









ORIGINAL

Impact of COVID-19's Protective Effect on Nursing Students' Quality of Life in the India

Impacto del efecto protector de COVID-19 en la calidad de vida de los estudiantes de enfermería en la India

Madhur Grover¹ , Money Saxena² , Vijay Jagdish Upadhye³ , Desai Jabbar V⁴ , Dillip Kumar Dash⁵ , Saket Mishra⁶ 

¹Chitkara Centre for Research and Development, Chitkara University, Himachal Pradesh, India.

²School of Nursing, Noida International University, Greater Noida, Uttar Pradesh, India.

³Parul Institute of Applied Sciences (PIAS), Parul University, Dept of Microbiology, Vadodara, Gujarat, India.

⁴Krishna Institute of Medical Sciences, Krishna Vishwa Vidyapeeth "Deemed to be University", Dept. of Medicine, Taluka-Karad, Dist-Satara, Maharashtra, India.

⁵IMS and SUM Hospital, Siksha 'O' Anusandhan (Deemed to be University), Department of Paediatrics, Bhubaneswar, Odisha, India.

⁶Centre of Research Impact and Outcome, Chitkara University, Rajpura, Punjab, India.


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ABSTRACT

Resilience is a shield against psychological issues, based on the research. There isn't much information available about how resilience affects Quality of Life (QoL) in relation to the corona virus epidemic. To assess the impact of resilience on nursing students' QoL determined by the Corona virus is the primary objective. The method used was cross-sectional. India funded college of nursing had 400 learners that participated in the online poll. Two approved pieces of equipment were used to collect data. Analysis of correlations and tests for variances were carried out. The coronavirus epidemic had some impact on nursing learners' QoL. Sex and the proximity of coronavirus instances had an essential effect on how the Coronavirus affected people's QoL. A substantial, strong adverse connection between mental toughness and the effect of the coronavirus on QoL was found. In the framework of the Coronavirus, a global epidemic, resilience has protective properties on its effect on QoL in relation to key areas of mental health. Educations of nursing are focusing on identifying the variables and creating treatments that help learners improve resiliency.

Keywords: Nursing, Quality of Life (QoL), Corona Virus, Mental Health.

RESUMEN

Según las investigaciones, la resiliencia es un escudo contra los problemas psicológicos. No hay mucha información disponible sobre cómo afecta la resiliencia a la Calidad de Vida (CdV) en relación con la epidemia del virus Corona. Evaluar el impacto de la resiliencia en la QoL de los estudiantes de enfermería determinada por el virus Corona es el objetivo principal. El método utilizado fue transversal. La escuela de enfermería financiada por la India contaba con 400 estudiantes que participaron en la encuesta en línea. Para recoger los datos se utilizaron dos equipos homologados. Se realizaron análisis de correlaciones y pruebas de varianzas. La epidemia de coronavirus tuvo cierto impacto en la calidad de vida de los estudiantes de enfermería. El sexo y la proximidad de los casos de coronavirus tuvieron un efecto esencial en la forma en que el coronavirus afectó a la CdV de las personas. Se encontró una conexión adversa sustancial y fuerte entre la fortaleza mental y el efecto del coronavirus en la CdV. En el marco del coronavirus, una epidemia mundial, la resiliencia tiene propiedades protectoras sobre su efecto en la CdV en relación con áreas clave de la salud

mental. La educación de enfermería se está centrando en identificar las variables y crear tratamientos que ayuden a los alumnos a mejorar la resiliencia.

Palabras clave: Enfermería, Calidad de Vida (CdV), Corona Virus, Salud Mental.

