

# Study of Health and Hygiene Awareness in Indian Society during Corona Virus Disease-19 (COVID-19)

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## Abstract

The present study is an attempt to explore the health and hygiene awareness development during COVID-19. The study has been conducted in Pallavpuram area of Meerut City of Uttar Pradesh state. For the purpose of study 50 households have selected out of which from each house one person has selected as sample by purposive sampling technique. The study reveals that in the study area most of the respondents are agreed that their health and hygiene awareness has developed due to COVID-19. They also encourage to other family members to wear masks or wash hands frequently due to COVID-19. Most of respondents occasionally exercise to increase their body immunity, take nutritious diet daily, take 6-8 hours of sleep daily, and also avoid consuming alcohol and drugs. Most of respondents always wears a mask/ face cover, wash their hands frequently, use the hand wash soap, and also use the sanitizer sometimes, and always keep a napkin on their mouth while sneezing and coughing.

**Keywords:** Awareness, COVID- 19, Health, Hygiene, Society.

## Introduction

The outbreak of corona virus disease 2019 (COVID-19) has created a global health crisis, which is having a profound impact on our world and our everyday lives. There is no cure for corona virus infection yet. The rate of infection and transmission of corona virus disease 2019 also endangers our health. Only those people are able to win the battle against this infection, whose body has good immunity.

The COVID-19 disease has now achieved pandemic status. We have to keep in mind that India is a developing nation. Our total budget on health is about 68 thousand crores, which is nothing in view of our huge population. In terms of population, we not only lack hospitals, equipment and technology, but we also have a shortage of doctors. Health infrastructure is very poor, due to which the expansion of healthcare sector is also limited. This is why health centers are overloaded, which affected the quality of health services.

Today, COVID-19 infection is distributing deaths all over the world. Many powerful countries of the world have succumbed to it. To prevent pandemic corona virus infection, humans must change their behaviour on a large scale. Awareness about health and hygiene is very important to prevent corona virus infection. Therefore, as a social researcher, this needs to be researched.

## HOW COVID-19 SPREADS



**AIR BY COUGH  
OR SNEEZE**



**PERSONAL  
CONTACT**



**CONTAMINATED  
OBJECTS**



**MASS  
GATHERING**



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**STEPS OF PREVENTION FROM COVID-19**



**Review of Literature**

A positive attitude was found among the people to follow the government guidelines on quarantine and social distancing (Roy, Deblina, et al., 2020); People had aware about COVID-19 and washed their hands after come from outside, and were aware about the proper steps of hand washing (Das, Deeksha, et al., 2020); People understand the importance of social distance and other preventive measures set by the government for corona virus (Singh A. K., et al. 2020); A considerable percentage of people learned about the epidemic through social media and news (Pandey, S., et al. 2020); The higher education level, living in urban areas, and pursuing healthcare profession were positively associated with

high knowledge, perception, and practices towards COVID-19 (Goruntla, Narayana, et al., 2020); there is a need to increase the knowledge base among individuals to increase their active participation in prevention mechanisms in relation to the spread of epidemics (Kaushik, M., et al., 2020).

**Objective of the Study**

The main objective of the study is to assess the health and hygiene awareness in Indian society during COVID-19.

**Material and Methods**

The present study has been conducted in Pallavpuram area of Meerut city of Uttar Pradesh state. Total 50 household have been selected from study area, by purposive sampling. For the purpose of the study, data have been collected through questionnaire technique.

**Results and Outcomes**

The health and hygiene awareness in Indian society during COVID-19 is shown in the following tables-

**Table 1: Respondents' Response about Development of Health and Hygiene Awareness due to COVID- 19**

S. No.	Development of Health and Hygiene Awareness	Response of the Respondents	%
1	Yes	47	94%
2	No	01	02%
3	Not sure	02	04%
	TOTAL	50	100%

Thus, the above facts reveal that majority (94%) of the respondents are agreed that their health and hygiene awareness has developed due to

COVID-19, whereas minority (02%) of the respondents are not agree with it.

**Table 2: Respondents' Response about encourage other family members to wear masks or wash hands frequently due to COVID- 19**

S. No.	Development of Health and Hygiene Awareness	Response of the Respondents	%
1	Yes	48	96%
2	No	02	04%
3	Not sure	00	00%
	TOTAL	50	100%

Thus, the above facts show that the majority (96%) of the respondents encourage other family members to wear masks or wash hands frequently

due to COVID-19, while minority of respondents (04%) do not it.

