

## AWARENESS TOWARDS COVID-19 SYNDROME IN DECLINE AGE IN JABALPUR CITY

*Anushka Nagaich*

*Research Scholar, Department of Food & Nutrition, Govt. M. H. College of Home Science and , Science for Women  
(Autonomous), Jabalpur (M.P.), India*

**Received: 17 Dec 2020**

**Accepted: 28 Dec 2020**

**Published: 12 Jan 2021**

### **ABSTRACT**

*The COVID-19 pandemic affected all layers of the population in the world. It has been spreading all over the world rapidly. In a large country like India, elimination may be achieved locally, but in every area, it may be daunting. COVID-19 syndrome has a group of risk factors: Shortness of breath or difficulty breathing, chest pain or pressure, loss of speech or movement, loss of taste or smell, fever, dry cough and tiredness. Having these risk factors raises your risk of hypertension, and respiratory disease. In this Paper, Respondents from age group 60 to 75 years were selected as the primary sources. It was collected from 50 respondents in different areas of Jabalpur city through questionnaire method by online. After the Data was collected the results were found that old age people know very well about covid-19 syndrome. We found that they faced so many problems Like -Aches and Pain, Sore Throat, High Blood Pressure, Stress and Headache, Fever, Loss of taste and Smell etc. The results found that mostly old people were affected by coronavirus syndrome in Jabalpur city.*

**KEYWORDS:** Covid-19 Syndrome, Pandemic, Decline Age

### **INTRODUCTION**

The COVID-19 pandemic caused by the SARS-CoV-2 virus brought several individual and collective protection measures to contain the expansion of its transmission, such as social distancing and lockdown.

In 2019, a new **coronavirus** was identified as the cause of diseases outbreak that originated in China. The virus is now known as the **severe acute respiratory syndrome coronavirus 2** (SARS-CoV-2). This disease it causes is called **coronavirus disease 2019 (COVID-19)**. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. This pandemic is substantially affecting lifestyles, healthcare systems, and national and global economies. Optimal nutrition is one of the main determinants of health that can improve well-being and mitigate the harmful health consequences associated with social distancing by helping to prevent or control most chronic diseases (e.g. diabetes, hypertension, and excess body weight/obesity); aid in the regulation of sleep and mood; and prevent fatigue.

In this sense, nutritional status and diets might influence the individual risk for the progression of SARS-CoV-2, but information on the impact of nutrition on COVID-19 is still arising. Adequate dietary intake may be essential to protect against an excessive inflammatory response to SARS-Cov-2 infection, preventing the evolution of the infection to severe disease or even during COVID-19, improving its outcome. Some nutrients have been reported as potentially relevant to the prevention and COVID-19 treatment. Among them are vitamins A, D, and E, minerals zinc and selenium, fibre, and

essential fatty acids, as they promote an effect on the immune system. Thus, inadequate intake and status of these nutrients might lead to a decrease in the resistance to infections and an increase in disease burden.<sup>16</sup> Essential fatty acids help control inflammation, infections, presenting an intrinsic relationship with the production of hormones and contribute to the production of antibodies.

### **Covid-19 Syndrome**

“COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic”.

### **Pandemic**

A pandemic is defined as “an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people”. The classical definition includes nothing about population immunity, virology or disease severity”.

### **Decline Age**

*Old age* comprises "the later part of life; the period of life after youth and middle *age*, usually *with* reference to deterioration”.

## **SCOPE OF THE STUDY**

This study helps to old age people to improve their knowledge about COVID-19 Syndrome. Helpful for problem recognition and after diagnose problem. They were aware that which type of Food and Diet are allowed for them.

## **OBJECTIVES OF THE STUDY**

- To know the percentage of old age people, who found COVID-19 syndrome.
- To study of Awareness of COVID-19 Syndrome among the Old Age People.
- To identify which age is mostly found by affected COVID-19 Syndrome.
- To study the problems faced by Old Age Person in COVID-19 Syndrome.

## **HYPOTHESIS OF THE STUDY**

- There is no relationship between COVID-19 syndrome and old age.

## **LIMITATIONS OF THE STUDY-**

The study has following limitations-

- The sample was selected from few old age people of Jabalpur city.
- The sample was limited to 50 respondents.
- The range limited only old age people, age group- 60 to 75 years.
- Randomly selected respondents had been used for filling the questionnaire by online.

## REVIEW OF LITERATURE

**Emmerton and Abdelhafiz (2020)** conducted that delirium in older people with covid-19. It is indicative of an acute serious organ failure or acute infection. The new SARS-CoV-2 shows, not only pulmonary tropism but also, neurotropism which results in delirium in the acute phase illness particularly in the older age groups. The current assessment for COVID-19 in older people does not routinely include screening for delirium. Implementation of a rapid delirium screening tool is necessary because, without screening, up to 75% of cases can be missed. Non-pharmacological intervention for delirium prevention and management may be helpful if implemented as early and as often as possible in hospitalised older people with COVID-19. A holistic approach that includes psychological support in addition to medical care is needed for older people admitted to hospital with COVID-19.