INTRODUCTION

The coronavirus epidemic has had an enormous effect on the QoL for nursing learners and a variety of other elements of life. The preventative steps taken to halt the propagation of the virus have resulted in improvements to the general population's health and nursing students continue to face difficulties as a result of these actions. The number of cases with coronavirus disease (Coronavirus) globally was 110 402 899, with 2 446 178 mortalities. There are currently 541 560 coronavirus infections, with 11 401 mortalities. Based on the health concerns, mental and physical fatigue, and scholastic fatigue put on by the Coronavirus, every one of us finds ourselves in a dreadful predicament throughout these difficult moments. The Coronavirus is to blame for all of these issues. After the execution of medical treatments to take successful steps to restrict and slow the spreading of the illness, the nations impacted were suddenly compelled to transition from in-person instruction to online training due to a large number of instances of the Coronavirus that have been positive. This because fact that in-person education was not effective in preventing or slowing the spread of the illness.⁽¹⁾ Because of the sudden changes in their routines, many people, including students, employers, and teachers, are experiencing mental pain as a direct consequence of the global epidemic. The occurrence of the Coronavirus had a severe impact on nursing learners, and their scores and stress increased while the nursing college was in lockdown. During the height of the global epidemic as well as in the time of relative normalcy that followed, considerable increases in difficulties with mental health were observed. These epidemic-related shifts, particularly when addressing online instruction, social estrangement, interacting with other people has been shown to be a passage that performs a significant part in reducing threats. Chronic stress tends to exist with anxieties about their financial and medical well-being.⁽²⁾

Learners of nursing who are placed in clinical settings frequently experience stress due to the demands of providing care for individuals, the possibility of client mortality, nursing diagnoses, and the potentially negative effect of hospital personnel and practical presenters and that pressures in the medical environment are more widely recognized than academics and outside challenges. It has been difficult for nursing learners to continue their studies that results the shutdown of colleges and universities and a move towards studying online. It's possible that learners who take nursing classes via distance learning won't get the identical kind of hands-on training and real-world experience that's required of them. The numerous difficulties nursing learners face, perseverance is a crucial quality for overcoming these difficulties and getting better.⁽³⁾ Many people, especially learners in nursing, have seen a decline in their psychological well-being as a direct result of the global epidemic. As they deal with the problems given by the epidemic, they could feel symptoms of burnout, anxiety, and despair. Perseverance is the capacity to bounce back from setbacks and solve issues successfully; it also refers to how one learns to become more adaptable as a result of experiences. The demanding environment of a nursing career can have a variety of negative effects on learners' quality of learning and QoL. As a result, nursing learners' individual resilience is crucial for them to develop inner self-control, compassion, a positive view of themselves company, and positivity in the face of daily adversities.⁽⁴⁾ Coherent with one's family, friends, community, physical environment, wisdom, and supporting thoughts can assist one's values rise, leading to healthy results, and it can aid people who have been damaged by pain in efficiently adapting rather than wallowing in their fragility. Nursing is unquestionably one of the hardest jobs and it takes a lot of obsession, tenacity, and mind from nurses to feature every following day.⁽⁵⁾ The effect of perseverance on nursing learners' QoL as measured by the Coronavirus was investigated.

The viewpoints and experiences of nursing learners whose practical experiences were abruptly shortened short due to the early coronavirus spike.⁽⁶⁾ During the COVID-19 epidemic, that looked on the relationship between students' anxiety levels and sleep quality. The results revealed that students' levels of anxiety and quality of sleep were average, with 28,26 % of them reporting disrupted sleep. In order to improve sleep quality, that suggests undertaking interventional studies and teaching students coping mechanisms for COVID-19.⁽⁷⁾ To identify the negative effects of CORONA VIRUS that pose risks to health and a global economic crisis.⁽⁸⁾ Women have been disproportionately affected by the COVID-19 epidemic, which has increased their stress levels and burden of caregiving. Nonetheless, during and after partial lockdowns, some working mothers in Ghana's cities had favorable experiences. These women had more personal satisfaction and pleasure as a result of work-to-family enrichment, family-to-work enrichment, and a combination of the two. This underscores the pandemic's 'good side' for marital mothers who have jobs.⁽⁹⁾ In order to determine

whether methods of coping assisted in reducing the adverse impacts of anxiety and intent to give up, that evaluated the causes, stages, and negotiating mechanisms of anxiety, trouble, and coping methods among doctors and nurses.⁽¹⁰⁾