**Table 3: Respondents' Response about Encourage other family members to wear masks or wash hands frequently**

S. No.	Variable/Attribute	Response of the Respondents	%	
1	Exercising to increase body immunity	Daily	13	26%
		Occasionally	27	54%
		Never	10	20%
		TOTAL	50	100%
2	Taking nutritious diet	Daily	38	76%
		Sometimes	12	24%
		Never	00	00%
		TOTAL	50	100%
3	Doing yoga and meditation to increase body immunity	Daily	10	20%
		Sometimes	16	32%
		Never	24	48%
		TOTAL	50	100%
4	Taking 6-8 hours of sleep	Always	43	86%

		Sometimes	07	14%
		Never	00	00%
		TOTAL	50	100%
5	Consuming alcohol and drugs	Avoid	49	98%
		Sometimes	00	00%
		Never	01	02%
		TOTAL	50	100%

The readings of the data contained in the table above shows following facts:

1. Thus, the above facts show that due to COVID-19, majority (54%) of respondents occasionally exercises to increase their body immunity, whereas due to COVID-19, the minority (20%) of respondents does not any physical exercises.
2. Thus, the above facts show that due to COVID-19 the majority (76%) of respondents take nutritious diet daily, whereas due to COVID-19 the minority (24%) of respondents takes nutritious diet sometimes.
3. Thus, the above facts show that due to COVID-19, almost half (48%) of the respondents never do yoga and meditation to increase their body

immunity, whereas due to COVID-19, the minority (20%) of respondents do yoga and meditation daily to increase their body immunity.

4. Thus, the above facts show that due to COVID-19 the majority (86%) of respondents take 6-8 hours of sleep daily, whereas due to COVID-19 the minority (14%) of respondents takes 6-8 hours of sleep sometimes.
5. Thus, the above facts show that due to COVID-19 the majority (98%) of respondents avoid to consume alcohol and drugs, whereas due to COVID-19 the minority (02%) of respondents consumes alcohol and drugs sometimes.

**Table 4: Respondents' Response about Development of Hygiene Awareness due to COVID- 19**

S. No.	Variable/Attribute		Response of the Respondents	%
1	Wearing a mask/Face cover	Always	47	94%
		Sometimes	03	06%
		Never	00	00%
		TOTAL	50	100%
2	Washing hands frequently	Always	38	76%
		Sometimes	12	24%
		Never	00	00%
		TOTAL	50	100%
3	Using the hand wash soap	Always	47	94%
		Sometimes	03	06%
		Never	00	00%
		TOTAL	50	100%
4	Using the sanitizer	Always	18	36%
		Sometimes	30	60%
		Never	02	04%
		TOTAL	50	100%
5	Keeps a napkin on mouth while sneezing and coughing	Always	39	78%
		Sometimes	11	22%
		Never	00	00%
		TOTAL	50	100%

The readings of the data contained in the table above shows following facts:

1. Thus, the above facts show that due to COVID-19 the majority (94%) of respondents always wear a mask/ face cover, whereas due to COVID-19 the minority (06%) of respondents wear a mask/ face cover sometimes.
2. Thus, the above facts show that due to COVID-19 the majority (76%) of respondents always washing their hands frequently, whereas due to COVID-19 the minority (24%) of respondents washing their hands frequently sometimes.
3. Thus, the above facts show that due to COVID-19 the majority (94%) of respondents always use the hand wash soap, whereas due to COVID-19

the minority (06%) of respondents use the hand wash soap sometimes.

4. Thus, the above facts show that due to COVID-19 the majority (60%) of respondents use the sanitizer sometimes, whereas due to COVID-19 the minority (04%) of respondents never uses the sanitizer.
5. Thus, the above facts show that due to COVID-19 the majority (78%) of respondents always keep a napkin on mouth while sneezing and coughing, whereas due to COVID-19 the minority (22%) of respondents keeps a napkin on mouth while sneezing and coughing sometimes.

**Conclusion**

Thus, the above study reveals that in the field of research, majority (94%) of the respondents

are agreed that their health and hygiene awareness has developed due to COVID-19. They also encourage other family members to wear masks or wash hands frequently due to COVID-19. In the perspective of health awareness the results reveals that due to COVID-19, most of respondents occasionally exercises to increase their body immunity, take nutritious diet daily, take 6-8 hours of sleep daily, and also avoid to consume alcohol and drugs. It is also found that almost half (48%) of the respondents never do yoga and meditation to increase their body immunity, but minority (20%) do yoga and meditation daily to increase their body immunity. In the perspective of hygiene awareness the results reveals that due to COVID-19, most of respondents always wear a mask/ face cover, always wash their hands frequently, always use the hand wash soap, also use the sanitizer sometimes, and always keep a napkin on their mouth while sneezing and coughing.

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