**Bharti and Sharmaz (2020)** conducted that COVID-19 pandemic affected all layers of the population in the world. In a large country like India, elimination may be achieved locally, but in every area, it may be daunting. Control measures would be attained by administering the actions to attenuate the infectious source, transmission route, and susceptible population epidemiologically. It could be possible in the collaboration of the following "approach" which potentially will turn out to be a hindrance to the spread of COVID-19 to combat the challenge of diminishing this pandemic.

## PLAN, METHODOLOGY/ RESEARCH DESIGN

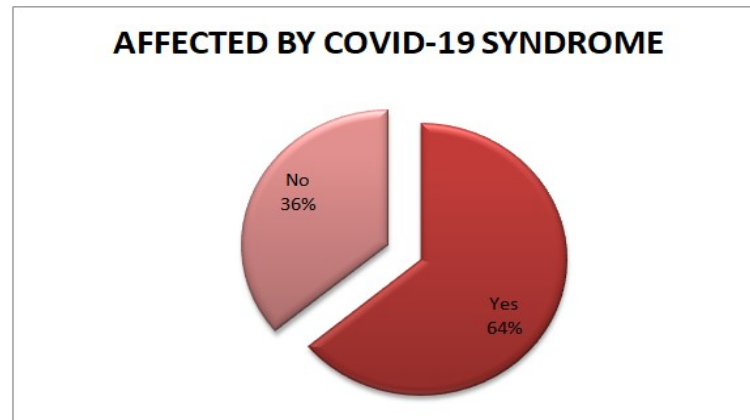
- Selection of method - Convenience Sampling method (online) was selected for the present study.
- Selection of Samples- The sample selected on purposive random basis.
- Selection of method for collection of Data- Questionnaire method used for collection of data.
- Sources of Information-
  - i) Primary Sources- Respondents from age group 60 to 75 years were selected as the primary sources. It was collected from 50 respondents in different areas of Jabalpur city through online questionnaire.
  - ii) Secondary Sources- It may be termed as "Documentary Sources". The information was gathered from different books, magazines, journals, news scripts and websites etc.

## ANALYSIS OF DATA

After the data collected the information gathered was from the 50 respondents surveyed from Jabalpur city. The age running between 60 to 75 years.

**Table 1: No. of Respondents According to Affected by Covid-19 Syndrome**

S. No.	Affected by Covid-19 Syndrome	No. of Respondents (50)	Percentage %
1.	Yes	32	64 %
2.	No	18	36%

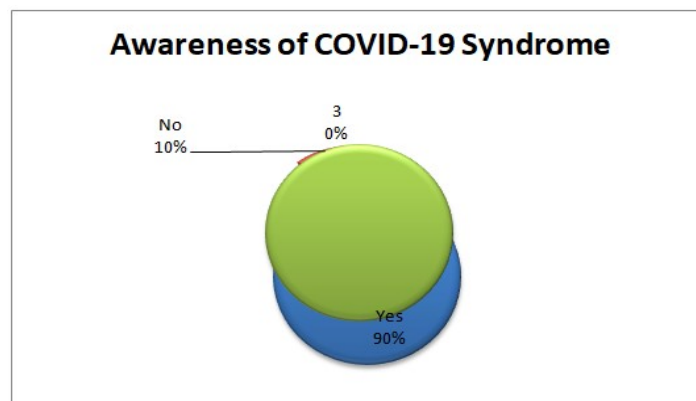


**Figure 1**

Here 64 % old age people affected by covid-19 syndrome of Jabalpur city and 36% old age People do not affected the covid-19 syndrome because of some reasons (like- did not knowledge about covid-19, limited resources, don't want to take any Risk etc.)

**Table 2: No. of Respondents According to Awareness of Covid-19 Syndrome**

S. No.	Awareness of Covid-19 Syndrome	No. of Respondents (50)	Percentage %
1.	Yes	45	90 %
2.	No	05	10%



**Figure 2**

Here only 10 % old age people know about COVID-19 syndrome of Jabalpur city and 90% old age People do not aware about COVID-19 Syndrome.

**Table 3: No. of Respondents According to Age is Mostly Found Affected by Covid-19 Syndrome**

S. No.	Age Group Affected by Covid-19 (In Years)	No. of Respondents (50)	Percentage %
1.	60-65	12	24%
2.	65-70	15	30%
3.	70-75	23	46%

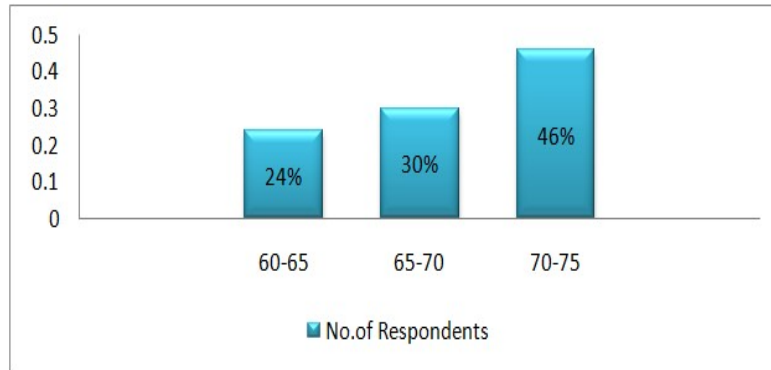


Figure 3

Here only 46 % old people age group between 70- 75 years mostly affected by COVID-19 syndrome after that 30 % old People age group between 65-70 years affected by COVID-19 syndrome.

