

AN EXPEDITION OF CORONA WARRIORS DURING COVID-19: A PERCEPTIONAL STUDY IN MYSURU

Dr.Rajeshwari GM*

Assistant professor
Post-Graduation Department of Commerce
Vidyavardhaka First Grade College
Mysuru
Karnataka
Email:rajeshwarigm12@gmail.com

&

Smt. Sowmya M**

Assistant professor
Department of Commerce & Management
Vidyavardhaka First Grade College
Mysuru
Karnataka
Email:sowmyachandankumar01@gmail.com

Abstract

The ultimate test of man is not where he stands in comfort but where he stands at times of challenges. Covid-19 is the global challenge which will reveal our true leadership quotient at all levels. The 2019–2020 coronavirus pandemic is upending life on a global level. The highly infectious coronavirus disease 2019 (COVID-19) is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). As a result, on one hand people across India and around the globe are largely confined to their homes with businesses and educational institutions all shut down in an attempt to contain the virus, and on the other hand doctors, health-care workers, medical staff members and civil service providers namely police, NSS, NCC altogether considered as **Corona Warriors** are leading the battle against COVID-19 from the front. Putting their own lives at risk with selfless determination for the sake of saving lives, they truly are the heroes in these challenging times. While they are putting their own health, families, and most importantly their own lives at risk, the least is appreciating their efforts and cooperate by staying safe indoors.

In this background the research study has found its significance and contributes a tribute to their service by attempting to throw a light on the challenges and stress faced by corona warriors. The data is collected by conducting a survey by using structured questionnaire and distributed through personally and Google form. The sample of 66 warriors was targeted comprising of both Medical Service providers and Civil Service providers equally in Mysuru city. The sampling technique which was used in the study is simple random sampling technique. The data collected was analyzed by using EXCEL and SPSS and tested by statistical test namely Independent sample t-test. The reliability of the questionnaire was tested by using Cronbach's Alpha, where the value stood at 0.902. Overall, the study has been considered as societal contribution which has depicted the voyage of corona warriors.

Keywords: Corona Warriors, Challenges, Competing duties, Stress, Societal Contribution, Voyage, etc.,

INTRODUCTION :

Corona virus or COVID-19 (Corona Virus Disease -2019) is one of the most commonly spoken word among everyone in the past few months. In simpler words, a pandemic is defined as an epidemic occurring worldwide, or over a very wide area. The outbreak of Coronavirus (COVID-19) in Wuhan, China, which began in December 2019, evolved to become a global pandemic. The pandemic, along with the obvious health-related impact, also poses a serious threat to the psychological well-being of individuals and has resulted in significant behavioral changes.

Few research studies have carried out to describe the psycho-behavioral response to this crisis among the population of Karachi, Pakistan, in the month of March 2020. From government of India there were people allotted in form of teams of doctors and also other staff members in achieving goal to protect public. This also

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resulted in shortage of doctors from which other organizations such as NCC, NSS, Scouts and Guides and the main contribution to get away from this situation was by civil department who joined their hands with the government and played a vital role to avoid this pandemic in the initial stages. Working for service sector came forward to join hands with the members to get rid of this pandemic, including faculties, residents and interns at any point of time as well as ensure that everyone gets adequate rest period in between. They are responsible for acquisition of more ventilators and more Personal Protective Equipment (PPE) in a race against time and against global shortage. In case of doctors, who were given responsibility on focusing the aspects such as diabetes, hypertension, chronic obstructive pulmonary disease, cardio-vascular disease, dementia etc.,. Unpredictable work schedule, night shifts and long hours in the operation theatres and intensive care unit have become common these days causing physical as well as mental stress for medical service providers.

Chronic fatigue, moodiness, trouble concentrating, fatigue, sleep deprivation, excessive worry, aggressive behavior, impaired vigilance, loss of appetite, mood swings, behavioral changes and poor work performance often are signs of stress. Working hard, but allowing yourself time for recovery, taking breaks whenever essential and understanding that the stress is inevitable at these times will result in keeping oneself with positive attitude. As days are passing by, the selfless warriors are giving their best in the health-care services while cutting themselves off from their families and loved one for the sake of society and their love towards their nation.

