

## A Study on Awareness about COVID 19 among Adolescent Girls

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### ABSTRACT

Present study was carried out to assess an awareness about COVID -19 among adolescent girls from 11 and 12 standards (15 - 16 years ) residing in Pusad taluka of Yavatmal district, Maharashtra State. Awareness about COVID-19 was assessed using a Pre tested questionnaire through a personal interview method. Data was collected, tabulated and frequency calculated. the findings of study showed that 70 percent of adolescent girls were aware about following three preventive measures to protect from COVID 19, also take proper care i.e., wash hand and legs immediately, cloth were washed and use sanitizer after coming outside to home whereas 70 percent of adolescent girls were aware about following three preventive measures to protect from COVID 19, also take proper care i.e., wash hand and legs immediately, cloth are washed and use sanitizer after coming outside to home. It was observed that 62 percent of adolescent girls used sanitizer. Among the respondents, 83.1% and 74.9% indicated they prefer frequent hand washing with soap and water and use alcohol-based sanitizer, respectively and only 31 percent adolescent girls were knowing exactly time sanitizer used to clean hand. Majority of girls were unaware about nutritional care i.e. need to be change in dietary pattern or food intake for improving immunity power and necessity of maintaining sound health.

**Keywords:** Adolescent girls, COVID-19, awareness, nutritional care, preventive measurements.

### I. INTRODUCTION

Global health experts and South Asian governments have expressed concern about the spread of COVID- 19 and potential for more than 7.6 million deaths in South Asia if no action were taken (Walker et al, 2020). India reported its first COVID-19 case on January 30, 2020 and numbers began to rise in late March 2020, (Johns Hopkins Corona virus Resource Center, 2020) albeit at a low rate, which may be attributed to several government policies including stopping all international flights and implementing a nation-wide lockdown at an early stage of the pandemic. By early April 2020, country officials had identified several areas as hotspots of COVID-19 infections in the country. India faces threat of a serious outbreak due to deep challenges in practicing social distancing and access to water and soap for hand washing (Austrian etal 2020).

Adequate nutrition is required for all cells, including those of the immune system, to function at their best (Childs et al 2019). An “activated” immune system additionally enhances energy demands during the SARS-CoV-2 infection, with an increased basal metabolic rate. Therefore, optimized nutrition for the best immune outcomes would be one that supports immune cell function by allowing them to engage robust responses to pathogens, but also to improve the responsiveness when appropriate, avoiding any underlying chronic inflammation. Cena et al (2020) suggest that to improve the efficiency of the immune system, it would be advisable to include specific foods in the diet as good sources of antioxidants, such as fresh fruit and vegetables, soy, nuts (Yahfoufi et al 2018), and omega-3 fatty acids all being low in saturated fats and trans fats (Seidemann et al 2018). These nutrients help to improve immunity power during Corona Pandemic.

It is essential to take personnel care and preventive measure during Corona Pandemic because the Corona is transmitted disease whereas nutritional care is necessary i.e. change in dietary pattern to food intake for improving immunity power to maintain sound health. On this background present study is carried out during the II<sup>nd</sup> phase of Corona Pandemic to assess an awareness about COVID-19 among adolescent girls about personnel care, preventive measure and nutritional care.

## II. METHODOLOGY

Purposively 100 adolescent girls of 15-16 years studying in 11<sup>th</sup> and 12<sup>th</sup> class were selected from Pusad taluka of Yavatmal District. Collected information on awareness about Coronavirus focusing on personal preventive measures and awareness about personnel care against Corona-19, collected by personal interview method with a pre-planned questionnaire.

Data was collected, tabulated and percentages were calculated to assess the awareness among adolescent girls towards COVID-19.

## III. RESULT AND DISCUSSION

### Table 1. Awareness about personnel preventive measure against COVID -19

Table 1 showed the information about personnel preventive measure against COVID -19. From the table it was noticed when asked how to protect yourself the responses were as follows 3 percent for maintaining social distance, 13 percent for use of mask, 14 percent for use of sanitizer and 70 percent adolescent girls gave responses for using the above three preventive measures. When asked adolescent girls What to do after coming home from outside, responses were as wash hand and legs (10 %), use of sanitizer (13%), wash wear cloth (7%) and 70 percent use all three preventive measures. When asked about hand cleaning majority responses getting for used sanitizer (62%) followed by soap (18%) and only use water 4 percent whereas 16 percent have no idea about hand cleaning. Response getting for at what exactly time hand should be scrub 31 percent responses getting for 20 seconds followed by 29 percent for 30 seconds, 27 percent for 10 seconds and 13 percent for 15 seconds. When asked about which ideal cloth mask responses getting for triple layer cloth mask 38 percent followed by 21 percent for single layer cloth mask and 15 percent responses for handkerchief whereas 26 percent had no idea respectively. Responses getting for type of mask majority responses for mask should cover nose and mouth (79%) whereas 13 percent and 3 percent responses for mask cover only mouth and cover face while remaining 5 percent have no idea about type of mask.