The impact of COVID-19 on work-related stress was investigated in Chilean human service enterprises. It was discovered that inclusion had a detrimental effect and that those who were most impacted had greater stress levels. That emphasizes how crucial connections, decision-making procedures, and information availability are to lowering stress in post-COVID situations.⁽¹¹⁾ The moral difficulties of reconciling society administration with residents' rights to independence and autonomy by presenting and analyzing an instance analysis from a retirement home were discussed.⁽¹²⁾ Research and private lives faced by nursing care facility managers throughout the coronavirus epidemic's initial stages.⁽¹³⁾ To evaluate how the global epidemic affected trainees' skills, fulfillment, workload, practice habits, and work environments in the clinical, surgical, studies, and pedagogic sectors, as well as to measure its impact on perceptions of risk and QoL.⁽¹⁴⁾ Differences in the health-related aspects of life (HRQoL) of primary school students between the years of 2014-15 and 2020, the initial year of the coronavirus epidemic were examined.⁽¹⁵⁾

METHOD

Database description

The online questionnaire was available for 14 days. A single practical method for collecting information throughout the coronavirus epidemic was a web-based questionnaire. Students with groups on Facebook, along with their email addresses, received a hyperlink to the web poll via Google Forms. Students were urged to tell others about the survey's website. The online questionnaire received responses from 400 people (n=400) an answer rate of 66,67 % was attained.

Devices

The CORONA virus impact on QoL (COV19-QoL) and the brief resilience scale (BRS) was used. The creators of the device gave their consent for the weights to be used. The nursing learner's ability to bounce back from anxiety was assessed using the BRS. On a five-point Likert scale, individuals responded (5 being strongly agreed and one being disagree). The Cronbach's alpha of BRS was 0,81-0,91. To evaluate the effect of the global epidemic on the QoL in regard to psychological well-being over the previous seven days employed, the COV19-QoL. On a five-point Likert scale, respondents presented their responses. For the past seven days, the COVID 19-QoL was used to evaluate how the global epidemic had affected people's QoL with regard to their psychological well-being. On a five-point Likert scale, participants' responses ranged from completely disagree to totally agree (1 to 5). Among india specimens, the COV19-QoL has a confirmed Cronbach's = 0,91. The data were interpreted using the following scale of means: lowest = 1,00-2,44, medium = 2,45-3,77, and high = 3,78-5,11. The English language was used for conducting the questionnaire. Additionally, demographic data (such as gender, educational attainment, residence, and projected monthly household revenue) were gathered. These individuals were also questioned about the presence of a nearby coronavirus case and whether they had any medical conditions that would make them more susceptible to the virus.

Statistical assessment

Used a cross-sectional approach for this research. The IBM SPSS version 24 was used to analyze the statistical information. While categories were conveyed using frequency (f) and percentage (%), constant variables were described using Standard Deviation (SD) and Mean (M). The Shapiro-Wilk and Kolmogorov-Smirnov tests indicated that there is no substantial departure from the typical distribution of the information in question. The product of Pearson relationship value were used for correlating certain factors and the isolated sample employed in t-test and one-way ANOVA having Scheffe post-hoc test are applied for providing variations. A p-value of .05 or less was regarded as having significance.

RESULT

Demographic and descriptive details for the research's separate variables are demonstrated (table 1). Participant's average age was 19,93 (SD has 1,27). The greatest number of participants was females (81 %) in their second year of research (48 %), residing in the rural regions of the province (58 %), reporting that a coronavirus instance had been recorded close to where they lived (46 %), and not having any medical histories that would raise the chance of developing serious CORONA VIRUS disease (91 %). The average living expense for learners was less than 400 per month, ranging from 100 to less than 300 (36 %) to less than 100 (14 %). The BRS's overall rating was 3,05 (SD = 0,52).

