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Effect of Covid-19 on Caregivers of Covid-19 patients and their Coping Behaviour

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ABSTRACT

In this research paper investigation was undertaken to understand the effect of Covid-19 on caregivers of Covid-19 patients and their Coping Behaviour. The sample for the investigation consists of 200 males and females from socio cultural background in religious respondent, groups according to level of education (Graduate, Post Graduate, Professional and Secondary Schools) , groups according to their occupation (Doctor, Nurse, Personal staff and Supervisor) and girls according to the area(urban or rural) . The COVID-19 pandemic laid an unprecedented demand on caregivers, including both informal family caregivers and professional healthcare workers. Providing medical assistance to COVID-19 patients participating significant emotional, physiological, and mental challenges, allowing to various coping Caregivers of Covid-19 patients on their Coping strategy scale developed by Lazarus and Folkman was used which is divided into Two Types Coping Strategy–I. Problem focused coping strategies.

Coping Strategy II- Emotion focused coping strategy

KEYWORDS: Caregivers, Covid-19, Patients and Coping Behaviour.

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INTRODUCTION

This study examine how caring for covid-19 patients affects caregivers coping behaviours, investigating how they oversees anxiety, emotional tension and social isolation, by assessing adapting and maladaptive method for coping, this research intends to provide information regarding the resilience when mental health results achieve by providers of care. The covid pandemic laid an unprecedented demand on caregivers, including both informal family caregivers and professional health care workers. Providing medical assistance to covid-19 patients participating significant emotional, physiological and mental challenges allowing to various coping behaviours.

The impact of caring for COVID-19 patients on coping strategies is investigated in this study, which looks at how caregivers deal with stress, emotional stress, and social isolation. To protect the wellbeing of caregiver in future medical emergencies, it is essential to comprehend these consequences in order to create stronger support networks, interventions, and legislation.

In this regard Kumar (2016) conducted a study that seeks to investigate the level of adjustment and social support of college going adolescents. The study reveals that there exists a significant difference in overall social support between boys and girls and girls showed higher levels of social support in terms of family and other support than boys. A slight significant difference is found in other support between boys and girls.

Fredrick et al. (2018) conducted study to investigate social support (from parents, classmates, teachers, and close friends) as a protective factor in relationship between depression and suicidal ideation in adolescent boys and girls. Results of hierarchical linear regressions indicated parent, classmate, and close friend social support buffered the association between depression and suicidal ideation. Close friend social support as a buffer appeared to be more robust for girls than that of boys.

Coping Behaviour:

When you're surrounded by people who share a passionate commitment around a common purpose, anything is possible.

- Howard Schultz

Coping Behaviour, a broader concept encompassing overall happiness and contentment, is intricately linked to satisfaction. Persons who find fulfilment in their professional lives are more likely to experience satisfaction in other areas of their lives. Therefore, exploring the factors that contribute to creating supportive environments that foster both personal and professional well-

being. With the advancement in society and the increasing competition in every field, almost every person is facing the condition of stress. Being adolescent is the growing period also suffers from lots of stress conditions so it is essential to use suitable coping strategies to come out of the period of stress and support from one is considered as the best way to come from the condition of stress.

Coping Strategies
These are the types of efforts used by adolescents to reduce or minimize the stressful events and to solve the personal and interpersonal problems of life. Every person uses a different kind of coping strategy to come out of the stage of stress. Here two types of coping Strategies are taken i.e. active approach coping (problem focused coping) and avoidance coping (emotion focused coping).Further problem focused coping have five dimensions i.e. Problem solving, planning, confronting, adaptive behaviour and seeking assistance.

Covid-19
Corona virus disease 2019 (COVID-19) caused by a novel corona virus named severe acute respiratory syndrome corona virus 2 (SARS-CoV-2), was first reported at the end of 2019 in Wuhan, Hubei Province, People's Republic of China, at a cluster of unusual pneumonia patients. The outbreak was declared a Public Health Emergency of International Concern on 30 January 2020 by the World Health Organization. We are receiving patients in our OPD (Outpatient Department) with a new set of health complications having been infected with COVID-19. We planned to collect our data and try to find by various statistical methods, quantify the complications, and assess how we can deal with the new set of complications we are witnessing in this post-acute COVID-19 group of patients.

At 6 months after acute infection, COVID-19 survivors were mainly troubled with fatigue or muscle weakness, sleep difficulties, and anxiety or depression. Patients who were more severely ill during their hospital stay had more severely impaired pulmonary diffusion capacities and abnormal chest imaging manifestations, and are the main target population for intervention of long-term recovery.

