



A Descriptive Study To Assess The Impact Of Lockdown Among The School Children Residing At Uttar Pradesh ”

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ABSTRACT:

A descriptive study to assess the impact of lockdown among the school children residing at Uttar Pradesh. Aim of the study to assess the impact of lockdown among school children. A quantitative research approach with descriptive research design was used and data were collected by using snowball sampling technique among 100 school children residing at U.P. A tool consists of 12 demographic variables and 30 structured questionnaires. The findings of the study have been discussed with the references to the objectives and hypothesis. Then data was analyzed by using descriptive and inferential statistics. The result reveals that none of the school children have mild impact, (6%) of school children had moderate impact and (94%) of school children had severe impact regarding the impact of lockdown. The chi square test reveals that association between level of impact of lockdown with their demographic variables among school children was found to be statistically non-significant at $P < 0.05$ level for the Age, Gender, Area of residence, Education of student, Duration of sleep, Number of Inhabitants whereas significant at $P < 0.05$ level for Types of family, Occupation of parents, Times spending on daily fitness and recreational activities per day, Frequency of food taken in a day during lockdown, Types of food intake, Loss of loved ones due to covid-19. The Finding concluded the effect of lockdown over children's health and well-being in both negative and positive aspect when it calls for the decision maker to take into account the risks and benefits for children's health with respect to public health measures that are adapted. Policymakers and researchers should look into other much less disruptive social distancing intervention given that lockdown measures greatly affect children. We suggest that a comprehensive public health approach is needed in response to this pandemic. Particular attention given to children social determinates and medical

requirements should be addressed simultaneously with equity and human rights as overarching principles.

INTRODUCTION

“The wise man lets go of all result, whether good, or bad and is focused on the action alone.”

The current global problem due to the corona virus pandemic is having a severe effect with everyone being forced to adjust to the changing dynamic of social and interpersonal relationship with the most of nation in a lockdown mode, and important aspect it to be considered is a impact of covid-19 on children.^[11]

The possibilities of loss of months of curriculum anxiety, depression and stress related symptoms are likely to occur amongst children however, they may be protected from some of the issues that are only possibly while attending school. It is particularly common in children with special need like autism, intellectual disability etc. the children with ADHD can be bully, lone victim or bully victim.^[11] Restriction of physical activities and social isolation due to the lockdown is more of a factor in the mental and physical health of children during this crisis. The physical activities of the children have significantly come down in this period thereby leading to weight gain. The problem of overweight and obesity among children was already common and the lockdown has made the issue worse. With children unable to play game in the playground they seek entertainment on mobile phone, tablets, laptops etc.^[11]

In order to cover up the loss of education during lockdown, many school have offered distanced learning or online course to the student however, this opportunity is not available under privileged children as a result of which they face a lack of stimulation and have no access to online resource material to study.^[4] The school closures coupled with additional socio-behavioral adoption are impacting the lifestyle activity of children across the 24 hours a day. Of concern, preliminary evidence suggest social restriction needed to reduce the spread of covid-19 have increased engagement of sedentary behavior, disrupted sleep pattern and decreased opportunity for children to engage in physical activity.^[12]

NEED OF THE STUDY

The covid-19 outbreak has made a significant impact on the mental health, education and daily routine of students. The covid-19 related interruption highlight key challenges measures in the education sectors. The new policies and guidelines in this direction would help mitigate some of the negative effect and prepare educators and students for the future health crisis. ^[15]

As a, society, a responsibility to create a safe world for our children but also a responsibility to let them enjoy their childhood. This entire shift to online school has been over whelming for them where for long duration they are expected to pay attention to their teachers via screens.^[16]

STATEMENT OF THE PROBLEM

A descriptive study to assess the impact of lockdown among school children residing at Uttar Pradesh.

OBJECTIVES

1. To assess the impact of lockdown on children.
2. To find out the association between impact of lockdown among school children with the selected demographic variables.

HYPOTHESIS

H1:- There will be significant association between impacts of lockdown among school children with their selected demographical variables.

RESEARCH METHODOLOGY

RESEARCH APPROACH

A quantitative research approach.

RESEARCH DESIGN

Descriptive research design.

SETTING

This study was conducted via online at Uttar Pradesh.

SAMPLE

Sample refers to the students of 15-18 years of school children who fulfill the inclusion criteria and residing at UP.

SAMPLE SIZE

The sample size of the present study comprises of 100 school children.