Table 1. Demographic information and information on independent variables

Variables			
Sex			
	Male	Female	
N	76	324	
%	19	81	
Year Level			
	1 st	2 nd	3 rd & 4 th
N	52	192	156
%	13	48	39
Residence			
	City	Town	
N	168	232	
%	42	58	
Monthly Family Income			
	300 USD and Above	100 to < 300 USD	< 100 USD
N	120	144	136
%	30	36	34
coronavirus near their home			
	Yes	No	Unsecured
N	184	116	100
%	46	29	25
Medical Condition			
	Yes	No	
N	36	364	
%	9	91	
	Age	Resilience	
Mean	19,93	3,05	
SD	1,27	0,52	

According to gender ($t = -2,714$; $p = ,009$) and the proximity of a CORONA VIRUS instance to their dwelling ($F = 5,623$; $p = ,005$), the influence of Coronavirus on nursing QoL differed significantly, as indicated in table 2 and figures 1 (a,b). A substantial, strong unfavorable link between emotional resilience and the effect of the Coronavirus on QoL with regard to the main domains of psychological wellness was also found by the analysis of variance ($t = -,364$; $p = 0,000$).

Table 2. Impact of coronavirus differences and association on QoL

Variables	
Sex	
	Male & Female
t statistics	-2,714
p	0,009
Year Level	
	1 st , 2 nd & 3 rd
t statistics	0,055
p	0,66
Residence	
	City & Town
t statistics	0,465
p	0,644

Variables	Monthly Family Income
	300 and above, 100 to < 300, < 100
t statistics	0,918
p	0,402
Variables	coronavirus near their home
	Yes, No, Unsecure
t statistics	5,623
p	0,005
Variables	Medical condition
	Yes & No
t statistics	0,453
p	0,654
Variables	Age
t statistics	-0,061
p	0,264
Variables	Resilience
t statistics	-0,364
p	0,000