Objectives
To study the effect of covid-19 on patients in respect to their life and behaviour with respect to the gender (male and female)
To study the effect of Covid-19 on caregiver of Covid-19 patients and different dimensions of coping behaviour.

Hypothesis
There will be a significant level of difference between coping behaviour among male and female caregivers of COVID-19 patients.

There will be a positive relationship between caregiver of covid-19 patients and their coping behaviour.

There will be a significant level of relationship among problem focused and emotional focused coping strategies and dimension of covid-19 caregivers.

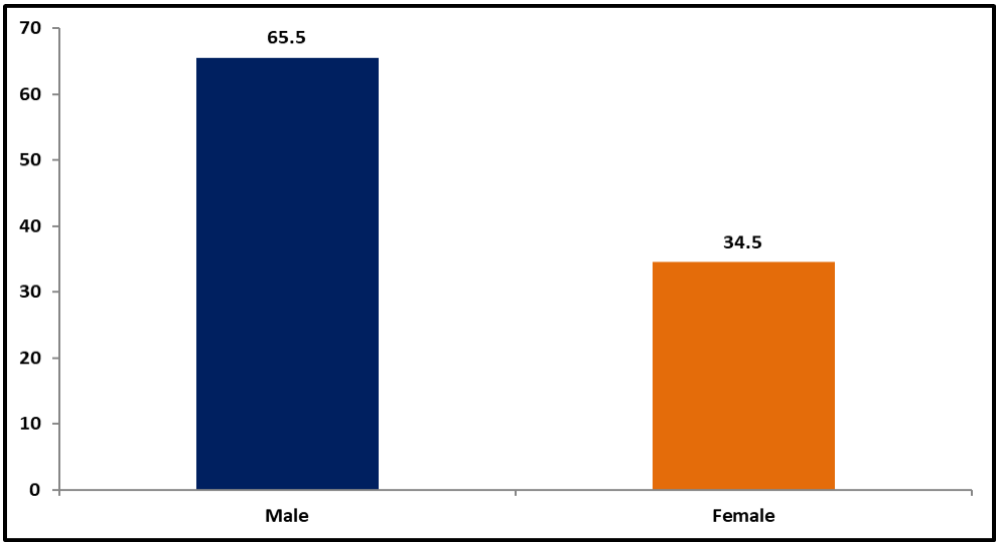
STUDY DESIGN
Method Adopted for the study.
The sample size of present study was 200 males and females belonging from different socio cultural background in Delhi. The respondent was having different level of education like Graduate, Post Graduate, Professional and Secondary Schools. It also included on the basis of caregivers occupation like Nurse, Personal staff and frontline worker and family members. Caregivers were male and female form urban and rural areas. Standardized scale was used to measure level of coping strategy. Scoring was done according to the manuals, relevant Mean, SD, Statistical Technique and paired T test were applied on raw data.

Sample: The respondents. Majority 65.5% were male and 34.5% were female. They were chosen from Delhi as the population for the current study. 131 were male respondents and 69 were females were taken as total population for this research. Random sampling technique was used in the whole process for setting up the experimental setup.

The layout of the sample selected for the study and the breakup details have been given in the Table 1 as depicted below:

Table 1: Breakup of Sample Details

	Frequency (n)	**Percentage (%)**
Male	131	65.5
Female	69	34.5
Total	**200**	**100.0**



Research tool for Coping Strategy
Coping Strategy scale, which was made by Lazarus is a well known and standardized tool. It consists 8 items that deal with different parts of the Strategy.

WAYS OF COPING SCALES

Table 3: Reliability Analysis Eight Coping Scale-

	Cronbach's Alpha	Status
Confrontive coping	0.978	Excellent
Distancing	0.934	Excellent
Self-Controlling	0.966	Excellent
Seeking social support	0.971	Excellent
Accepting responsibility	0.978	Excellent
Escape Avoidance	0.953	Excellent
Painful Problem Solving	0.907	Excellent
Positive Reappraisal	0.937	Excellent

Table 3 displays the findings of the reliability study as well as the descriptive statistical data for every factor. Cronbach's alpha values show that all of the factors have a high degree of internal consistency, ranging from 0.907 to 0.978.