SAMPLING TECHNIQUE

Snowball sampling techniques was used

INCLUSION CRITERIA

- School children aged between 15-18 years residing at U.P
- Children willing to participate in the study.
- Children available at the time of data collection.
- Children are capable to give response of self administered questionnaires viaonline.

EXCLUSION CRITERIA

- Who had received previous knowledge regarding impact of lockdown.
- Students who have network issues.

DATA COLLECTION PROCEDURE

After obtaining the permission from the college authorities, the consent was taken from the participants and the questionnaires was e-mailed to the participants I'D. The questionnaire were filled by the participants and were emailed back.

PLAN FOR DATA ANALYSIS

The collected data was planned and analyzed in the form descriptive and inferential statistics. The analysed data was be presented in the form of table and figureby using mean, percentage, standard deviation and chi square test.

ORGANIZATION OF THE DATA ANALYSIS

The analyzed data has been organized and presented in the following section.

Section 1:- Description of the demographic variables of school children.

Section 2:- Description of impact of lockdown among school children at U.P.

Section 3:- Association between the levels of impact of lockdown among school childrenwith their selected demographic variables.

SECTION-1

Table: 1 Frequency and percentage distribution of demographic variables of schoolchildren.

n=100

S. No.	Demographic variables	Frequency	Percentage
1	Age(in years)		
	a) 15	42	42%
	b) 16	15	15%
	c) 17	11	11%
	d) 18	32	32%
2	Gender		
	a) Male	43	43%
	b) Female	57	57%
3	Area of residence		
	a) Rural	37	37%
	b) Urban	39	39%
	c) Semi urban	24	24%
4	Types of family		
	a) Nuclear	52	52%
	b) Joint	48	48%
5	Occupation of parents		
	a) Private employee	26	26%
	b) Government employee	24	24%
	c) Self Employee	23	23%
	d) Unemployed	19	19%
	e) Others	08	08%
6	Education of students		
	a) 9 th standard	34	34%
	10 th standard	16	16%
	11 th standard	13	13%
	12 th standard	37	37%
7	Time spend on fitness and recreational activities per day		

	30 minutes	45	45%
	1 hour	29	29%
	2 hours	09	09%
	More than 2 hours	17	17%
8	Frequency of food intake in a day during lockdown		
	2 Times	25	25%
	3 Times	46	46%
	More than 3 times	29	29%
9	Types of food intake		
	Healthy food	66	66%
	Homemade junk food	26	26%
	Junk foods (outside)	8	8%
10	Duration of sleep per day		
	Less than 5 hours	5	5%
	5-8 hours	79	79%
	9-12 hours	9	9%
	More than 12 hours	7	7%
11	Number of inhabitants		
	Alone	47	47%
	2 members	12	12%
	3 members	11	11%
	Above 4 members	30	30%
12	Have you had the loss of loved Ones		
	Yes	28	28%
	No	72	72%

The result indicate that out of 100 samples about 42% respondents belongs to the age group of 15 years, 32% respondents belongs to the age group of 18 years, 15% of them were the age group of 16 years and 11% respondents were the age of 17 years.

Respects to the gender 57 % of respondents were female and 43% of them were male.

Respect to the area of residence 39% of respondents were residing at urban area, 37% of respondents were residing at rural area and 24% of respondents were residing at semi urban area.

Respects to the types of family 52% of respondents were nuclear and 48% of them were joint family.

Respects to the occupation of parents 26% of respondents were private employee, 24% of respondents were government employee, 23% of respondents were self employee, 19% of respondents were unemployed and 8% of respondents were others.

With the respect to the education of students 37% of respondents from 12th standard, 34% of respondents from 9th standard, 16% of respondents from 10th standard and 13% of respondents from 11th standard.

Based on time spend on fitness and recreational activities per day 45% of respondent spend 30 minutes, 29% of respondent spend 1 hour, 17% of respondents spend more than 2 hours and 9% of respondents spend 2 hours.

Regarding frequency of food intake in a day 46% of respondents taken food in 3 times, 29% of respondents taken food in more than 3 times and 25% of respondents taken food in 2 times.

Based on types of food intake 66% of respondents taken healthy food, 26% of respondents taken homemade junk food and 8% of respondents taken Junk food (outside).

According to the duration of sleep 79% of respondents spend 6 -8 hours ,9% of respondent spend 9-12 hours 7% of respondent spend more than 12 hours and 5% of respondent spend less than 5 hours.

