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COVID-19*

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Safety Precautions taken by Adults during COVID-19

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ABSTRACT

The novel coronavirus has caused the worldwide pandemic. Safety precautions are given by world health organizations for the general people awareness to stop the transmission of this infectious disease. There are focus on five parameters such as social distancing, use of face mask, hand sanitization and disinfected surfaces at home. The present study was done to know the safety precautions taken by adults during Covid-19. The study was conducted on 115 adults of Bareilly. The sample was selected by quota sampling technique. The selected adults were in the age group of 20-40years. Self-prepared questionnaire was used to collect data. The findings of the present study explains that safety precaution taken by adult regarding social distancing according to educational status indicates that the adults of above graduate had higher mean scores (5.89) as compared to the below graduate (4.63) and obtained t value 3.79 is significant. According to the use of face mask, above graduate adults had higher mean score (2.98) as compared to below graduate (2.61). The obtained t value is significant (2.34). Regarding hand sanitization, above graduate adults had higher score (3.55) than the below graduate (3.12) and obtained t value is significant (1.52). Regarding the disinfected surfaces at home, adults of below 30 years had higher score (2.84) as compared to above 30 years adults (2.22) and obtained t value 5.14 is significant. Adults of below graduate had higher score (2.84) than the above graduate (2.22). This difference found to be significant (t=5.11).

Key words: Adults, Safety precautions, Awareness, Covid-19 pandemic, Bareilly

The novel coronavirus disease (COVID-19) is a disease caused by a new coronavirus. It was first time identified in humans. It causes mild symptoms including dry cough, tiredness and fever in most cases. Other mild symptoms include aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. It is spread from person to person through small droplets from the nose or mouth. Around 1 out of every 6 people, who is suffered with COVID-19 have serious illness and difficulties in breathing [1]. The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs [2]. Personal hygiene is an essential practice to protect against respiratory illness, including COVID-19. Hand washing, social distancing, using face mask and clean infected surfaces at home are effective measures to prevent transmission between individuals [3]. Objectives are as:

- To assess the awareness of adults regarding safety precautions during Covid- 19.

- To assess the safety precautions taken by adults during Covid-19.

MATERIALS AND METHODS

The study was conducted on 115 adults of Bareilly. Sample was selected on the basis of awareness of adults regarding safety precautions during Covid-19. Quota sampling technique was used for the sample selection. The selected adults were in the age group of 20-40years. An online survey was conducted among adults in Bareilly through Google forms due to heavy risk of rapid spread of this corona infection. Self-prepared questionnaire was used to collect data. The prepared tool consist two sections, first section aimed to assess the socio-demographic profile of selected adult population. Second section related to assess the current practices of the selected adult population during COVID19 on the following aspects: social distancing, use of face mask, sanitizer, hand washing and disinfected surfaces at home. A pilot study was conducted on 2 percent of the total respondents.

RESULTS AND DISCUSSION

The data presented in (Table 1) highlights the safety precaution taken by adults regarding social distancing Covid

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19. Out of the total respondent, majority of them (93.00%) adults were avoided non-essential travelling, followed by (92.00%) adults were not visited pubs/bars/restaurants. Among the adults, majority of them (89.00%) were avoided

public transport, followed by (87.00%) adults were avoided to attend social events. Only (74.00%) adults were maintained 1-2 meter social distance and preferred online shopping during COVID-19.

Table 1 Safety precaution taken by adults regarding social distancing

Safety precaution regarding social distancing	No.	Percentage
Maintain 1 -2meter social distance	86	74.70
Work from home	74	64.34
Avoid going pubs / bar / restaurant.	106	92.00
Avoid social events during COVID 19	101	87.00
Prefer online shopping during COVID 19	86	74.78
Avoid Non – essential travelling during COVID 19	107	93.00
Avoid public transport during COVID 19	103	89.00

Table 2 Safety precaution taken by adults regarding social distancing according to their age, gender, occupation, and educational status

	No.	Mean	SD	T	P
Age in years	Below 30	73	5.26	0.19	>0.05
	Above 30	42	4.96		
Gender	Male	40	5.12	0.54	>0.05
	Female	75	4.96		
Occupation	Government	44	5.23	2.51	>0.05
	Non- government	71	5.98		
Education	Below- graduate	47	4.63	3.79	<0.01
	Above graduate	68	5.89		

Data depicted in (Table 2) revealed that the safety precaution taken by adult regarding social distancing according to their age. It is evident that safety precaution taken by adults in the below of 30 years of age was higher (5.26) than that of above 30 years in age (4.96). This is also evident by the t value which is non-significant (0.19). When safety precautions were taken by adults according to their gender. It was found that safety precaution

was taken by mostly males (5.12) than females (4.96) and obtained t value is non-significant (0.54). Table also depicts that adults of government (5.23) and non –government (5.98) took similar precautions as the obtained t value 2.51 is insignificant. It also indicates that adults of above graduate had higher scores (5.89) as compared to the score of below graduate (4.63) and obtained t value 3.79 is significant.

Table 3 Safety precaution taken by adults regarding use of face masks

Safety precaution regarding use of face mask	No.	Percentage
Using face mask while going outside	97	84.34
Using face mask while coughing and sneezing	112	97.39

The data in (Table 2) revealed that the safety precaution taken by adult population regarding use of face masks. It is evident that face mask was used by highest

percentage of adults (97.39%), when they were suffered with coughing and sneezing and second highest adults (84.34%) were used mask during outside visit.

