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**Dr. Shanthi P**  
Professor cum HOD,  
Department of OBG, Madurai,  
Tamil Nadu, India

**Dr. Merlin Jayapal**  
Vice Principal, CSI Jeyaraj  
Annapackiam College, College  
of Nursing, Pasumalai,  
Madurai, Tamil Nadu, India

## A study to assess the level of stress and coping among adults between 35-45 years in home quarantine with COVID 19 positive

**Dr. Shanthi P and Dr. Merlin Jayapal**

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### Abstract

The study is carried out to assess the level of stress and coping among adults between 35-45 years in home quarantine with covid 19 positive, to find out the relationship between the stress and coping among and also to determine the association between the stress and coping with selected demographic variables such as age, gender, occupation and personal habits among the adult between 35-45 years in home quarantine with covid 19 positive. The conceptual framework of the present study was based on "Modified J.W.Kenny's Open System Model"(1990). Reliability was established by test-retest method. The findings were revealed that the level of stress among home quarantine adults, 2(7%) had mild level of stress, 27(90%) of them had moderate level of stress and 1(3%) of them had severe level of stress and also 27(90%) of them had mild level of coping and 3(10%) of the had moderate level of coping and none of them had good level of coping.

**Keywords:** Stress, coping, COVID 19, home quarantine

### Introduction

The ongoing covid 19 pandemic represent an unrepresented events and terms of consequences for physical and mental health of individuals and for the society as long. In order to reduce the stress on spread of the virus national and international bodies and institution have ordered quarantine, social distancing, physical distancing and isolation almost every where in the world. However, the psychological consequences of quarantine such as frustration, loneliness and worries about the further are well known risk factors for several mental disorders <sup>[1]</sup>.

### Stress

The mind or body's response to real threats to changes. Any type of change that causes physical, emotional or psychological strain or bodys response to anything that requires attention or action changes in mood, clammy, sweaty, diarrhoea, difficulty in sleeping, feeling anxious, anxious, headach, muscle tension <sup>[1]</sup>.

### Symptoms of stress

Cognitive symptoms- includes inability to concentrate, anxiety and constant worrying. Emotional symptoms- includes irritability, angry, frustrated and isolation, physical symptoms includes high blood pressure change in weight, frequent cold, poor immunity, chest pain and inections and behavioural symptoms includes poorself care, restlessnes frequent crying <sup>[2]</sup>.

### Coping

Coping is expending conscious effort to solve personal and seeking to minimize or tolerate stress. Out of which the investigator felt that, the adults are having a lot of problems when infected with covid 19. Therefore, the investigator have felt the need to identify the level of stress and coping. The increase level of stress and decreased level of coping lead to serious health problem <sup>[3]</sup>.

### Statement of the problem

A study to assess the level of stress and coping among adults between 35-45 years in home quarantine with covid 19 positive at selected area, in Madurai.

**Corresponding Author:**  
**Dr. Shanthi P**  
Professor cum HOD,  
Department of OBG, Madurai,  
Tamil Nadu, India

## Objectivities

1. To assess the level of stress and coping among adults between 35-45 years in home quarantine with covid 19 positive.
2. To find out the relationship between the stress and coping among adults between 35-45 years in home quarantine with covid 19 positive.
3. To determine the association between the stress and coping with selected demographic variables such as age, gender, occupation and personal habits among adults between 35-45 years in home quarantine with covid 19 positive.

## Hypotheses

**H<sub>1</sub>:** There is a significant relationship between the stress and coping among adults between 35-45 years in home quarantine with covid 19 positive.

**H<sub>2</sub>:** There is a significant association between the stress and coping and selected demographic variables such as age, gender, occupation and personal habits among adults between 35-45 years in home quarantine with covid 19 positive.

Girma. A (2021) conducted to study the prevalence of stress among adult to find out great threat to physical and mental health of general population and covid 19 related stress and coping. A cross sectional study was conducted among 30 randomly selected adult. To determine the relationship between the covid 19 related stress score and coping strategy types and independent sample t-test and ANOVA test were conducted. Statistical significance was accepted at p-values <0.05. Cross sectional survey was conducted. The study participants were adult with chronic disease including diabetes mellitus, hypertension, asthma and depression. The survey was conducted through interview conducted during the health facilities. All chronic disease patients aged above 35-45 years and who had followed registration of outpatient clinic in public health were included in study. Those who had lived in study area for less than 6 months, sample size was 30 patients, by simple random sampling technique. Data Collection, where respondents rate themselves on a five-point scale (0 = Never, 1 = Almost Never, 2 = Sometimes, 3 = Fairly Often, 4 = Very Often). PSS scores were obtained by reversing responses (eg, 0=4, 1=3, 2=2, 3=1, and 4=0) to the four positively stated items (4, 5, 7, and 8). Total scores were obtained by summing all scale items. [4].