With regard to the number of inhabitant during the quarantine 47% of respondents were alone, 30% of respondents were having above 4 members, 12% of respondents were having 2 members and 11% of respondents were having 3 members.

Considering loss of loved one due to covid-19, 72% of respondents were having no loss and 28 % of respondents were having loss.

Table 2: Level of impact of lockdown among school children**n=100**

S.No.	Level of impact	Frequency	Percentage	Mean	Standard deviation
1.	Mild impact	0	0%	76.4	10.75
2.	Moderate Impact	06	6%		
3.	Severe Impact	94	94%		

The above table represent that none of percentage of children had mild impact, 6% children had moderate impact and 94% children had severe impact regarding the impact of lockdown. The overall mean impact was 76.4 and obtained SD was 10.75

Section-3

Table 3: Association between the levels of impact of lockdown among school children with their selected demographic variables.**n=100**

S. No.	Demographic variables Age(in years)	Level of impact			Chi square X^2	Remark
		Mild	Moderate	Severe		
		f	f	f		
1.	Age(in yeas)					
	a) 15	0	0	42	$X^2 =$ 5.745 df= 06 P= 12.59	NS
	b) 16	0	02	13		
	c) 17	0	0	11		
	d) 18	0	04	28		
2	Gender					
	a) Male	0	04	39	$X^2 =$ 2.85 df=2 P=5.99	NS
	b) Female	0	02	55		
3	Area of residence					
	a) Rural	0	6	31	$X^2 =$ 6.8 df=4 P=9.49	NS
	b) Urban	0	0	40		
	c) Semi Urban	0	0	23		

4	Types of family.					
	a) Nuclear	0	0	52	$X^2=6.9$	S
	b) Joint	0	6	42	df=2	
					P=5.99	
5	Occupation of parents					
	Private employee	0	0	26	$X^2=27.14$	S
	Government employee	0	0	24	df=8	
	Self employee	0	0	23	P=15.51	
	Unemployed	0	06	13		
	Others	0	0	08		
6	Education of students					
	9 standard	0	0	34	$X^2=7.97$	NS
	10 standard	0	0	16	df=6	
	11 standard	0	3	10	P=12.59	
	12 standard	0	3	34		
7	Time spending on fitness and recreational activity per day					
	30 minute	0	0	45	$X^2=31.15$	S
	1 hours	0	0	29	df=	6
	2 hours	0	0	9	P=12.59	
	> 2 hours	0	6	11		
8	Frequency of food taken in aday during lockdown					
	2 times	0	0	25	$X^2 = 15.6$	S
	3 times	0	0	46	df = 4	
	> 3 time	0	6	23	P = 9.49	
9	Types of food intake					
	Healthy food	0	0	66	$X^2 = 18.15$	S
	Homemade junk food	0	6	20	df = 4	
	Junk foods(outside)	0	0	8	P= 9.49	
10	Duration of sleep per day					
	<5 hours	0	0	5	$X^2= 1.67$	NS
	6-8 hours	0	6	73	df=6	
	9-12 hours	0	0	9	P=12.59	
	> 12 hours	0	0	7		
11	Number of inhabitants					

	Alone	0	6	41	$X^2= 6.63$	NS
	2 members	0	0	12	$df= 6$	
	3 members	0	0	11	$P= 12.59$	
	Above 4 members	0	0	30		
12	Loss of loved ones due to covid-19 during lockdown					
	Yes	0	0	28	$X^2=6.81$	S
	No	0	6	66	$df= 2$	
					$P= 5.99$	

*S = Significant * NS = Non significant

The above table represents that the association between level of impact of lockdown of school children with their demographic variables was found to be statistically not significant at 0.05 level for the age, gender, area of residence, education of students, duration of sleep per day and number of inhabitants and remaining demographic variables such as types of family, occupation of parents, time spending on fitness and recreational activities, frequency of food intake, types of food intake and loss of loved ones shows statistically significant at 0.05 level.

RECOMMENDATION

Based on the findings of the study the future studies are –

- Similar study can be conducted on a larger sample to generalize findings.
- A comparative study can be conducted with rural / urban setting.

CONCLUSION

The findings concluded that a comprehensive public health approach is needed in response to this pandemic. Particular attention given to children social determinators and medical requirements should be addressed simultaneously with equity and human rights as over reaching principle.

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