Table 4 Safety precaution taken by adults regarding use of face mask according to their age, gender, occupation, and educational status

	No.	Mean	SD	T	P
Age in years	Below 30	70	2.54	0.56	>0.05
	Above 30	45	2.71		
Gender	Male	42	2.35	0.76	>0.05
	Female	73	2.56		
Occupation	Government	47	2.25	1.41	>0.05
	Non- government	68	1.97		
Education	Below- graduate	62	2.61	2.34	<0.01
	Above graduate	53	2.98		

Above table depicts that the adults of below 30-year age (2.54) took the precaution almost similar to the above 30 year of age group (2.71). This is also evident by the t (0.56)

value which is insignificant. Similarly, adults of different gender male (2.35) and female (2.56) took the precaution similar as the obtained t value (0.76) is insignificant. It was

found that adults of different occupational status group engaged in government service (2.25) and non-government service (1.97) took similar precautions and obtained t (1.41) value is insignificant. Above table also depicts that above graduate adults had higher score (2.98) than the below

graduate adults (2.61) and obtained t (2.34) value is significant. Hence it is evident that adults of three categories according to their age, gender. Occupational status took the precaution at similar level with no significant difference.

Table 5 Safety precaution taken by adults regarding hand sanitization

Safety precaution regarding hand sanitization	No.	Percentage
Hand washing with soap and water	113	98.2
Clean hands with sanitizer	110	95.60
Using gloves while going outside from home	46	74.78

Above (Table 5) reveals the distribution of safety precaution taken by adults regarding hand sanitization. Out of the 115 adults, majority of them (98.2%) were used soap and water for hand washing followed by 95.60% adults were

used hand sanitizer and lowest percentage of adults (74.78%) were used gloves while going out from home. Majority of adults (97%) were washed hands before touching their face to reduce transmission [4].

Table 6 Safety precaution taken by adults related to hand sanitization according to their age, gender, occupation, and educational status

		No.	Mean	SD	T	P
Age in years	Below 30	61	3.36	1.75	1.54	>0.05
	Above 30	54	2.98	0.76		
Gender	Male	51	3.11	1.33	1.91	>0.05
	Female	64	3.69	1.92		
Occupation	Government	69	3.85	1.69	0.86	>0.05
	Non- government	46	3.61	1.29		
Education	Below- graduate	56	3.12	1.24	1.52	<0.01
	Above graduate	59	3.55	1.76		

Data depicted in (Table 6) shows the difference in safety precaution taken by adults related to hand sanitization. The table further revealed that adult of below 30-year age (3.36) took the precaution almost similar to the above 30 year of age group (2.98). This is also evident by the t (1.54) value which is insignificant. Adults of different gender, male (3.11) and female (3.69) took the precaution

similar as the obtained t value (1.91) is insignificant. Adults were engaged in different occupational status group, adults engaged in government services (3.85) and non-government services (3.61) took similar precautions as the obtained t (0.86) value is insignificant. Adults of different educational group took the precaution almost similarly as the obtained t (1.52) value is significant.

Table 7 Safety precaution taken by adults regarding disinfected surfaces

Safety precaution regarding disinfected surfaces	No.	Percentage
Indoor surfaces at home	95	82.60
Leave packaged products for 24 hours before use	76	66.00
Groceries package after coming from groceries stores	89	77.39

The results illustrated in (Table 7) revealed that the distribution of safety precaution taken by adults regarding disinfected surfaces at home. Out of the total selected respondents, majority of them (82.60%) were cleaned indoor

surfaces at home followed by 77.39% were sanitize groceries or package after coming from groceries stores and 66 percent were leaved package products for 24 hours before use.

Table 8 Safety precaution taken by adults related to disinfected surfaces at home with their age, gender, occupation, and educational status

		No.	Mean	SD	T	P
Age in years	Below 30	60	2.84	0.89	5.14	<0.01
	Above 30	55	2.22	0.27		
Gender	Male	67	2.35	0.92	1.43	>0.05
	Female	48	2.13	0.73		
Occupation	Government	66	2.81	1.21	1.44	>0.05
	Non- government	49	2.49	1.15		
Education	Below- graduate	59	2.84	0.89	5.11	<0.01
	Above graduate	56	2.22	0.27		

Above (Table 8) reveals that adult of below 30 year age have higher score (2.84) then the above 30 year age group (2.22) as the obtained t value (5.14) is significant and adults of different gender male (2.35) and female (2.13) took the precaution similar and the obtained t value (1.43) is insignificant. Adults of different occupational status group, Adults were engaged in government services (2.81) and non-government services (2.49) took similar precautions and the obtained t (1.44) value is insignificant. Adults of below graduate have higher score (2.84) then the above graduate population (2.22) and the obtained t (5.11) value is significant. Hence it is evident that adults of two categories that is gender, occupational status took the precaution at similar level with no significant difference. But adults according to their age group and educational group took the precaution at different level of significant.

CONCLUSION

It can be concluded that according to their educational status, safety precautions were taken by adults regarding social distancing, use of face mask, hand sanitization were statistically significant (<0.01). Safety precautions were taken by adults regarding disinfected surfaces at home according to their age was significant (<0.01). The statement “Research for research’s sake “is of little important from the point of view of applied aspects of any investigation, until and unless the findings are applied to anything which have some practical importance, certain implication are derived from the findings of the present investigation, that are: This study gives information about the safety precaution taken by adults and not taken by adults during COVID 19 era. This study also useful for spreading awareness regarding safety precaution to the people who do not take the safety precaution in COVID 19 era.

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