

The Level of Quality of Life and Health Locus of Control among the People in India During COVID-19

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ABSTRACT

The coronavirus (COVID-19) pandemic has caused enormous psychological impact on people worldwide. The current study focuses to identify the level of COVID -19 on Quality of life and Health locus of Control among the people in India. The sample consists of 200 people from various states of India. Data was collected online using Multidimensional Health Locus of Control Questionnaire (Dr. Kenneth A. Wallston) and Quality of life scale (Flangan,1970). The obtained data was scored and analyzed using SPSS. The result shows the males have a low level of quality of life as compared to females and External factor if more affecting their health locus of control.

Keywords: *Quality of Life, Health locus of control, COVID – 19*

COVID Disease 2019 (COVID-19) is a worldwide pandemic with remarkable clinical, financial and social outcomes. Fighting the novel Covid virus or COVID-19, numerous countries on the world have strained their human, wellbeing and monetary assets. The speed in transmission of the virus has placed natives and governments on tenterhooks, perceiving that this disease impacts not just the physical health of people, bringing about numerous fatalities the world over, yet also their personal satisfaction. Health is basic human need which is fundamental for the successful operation of individuals and communities. Health depends on numerous factors such as social factors, awareness, and even personality traits. Health is given through the improvement of way of life including nourishment, physical movement, stress the board, wellbeing duty and profound development, just as the expulsion of variables that negatively affect the degree of human health. Advancing health related practices will prompt the upkeep of individual's independency and execution and increment of their quality of life.

Quality of life (QOL) is the general well-being of individuals and societies, outlining negative and positive features of life (Forbes,2013). It is a multi-dimensional idea that incorporates spaces identified with physical, mental, enthusiastic, and social working and It goes surpassing direct proportions of populace wellbeing, future, and reasons for death, and centers on the effect wellbeing status has on quality of life.(Healthypeople.gov).

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Health locus of control characterized as individual convictions dependent on past encounters in medical problems and having outer or inner command over them, could influence health. Health locus of control assumes a function in wellbeing practices. Solitarily with internal locus of control contrasted with those with external locus of control are bound to effectively utilize adapting methodologies zeroed in on tackling issues. Wellbeing locus of control assumes a significant function in wellbeing behaviors and convictions as a middle person or part of the course between singular status, societal position, and wellbeing structures. So as to change conduct, health locus of control has been the theory that the model depends on the cozy connection between health locus of control and wellbeing practices feeling of control and self-care are currently accepting responsibilities. (Pourhoseinzadeh, Gheibizadeh, and Moradikalboland, Cheraghian, 2017)

In this pandemic period, it is important to have a solid mental condition just as state of being to each one with the end goal that they can confront and beat the unfriendly impacts of Covid-19. The aims to find the level of quality of life and health locus of control among the people in India during Covid-19.

METHODOLOGY

Population

The current study consisted of 95 Males and 105 Females with in India. Purposive sampling technique was used to collect the data.

Instruments Used

The data was obtained using Multidimensional health locus of control questionnaire (Dr. Kenneth A. Wallston) and Quality of life scale (Flangan,1970)

- **Multidimensional health locus of control questionnaire:** Multidimensional health locus of control questionnaire was used to measure the health locus of control of adults. The multidimensional health locus of control questionnaire developed by Dr. Kenneth A. Wallston, consists of 3 forms (i.e.: Form A, B and C) and all the 3 forms consists of 18 items each and each item is measured with a 6-point rating scale ranging from strongly disagree to strongly agree.
- **Quality of life scale:** Quality of life scale was used to measure the quality of life among the adults. The quality of life was developed by John C. Flanagan in 1970. It is composed of 15 items covering 5 domains: physical and material well-being; relations with other people; social, community, and civic activities; personal development and fulfillment; and recreation. In each item, satisfaction and importance of the item in the individual's quality of life is evaluated.

Procedure

The data was collected online. The questionnaires were entered in Google form and were circulated. Informed consent was obtained from every participant. The data was score and analyzed using SPSS.

RESULT AND DISCUSSION

The obtained data was scored and was analyzed using SPSS. The result is discussed below

Table 1. Socio demographic details of the participants.

VARIABLE	FREQUENCY	PERCENTAGE
GENDER		
Male	95	47.5%
Female	105	52.5%
EDUCATION		
Graduation	107	53.5%
Post-Graduation	35	17.5%
Others	58	29%
OCCUPATION		
Self-employed	16	8%
Private employed	40	20%
Government employed	12	6%
Others	132	66%
Type of living		
Married	186	93%
Separated	14	7%
Diagnosed as Covid positive		
	196 (NO)	98% (NO)
	4 (YES)	2% (YES)
Anyone in the home or near one diagnosed as Covid positive		
	78 (YES)	39% (YES)
	122 (NO)	61% (NO)

Table 1 shows the socio demographic details of the sample. Out of the total 200 samples, 47.5% consist of males and 52.5% consist of female. 53.5% of the participants are graduates, 17.5% are post –graduates and the rest 29% are either uneducated or have studied above post -graduation. Majority of the participants (66%) are not working at present, 20% are working in private sector, 6% in government sector and 8% are self-employed. 93% are living with their family members and 7% of the them are either divorced or separated from the family .2% of the samples in the study were diagnosed with Covid -19 and 98% of them are not affected. Also 39% of the samples are having a family member or friend diagnosed with Covid-19 and 61% percentage of samples are not at all affected with Covid -19.

Table 2. The level and percentage of quality of life among the participants during Covid-19

Variable	Quality of life	Frequency	Percentage
MALE			
	High	68	71%
	Low	27	28.42%
Female			
	High	85	80.95%
	Low	20	19.04%

Table 2 Shows the level of quality of life among the participants during covid 19. From the table it can be said that females are having high quality of life than males during this pandemic times. Among males 71% are having high quality of life and 28.42% are having low quality of life. While comparing females 80.95% are having high quality of life and 19.04% are having low quality of life.

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Variables	Category	Frequency	Percentage
LOC	Internal	55	27.5%
	External	145	72.5%

Table 3 shows the health locus of control of the participants during covid19. In locus of control 27.5% are internal locus of control and 72.5% falls under external locus of Control

Covid is a severe issue of the 21st century. It has affected people of all age around the globe. During this pandemic time most of the business is dull, some lost their jobs, many lost their dear and near ones and everyone is trying hard to overcome the loss happened in their life. In the Indian scenario, males are generally the bread winner of the family and of course they are the most affected one during this time. The low quality of life among males in the current study points to the fact that they are having a negative attitude towards themselves, towards others and towards future. More over majority of the people blames themselves for the loss and the negative things happening during Covid times. Moreover, they believe that they have nothing to do to protect themselves from the dangerous virus. People trust on circumstances and luck than their potentials and abilities. Due to these conditions, there is a high chance of occurring psychological issues in the people. So, adequate psychosocial support should be provided for the people in order to overcome the stress and pressure happening during these time period.

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Conflict of Interest

The author(s) declared no conflict of interest.

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