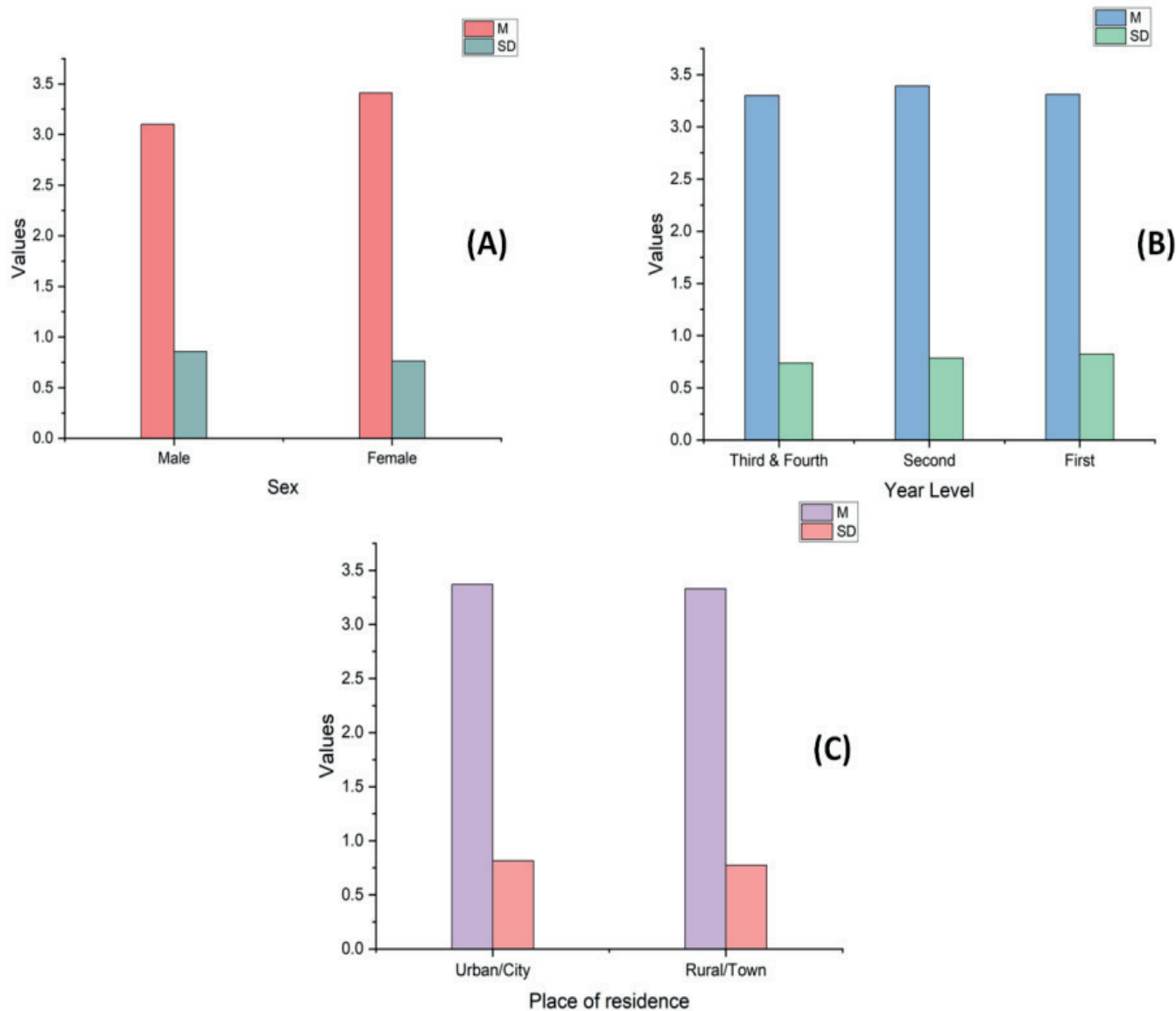


Figure 1. (a) QoL: Differences and Correlation

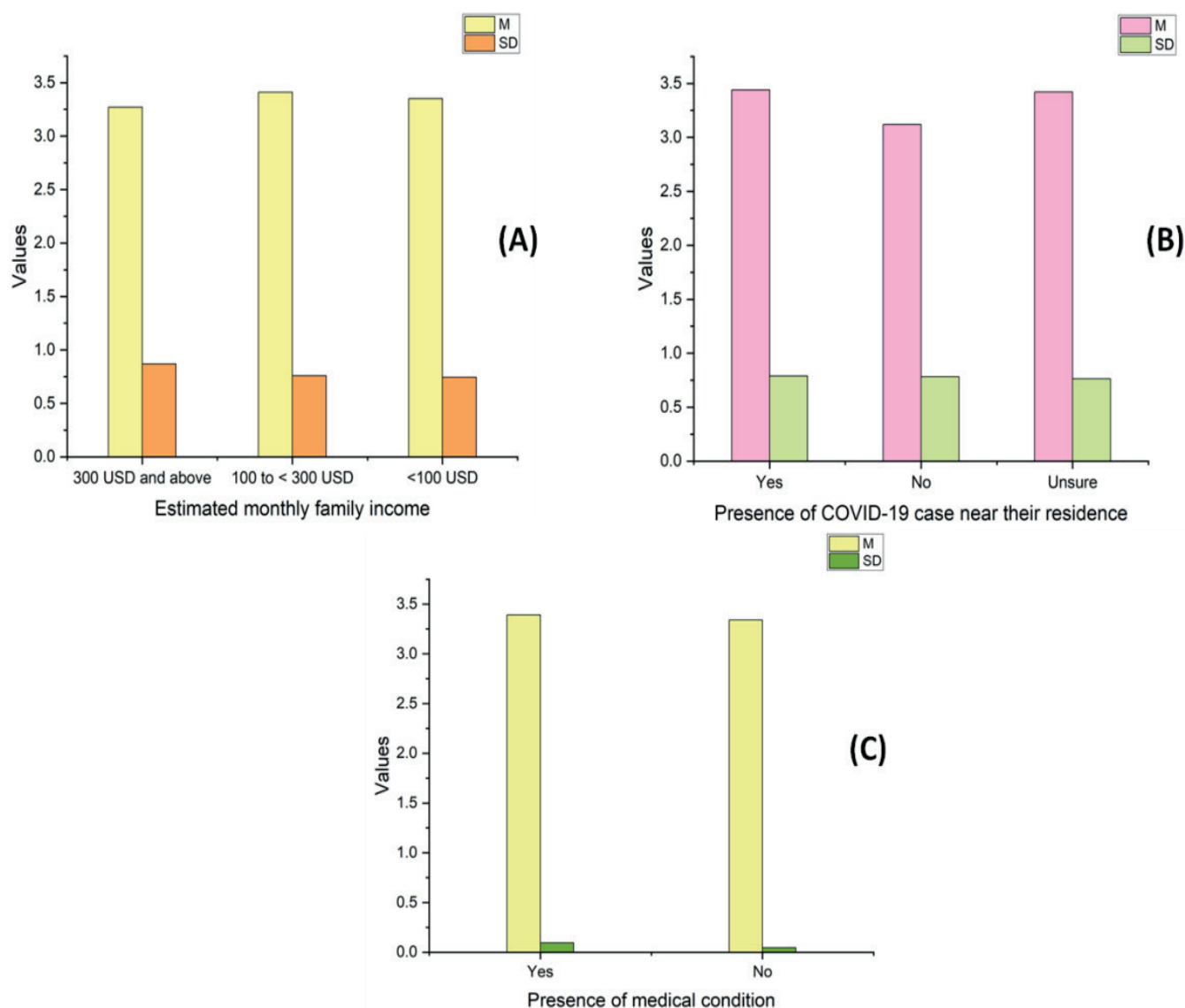


Figure 1. (b) QoL: Differences and Correlation

CONCLUSION

The coronavirus epidemic ultimately had an impact on nursing learners' QoL. This creates worries not only for their general standard of living but also for their mental and physical health. The impacts of Coronavirus on a person's quality of life are also more likely to be felt by female nursing learners, as well as people who live in close proximity to an epidemic of Coronavirus or who are unsure whether or not an outbreak has been recorded in their region. If it is not acknowledged how the coronavirus outbreak and other critical circumstances have significantly influenced nursing trainees' QoL, then there is a possibility that bad consequences will arise. Furthermore, the result emphasized the protective and buffering roles that mental toughness plays in terms of quality of life in the context of an epidemic caused by the Coronavirus. The mental quality of resilience is an important asset. Learners of nursing will be less vulnerable as a result of the detrimental impacts that the Coronavirus epidemic has had on the quality of life, as well as less susceptible to the adverse effects that the epidemic has had on their quality of life. Collage of nursing are placing emphasis on determining the factors that contribute to learners' level of resilience and developing