant correlation between knowledge and practice with r value (0.5910). Hence, research Hypothesis H_1 (There will be a significant correlation between the knowledge and practice regarding COVID-19 among the adults in selected area of Jalandhar) was accepted.

CONCLUSION

The present study was conducted to assess the knowledge and practice regarding COVID-19 among adults. The findings revealed that the overall level of knowledge regarding COVID-19 was moderate, with a mean knowledge percentage of 59%. The majority of participants had moderate knowledge, while a smaller proportion had adequate knowledge. The study also showed that the overall level of practice regarding COVID-19 was inadequate, with a mean practice percentage of 49%.

The findings further indicated a moderately positive and statistically significant correlation between knowledge and practice regarding COVID-19 ($r = 0.5910$, $p < 0.001$). This suggests that better knowledge was associated with better preventive practices among the participants. Therefore, the study highlights the importance of strengthening health education and awareness regarding COVID-19, particularly focusing on preventive measures, vaccination, government guidelines, and appropriate health practices. Regular health education programmes may help improve both knowledge and preventive practices among adults and contribute to reducing the risk of COVID-19 transmission.

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Conflict of Interest: There are no conflicts of interest associated with this publication that we are really aware of. As a corresponding author, I certify that we have read and approved article for submission.

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