Eight Coping Scales
Confrontive coping, Distancing, self controlling, Seeking social support, Accepting responsibility, Escape avoidance, Painful problem solving, Positive appraisal

Observation
Level of coping strategy of Covid-19 patients
As per the research design, a test was conducted on the selected group of gender i.e. males and females for coping strategy using coping strategy scale which was made by Lazarus The following results were obtained.

The study benefits greatly from mathematical inferences because they offer a framework for understanding and presenting research outcomes. Descriptive statistics are a useful tool in scientific discourse.. The study focused on the impact of certain psycho social factors on patients' caregivers (parents/spouses), examining not only the differences with the variables but also the interactions between them. The study concepts have been tested using a range of statistical techniques. The current study aimed to determine the effects of specific psychosocial factors on patients' caregivers, such as their parents or spouses. We examined how the variables associated with each other as well as the differences throughout the variables. Numerous statistical techniques have been used to test the examination's hypotheses. A T-test was also used to examine the statistical strength of differences in different group characteristics.

The following section presents the statistical examination of the data gathered from a research experiment with 200 participants. Percentage analysis was used to analyze the data and determine demographic characteristics such as ethnic background, age, gender, and educational attainment. Descriptive statistics were used to summarize the data, providing a picture of the characteristics and experiences of the respondents with regard to coping mechanism. We explored subjects like the impact of caregiving responsibilities on your quality of life, the connection between belief and coping strategies, and numerous other

relevant relationships by using correlation analysis to determine the type of interactions between the the variables that are independent of one another. Discover more about the respondents' backgrounds and character attributes by looking at the

information they provided. life quality. We explored subjects like the impact of caregiving responsibilities on their way of life, the connection between trust and coping strategies, and numerous other relevant relationships by using correlation analysis to determine the nature of the links between the variables that are independent of one another. Discover more about the respondents' backgrounds and character attributes by looking at the information they provided.

Gender standards and customs around caregiving responsibilities could be the cause. The long- standing belief that caretakers are solely women may be the reason why male carers are underrepresented in research publications. However, the study shows that male caretakers are significantly more common in COVID-19 care, refuting these presumptions. It is crucial to recognize and cater to the diverse carers' demographics in order to deliver support or therapy in an efficient manner.

These individuals may contribute specialist expertise and experience as carers, which could influence how they handle the challenges posed by the pandemic. As seen by the presence of carers with only a secondary school certificate, research and assistance programs for carers would greatly benefit from taking into consideration the diverse educational levels of those involved. People with different educational backgrounds may have different informational needs, coping strategies, and support preferences, necessitating the need for modified therapies. Understanding the educational profiles of carers is crucial for providing personalised treatments and assistance organisations that cater to their diverse needs and preferences across all educational backgrounds.

. This indicates how important it is to take cultural sensitivity as well as varied perspectives into account when creating services and supports to help carers. Understanding the religious connections of carers is crucial when attempting to provide care that is respectful of cultural diversity and inclusive, and that respects the principles, opinions, and customs of various group medical professionals and administrative personnel who strive to establish connection, confidence, and open channels of communication. We may more effectively distribute funds and start more targeted outreach initiatives to underserved or neglected communities when we consider religious diversity. Making aid programs more relevant and accessible while adjusting treatments to the unique requirements and of both patients and carers. Seventy-six (38.0%) of the sample of COVID-19 caretakers have a graduate degree. A substantial portion of the people who replied is highly educated, as 54 individuals (27.0%) possess a postgraduate degree. The majority of caretakers are professionally certified, with 17.5% having finished secondary school. Due to socioeconomic factors like work and availability to more education, carers appear to have a high level of academic success.

The presence of professional qualifications is further proof of the diverse range of work experiences covered in the research sample. These individuals may contribute specific expertise and experience as carers, which could influence how they handle the challenges posed by the pandemic. As seen by the incorporation of carers with only a secondary school certificate, research and support programs for carers would greatly benefit from taking into consideration the diverse educational levels of those involved. People with different educational backgrounds may have different informational needs, coping strategies, and support preferences, necessitating the need for modified therapies. To offer tailored programs and assistance services that satisfy the diverse needs and preferences about carers Understanding the educational profiles of carers is crucial for developing interventions as well as support services that cater to their diverse needs and preferences across various educational backgrounds.

Physicians and other medical professionals made up 77 (38.5%) of the COVID-19 patients who responded to the study. Both personal staff members who provide care and support staff are essential to the parenting process. These individuals provide care and support to patients in a range of settings; they can be non-medical professionals such as nursing assistants or home health aides. Their important contributions to caring efforts should be recognised in research and support initiatives aimed at meeting the needs of carers.