Table 4: No. of Respondents According to the Problems Faced by Old Age Person in Covid-19 Syndrome

S. No.	Problem Faced by Old Age Person in Covid-19	No. of Respondents	Percentage %
<b>Most Common Symptoms</b>			
1.	Fever	45	90 %
2.	Dry cough	35	70 %
3.	Tiredness	42	84%
<b>Less Common Symptoms</b>			
4.	Aches and Pains	25	50%
5.	Sore Throat	30	60%
6.	Diarrhoea	15	30%
7.	Headache	16	32%
8.	Conjunctivitis	10	20%
9.	Loss of taste and Smell	40	80%
10.	A rash of skin, or discolouration of fingers or toes	5	10%
<b>Serious Symptoms</b>			
11.	Difficulty breathing or shortness of breath	48	96%
12.	Chest pain or pressure	44	88%
13.	Loss of Speech or movement	38	76%

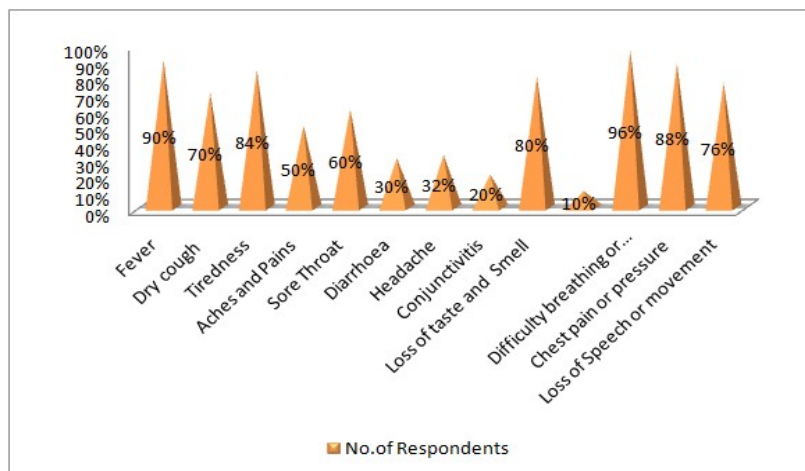


Figure 4

In this table, 96% Respondents affected by Difficulty breathing or shortness of breath, 90% Fever, 88% Chest pain or Pressure, 84% Tiredness, 80% Loss of taste or smell, Kidneys, 76% Loss of speech or movement, 70% dry cough, 60% Sore Throat and 50% Aches and pains and so many problem faced by Old age People in Covid-19 syndrome.

## CONCLUSIONS

Coronavirus disease sometimes abbreviated to COVID-19 can start in childhood, alongside early nasal congestion or runny nose, cough, and fever or chills. Due to concerns about the rise in nasal congestion or runny nose among young people in current, some have called for early screening to identify those with a higher cardiovascular risk. This could make it possible to target changes toward a healthier lifestyle and reduce the chance of health problems later in life. The growth in the number of coronavirus Patient is greater than in old age (70-75 years). It was seen from the study that most of Old age People affected it but they don't know very well about COVID-19 Syndrome in Jabalpur city.

Overall, old age People of Jabalpur city are mostly diagnosed COVID-19 disease and they were aware about it. After the Research they know their Diet pattern and how to Protect COVID-19 Syndrome in their age. Adequate intake and balanced diet might lead to an increase in the resistance to infections and decrease in disease burden. Essential fatty acids and some nutrients help control infections, prevention and COVID-19 treatment.

## REFERENCES

1. Emmerton, D. and Abdelhafiz, A., (2020). "Delirium in Older People with COVID-19: Clinical Scenario and Literature Review, Switzerland". *Springer Nature Comprehensive Clinical Medicine*, 2:1790–1797, <https://doi.org/10.1007/s42399-020-00474-y>
2. Bharti, A. and Sharma, A., (2020). "Covid-19: Mitigation Approach towards Pandemic, Jabalpur". *National Journal of Community Medicine* 11(8) :339-340.
3. World Health Organization. WHO Situation report -1 on Covid-19, 2020. Available: [https://www.who.int/docs/defaultsource/coronaviruse/situationreports/20200121-sitrep-1-2019-ncov.pdf?sfvrsn=20a99c10\\_4](https://www.who.int/docs/defaultsource/coronaviruse/situationreports/20200121-sitrep-1-2019-ncov.pdf?sfvrsn=20a99c10_4). Accessed September 2nd, 2020.

## Website Referred

1. [www.google.com](http://www.google.com)
2. [www.google.com](http://www.google.com)
3. [www.slideshare.com](http://www.slideshare.com)
4. [www.wikipedia.com](http://www.wikipedia.com)