**Table 2: Awareness about nutritional care during COVID -19**

Table 2 depicted the information of awareness about nutritional care during COVID- 19. The question asked regarding the changes in diet, maintaining good health and requiring improving immunity power the responses recorded in yes or no. The response recorded for the changes in diet 24 percent of adolescents agree with change in diet while 76 percent were not agreeing with change in diet. Maintaining good health 24 percent adolescent girls were agree whereas 76 percent were not agreed while 29 percent adolescent were agreed for improving immunity and 71 percent were not agree for improving immunity.

**IV. DISCUSSION**

From table 1 it was observed that 70 percent of adolescent girls were aware about following three preventive measures to protect from covid 19, also take proper care i.e., wash hand and legs immediately, cloth were washed and use sanitizer after coming outside to home. Priya and Sheela (2020) observed that that majority of respondents have good knowledge (52.8%), average knowledge (43.50%) and 3.7% respondents had poor knowledge when conducting a survey among adolescent girls from Pune city.

It was observed that 62 percent of adolescent girls used sanitizer. Desalegn (2021) etal also observed the same during study on the public knowledge, attitude, and practice (KAP) and response of the service providers regarding COVID-19 most of the public had a positive attitude (60.7%) towards implementation of preventive measures against COVID-19.

Among the respondents, 83.1% and 74.9% indicated they prefer frequent hand washing with soap and water and use alcohol-based sanitizer, respectively and only 31 percent adolescent girls knew exactly the time sanitizer was used to clean their hands. In this context. It is necessary to get proper guidance regarding the correct way to clean hands by using sanitizer. In case of mask 38 percent responds for three-layer clothing mask and it was surprised that 79 percent adolescent girls knowing that mask should cover nose and mouth. It was noted that studied adolescent girls were well aware about personnel preventive measure against Corona-19. Where as from table 2, it was noted that majority of girls were unaware about nutritional care i.e. need to be change in dietary pattern or food intake for improving immunity power and also necessary to maintain sound health.

**V. CONCLUSION**

this survey was carried out during the second wave of corona-19 pandemic so it is urge to give proper education to adolescents to protect from Covid- 19 pandemic because adolescent is next responsible generation of Nation.

**VI. REFERENCES**

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**Table1. Awareness about personnel preventive measure against COVID -19 (n=100)**

S.No.	Awareness about personnel preventive measure against COVID -19	Percentage (%)
<b>I</b>	<b>How to protect yourself</b>	
A	Maintain social distance	3
B	Use of mask	13
C	Use of sanitizer	14
D	All of above	70
<b>II</b>	<b>What to do after coming home from outside</b>	
A	Wash hand and legs	10
B	Use sanitizer	13
C	wash clothes	7
D	All of above	70
<b>III</b>	<b>Hand should be wash using</b>	
A	only use water	4
B	Using soap	18
C	Using sanitizer	62
D	Using vinegar	16
<b>IV</b>	<b>At what exactly time sanitizer used to clean hand</b>	

A	10 seconds	27
B	20 seconds	31
C	15 seconds	13
D	30 seconds	29
<b>V</b>	<b>Which is ideal mask</b>	
A	Handkerchief	15
B	Single layer cloth mask	21
C	Tripple layer cloth mask	38
D	No idea	26
<b>VI</b>	<b>What type of mask used</b>	
A	Cover nose and mouth	79
B	Cover only mouth	13
C	Cover face	3
D	No idea	5

**Table 2: Awareness about nutritional care during COVID -19 (n=100)**

S. No.	Awareness about personnel care during COVID -19	Percentage (%)
<b>I</b>	<b>Change in diet is required</b>	
a	Yes	24
b	No	76
<b>II</b>	<b>Maintaining good health is necessary</b>	
a	Yes	24
b	No	76
<b>III</b>	<b>Improving immunity is necessary</b>	
A	Yes	29
B	No	71