The presence of managers and nurses demonstrates the purposeful diversity of occupational backgrounds in the research population. Nurses play a critical role in patient care and may have a unique perspective on the challenges and demands faced by other healthcare professionals.

The dynamics and standard of care provided by care giving teams to COVID-19 patients may also be impacted by supervisors leadership and guidance.

It is essential to have a comprehensive understanding of the occupational profiles of carers in order to provide tailored treatment and support programs that address the particular difficulties faced by caretakers in their varied jobs. In order to effectively address the specific needs of carers in a range of work environments, healthcare providers and peer groups should consider the broad variety of tasks carried out by these people.

RESULT AND DISCUSSION

The study comprised 200 carers of COVID-19 patients in total. 129 (64.5%) of this group were urban dwellers. However, when asked where they lived, only 71 participants (or 35.5% of the total) said that they lived in a rural area. According to the research, because medical treatment, employment opportunities, and infrastructure are more readily available in urban regions, carers may have distinct experiences and support needs. On the other hand, regional parents are particularly inclined to reside in remote, thinly populated places; hence, they may face unique challenges when attempting to access social support networks, public

transportation, and medical appointments. This illustrates why studies and support initiatives for carers illustrates the importance of considering location in research and carer support programs.

Because factors including geographic remoteness, community resources, and the availability of healthcare services affect carers' experiences, coping strategies, and support needs, individualised therapies are crucial. It is essential to comprehend the geographic distribution of carers in the country in order to provide fair and easily available support services that address the various needs and situations of carers from various regions. To support carers in carrying out their caregiving duties, healthcare providers and support groups must first identify and then address the special resources and difficulties they encounter.

The dependability of the two subscales, Pathway and Agency, was investigated in order to ascertain their internal consistency. We determined the reliability level of each subscale by computing its Cronbach's Alpha coefficient. At 0.723, the Pathway subscale's Cronbach's Alpha was deemed acceptable, suggesting a good degree of internal consistency. Based on its Cronbach's Alpha rating of 0.794, the Agency subscale had a fair degree of internal consistency. Every subscale's items continuously assess the different Pathway as well as Agency constructs based on these appropriate Cronbach's Alpha values. In the scientific world, Cronbach's Alpha ratings of 0.7 and higher are commonly widely recognised.

Researchers can be confident and provide legitimate explanations of the experiment's findings in relation to the concepts of Pathway and Agency when the reliability coefficients are suitable. Researchers can be confident in the data gathered from these subscales when the reliability coefficients are appropriate, which makes the concepts of Pathway and Agency possible.
The two main categories of Lazarus and Folkman's Coping Strategies Scale would be used to

analyse the results of a quantitative investigation on carers of COVID-19 patients, which would involve 200 participants (100 men and 100 women):

1. Problem-focused coping, or proactive stress management techniques.
2. Emotion-Focused Coping (psychological and emotional responses to stress) other coping mechanisms that are included in Lazarus' scale include self-control, escape- avoidance, constructive review, and seeking out social support. An organised outcome created using mean scores, deviations from average (SD), and significant tests (p-values) can be found below:

Findings from 200 Carers' Coping Strategies (Using Lazarus & Folkman's Coping Scale).

Coping strategies	Males	Females	p-value (Significance
Problem focused coping	6.5 ± 1.6	5.8 ± 1.7	0.03(Significant)
Seeking social support	5.9 ± 1.5	7.5 ± 1.4	<0/01(Significant)
Positive Reappraisal	6.1 ± 1.4	6.9 ± 1.3	0.02 (Significant)
Self control	6.2 ± 1.7	6.4 ± 1.6	0.38(Not Significant)
Escape Avoidance	5.3 ± 1.8	4.9± 1.7	0.12 (Not significant)
Distancing	5.8 ± 1.6	5.2 ± 1.5	0.07(Not significant)
Accepting Responsibility	6.0 ± 1.5	6.5 ± 1.4	0.05 (Significant)
Planful problem solving	6.7 ± 1.4	6.2± 1.5	0.04 (Significant)

DISCUSSION

It is recommended that carers of COVID-19 patients get help and that their quality of life be improved, according to the research. Creating comprehensive support programmes that cater to the many physical, emotional, social, environmental, and spiritual aspects of carers' needs is one of these things. Services related to physical and mental health, social assistance, spiritual direction, and the environment should all be available via these programmers.