## Conceptual Framework

In this study, the researcher adopted "Modified J.W.Kenny's Open System Model"(1990) as a basis for conceptual framework.

## Delimitations

The study is delimited to adults between 35-45 years only with 10 to 14 days in home quarantine for Covid-19 positive

## Methodology

### Research approach and Design

Quantitative approach was used for the present study. Descriptive research design was used for the present study on to assess the stress and coping among adults between 35-45 in home quarantine with covid 19 positive at selected area, Madurai.

## Population Target population

The target population included in the study was adults between 35-45 who are in home quarantine with covid 19 positive.

## Assessable population

The assessable population on the basis of feasibility of conducting the study, availability of adult between 35-45 with COVID-19 positive, who are in home quarantine at selected area, Madurai.

## Sample size

The samples were 30 subjects who are in home quarantine with COVID-19 positive.

## Sampling Technique

The convenience sampling technique was used for the present study on to assess the level of stress and coping through online survey among adults between 35-45 years in home quarantine with covid-19 positive under treatment at selected area, Madurai.

## Sampling criteria

### Inclusion criteria

The study samples were selected based on the following inclusion and exclusion criteria among the adults who were between 35-45 years home quarantine with covid 19 positive under treatment and willing to participate in the study.

### Exclusion criteria

The samples who are not willing to participate in the study and were not under treatment

## Development of the tool

A structured questionnaire was constructed after extension review of literature and after consulting with the experts used to assess the level of stress and coping.

## Research Findings

Subjects were based on demographic variables majority of them were between 35 to 36 yrs, 25 (83.3%) from Hindu religion, regarding type of family nuclear 20(67%), regarding occupation working 24 (80%).

**Table 1:** The level of stress and coping among the adults between 35-45 in home quarantine with covid 19 positive.

Level of Stress			Level of Coping		
Frequency	Frequency	Percentage%	Frequency	Frequency	Percentage %
Mild	2	07	Mild	28	93
Moderate	27	90	Moderate	2	07
Severe	1	03	Good	0	0

Above Table-1 showed that, majority of them were in 2(07%) mild level of stress, moderate 27(90)% and severe level of stress 1(03)% and mild level of coping 28(93%), moderate level of coping 2(07%) and good coping 0(0%). Relationship between the stress and coping among adults in home quarantine with covid 19 positive.

## Relationship between the stress and coping among adults in home quarantine with covid 19 positive

Stress		N	Mean Rank	Sum of Rank	P-value
Relationship between the stress and coping	Negative Ranks	24	12.5	300	0.001 Significant
	Positive ranks	0	0	0	
	Ties	6			
	Total	30			

Coping	N	Mean Ranks	Sum of Ranks	0.035 significant
Negative Ranks	2	6	12	
Positive Ranks	9	6	54	
Ties	19			
Total	30			

**H<sub>1</sub>:** There is a significant relationship between the stress and coping  $r'$  value = 0.035 significant (at 0.001 Significant) among the adult in home quarantine with covid 19 positive,

when stress increases resulting to decrease the level of coping.

**Table 2:** Association between the level of stress and coping and selected demographic variables

Level of stress							P-value
Group	Mild	Percentage	Moderate	Percentage	Severe	Percentage	X^2=32.97 0.001 significant
	2	7	27	90	1	3	
Level of coping							
Group	Mild	Percentage	Moderate	Percentage	Good	Percentage	P-value
	28	93	2	7	0	0	X^2=6.787 0.036 significant

**H<sub>2</sub>:** There is a significant association between the stress and coping and selected demographic variables such as age, gender, occupation and personal habit stress and coping (X<sup>2</sup>=32.97 at 0.001 and X<sup>2</sup>=6.787 at 0.036 significant) among adults between 35-45 years in home quarantine with covid 19 positive.

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## Recommendations and Conclusions

### Recommendations

- The study could be replicated on larger samples and in different settings
- Comparative study can be conducted between home quarantine and admitted in the hospital with covid 19 positive

### Conclusions

The findings of the study showed that, majority of them were in 2(07%) mild level of stress, moderate 27(90)% and severe level of stress 1(03)% and mild level of coping 28(93%), moderate level of coping 2(07%) and good coping 0(0%). Physical distancing and isolation are having consequences on the mental health of the general population worldwide, when stress increases resulting to decrease the level of coping. In particularly, frustration, loneliness and worries about the future are common reactions and represent the risk factors for anxiety and several mental disorders.

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