strategies for steps to assist them in improving it. There are some issues with this investigation that could be resolved in subsequent investigations. Only nursing learners participated from college in India. The results cannot be applied universally to nursing learners both domestically and abroad. That design cannot establish a causal relationship between the investigated factors, nor can it monitor developments across time. Therefore, research only looked at the association between resilience and coronavirus effects, not the causative relationship. The usage of online survey surveys encourages expressed bias and social attractiveness. Nevertheless, it helps nursing learners comprehend the coronavirus epidemic's effects better.

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CONFLICTS OF INTEREST

None.

FINANCING

None.

AUTHORSHIP CONTRIBUTION

Conceptualization: Madhur Grover, Money Saxena, Vijay Jagdish Upadhye, Desai Jabbar V, Dillip Kumar Dash, Saket Mishra.

Investigation: Madhur Grover, Money Saxena, Vijay Jagdish Upadhye, Desai Jabbar V, Dillip Kumar Dash, Saket Mishra.

Methodology: Madhur Grover, Money Saxena, Vijay Jagdish Upadhye, Desai Jabbar V, Dillip Kumar Dash, Saket Mishra.

Writing - original draft: Madhur Grover, Money Saxena, Vijay Jagdish Upadhye, Desai Jabbar V, Dillip Kumar Dash, Saket Mishra.

Writing - review and editing: Madhur Grover, Money Saxena, Vijay Jagdish Upadhye, Desai Jabbar V, Dillip Kumar Dash, Saket Mishra.