Carers may benefit greatly from psycho education and coping skills training in order to develop effective techniques for stress management, resilience building, and the promotion of adaptive coping behaviours. Networks of carers who are going through the same things may be a great resource for information sharing, emotional support, and connecting with people who understand what it's like to be a carer

Green areas and secure housing are two examples of environmental adjustments that may improve the mental and physical health of carers. Carers' existential health and spiritual needs may be met via the incorporation of spiritual care services within care giving support programmes.

Carers play an essential role in the healthcare system, and it is important to acknowledge this by advocating for policies that will afford them the resources, support, and respect they deserve. Healthcare organizations, lawmakers, and community stakeholders

may help carers and improve their quality of life during the COVID-19 pandemic by introducing focused interventions and support programmes.

Interpretation of Findings

- Men were more likely than women to utilise problem-focused coping ($p = 0.03$), which means they were more inclined to act directly to address issues linked to caregiving.
- Women had considerably higher scores for positive reappraisal and seeking social support ($p < 0.01$), suggesting that they depended more on outside assistance and reframed situations in a positive way.
- There was no discernible difference in the self-control techniques of the sexes ($p = 0.38$).
- Escape-avoidance (e.g., ignoring problems, distraction) and distancing behaviors were slightly higher in men, but differences were not statistically significant.
- Women accepted responsibility for caregiving stress more than men ($p = 0.05$), suggesting they felt a stronger personal obligation in caregiving roles.
- Men were more likely to engage in planful problem-solving ($p = 0.04$), meaning they focused more on structured solutions to caregiving challenges.

The genders' methods of self-control did not differ significantly ($p = 0.38$).

- Men exhibited slightly higher levels of escape-avoidance (e.g., distraction, ignoring problems) and distancing behaviours, although these differences were not deemed statistically significant.
- Women accepted the responsibility for caring stress more than males ($p = 0.05$), showing they felt a larger personal duty in caregiving duties.
- Men were more inclined to focus on ordered solutions to caregiving issues, a behaviour known as planful finding solutions ($p = 0.04$).
  Gender differences that are significant ($p < 0.05$):
  Men are more adapt at problem-focused coping and strategic problem-solving, whereas women are more adept at asking for help from others, evaluating themselves favourably, and taking ownership of their actions.
- Differences that are not Significant ($p > 0.05$):
- In terms of self-control, escape-avoidance, and distancing, both sexes scored similarly.

Conclusion & Implications

Although they may not seek emotional support, male carers tend to concentrate on fixing problems in an action-oriented manner.

- If support is lacking, female carers may be more susceptible to emotional stress because they rely further social and emotional coping strategies.
- Men's social support-seeking behaviours and women's problem-solving abilities should be the main goals of mental health interventions.
- Educating carers on balanced coping techniques (emotional control and problem-solving) can increase their resilience.

Given the diverse demographics and unique circumstances of individuals delivering care throughout the pandemic, this study has offered a thorough investigation. It is crucial that we meet the requirements of COVID-19 patient carers in a comprehensive and inclusive way.

Legislators and healthcare professionals should recognise and address the difference between men and women in caring in order to better assist carers of each gender.

When healthcare professionals embrace diversity and practise cultural competency, carers from various backgrounds and religions may receive the all-encompassing care they need. As a result, career support programs will have a higher success rate.

According to career job data, the caring community has a wide range of roles and responsibilities. Healthcare organisations that acknowledge and accommodate the diversity of occupational backgrounds may provide a more effective and inclusive support system for carers of COVID-19 patients. Both patient outcomes and career well-being will increase as a result.

The statistics about the residences of carers demonstrate that the population of carers hails from a wide variety of geographic locations. By acknowledging and addressing regional location differences, healthcare organisations can enhance patient outcomes and career well-being. This would enable them to create focused interventions that cater to the unique difficulties and assistance requirements faced by carers in regions that are both urban and rural. The Process and Agency subscales have sufficient internal consistency, according to Cronbach's Alpha coefficients, which is a positive indication of dependability.

These findings support the findings of the study and show that the tools used to test the relevant components are valid and reliable. The distribution and characteristics of the Pathways and Organisation subscale scores are usefully shown by the descriptive statistics. We are better able to evaluate the research findings related to these notions because of these findings, which provide us a better understanding of how people see that they have power over their life and how inspired they feel when in the midst of adversity.

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