The sacrifice that they are making for the safety and welfare of the society and also toward humanity is priceless has many have even lost their lives by serving to the society. Their part of devotion to the society will always be deserved has a lifelong gratitude on part of one's life.

REVIEW OF LITERATURE:

The literature review carried out in the study lacks more studies as it is an unexpected and appeared within short span of time. However, it includes the review of few recent studies which are as follows:

Gupta et. al.,(2020) Stated in his study that due to sudden breakdown in the health system and incurred widespread social and economic disruption from this pandemic, the authorities such as doctors and civil people are struggling to overcome this situation. It may be relating to staying away from them or may it be supporting the patience facing this situation alone even after getting rid of this situation, resulting in the improvement of workplace conditions by making sure that there is adequate and continuous supply of personal protective equipment.

Bhatnagar, et al., (2020) highlighted that there are continuous changes in the health care policies which should be frequently updated to be dealing with the changes that are necessary to lay guidelines from the policy makers to cope with future pandemics as changes were made in period of COVID-19. This pandemic have proved that medical science is ever changing and also imperatively updated from their medical professionals to stay updated in the ongoing developments in medical areas. . This also emphasizes the need for inclusion of the subject of management of pandemics in the medical curriculum so that the medical fraternity would be able to manage future pandemics in a more efficient manner.

Gupta and Sahoo (2020) opined that there is a huge impact on the psychological behavior from the pandemic on the front line service departments which is effecting their mental health problems, also frequent and common problems such as anxiety, depression and also stress related disorders from after effects of this pandemic lessons learnt from the mental illness have created to be learnt from the previous pandemics for coping up with this issues.

RESEARCH METHODOLOGY

The study has been carried out by implementing the following research methodology:

Data Collection: This study is based on primary and secondary data sources. Primary data was collected by administering structured questionnaire comprising closed ended questions. The secondary data was

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collected from various current journal research articles, newspaper articles and other related reports.

Sample Design: The sample for the study comprised both Medical service providers such as Doctors, Nurses and Civil service providers including police department along with other supporting agencies such as NSS, NCC etc. The size of the sample numbered to 66 which included 33 respondents from each category that is Medical and Civil service providers in Mysuru city. The sampling technique which was used for the study was simple random sampling technique.

Data analysis: The collected data was analyzed by statistical tools such as mean and standard deviation along with Independent sample t-test using statistical packages namely Excel and SPSS.

SCOPE

The research study focuses mainly on the perceptions of Medical service providers which include doctors, nurses, other medical staff and Civil service providers including police along with NCC, NSS and social service providers. The study has been carried out by taking sixty six respondents where both the categories mentioned above were taken equally in Mysuru city. The study has covered three major aspects which the warriors may be encompass carry with them during this pandemic situation. The competing duties performed by warriors against various groups including their family, The stress which their encompass during their performance of duties and the reactions they receive during and after their performance of duties haven been considered as major factors in their journey and the perceptions have been accumulated based on the same.

OBJECTIVES:

The study has been carried out to fulfill the following objectives:

1. To study the conceptual base of the journey of corona warriors
2. To examine the perceptual differences between the respondents about the performance of competing duties.
3. To analyze the significant difference between the warrior's perception about the stress of sign during their expedition.
4. To evaluate the opinion variation between the respondents about the societal reactions during and after the warriors performance.

HYPOTHESES:

The following hypotheses have been developed to achieve the set objectives in the present research study:

1. There is no significance difference between the perceptions of Medical service providers & Civil service providers about the performance of competing duties.
2. There is no significance difference between the perceptions of the warriors about the stress signs they encompass during their expedition.
3. There is no significance difference between the perceptions of Medical service providers & Civil service providers about the societal reactions during and after the warriors' performance.

RESULTS AND DISCUSSIONS

The analysis is carried out in two phases namely (1) Demographic Profile and (2) Perceptual analysis. The interpretations for each category are provided along with the analysis of tables.

Table No.VII (1)- DEMOGRAPHIC PROFILE OF THE RESPONDENTS

Sl. no.	Demographic Variables		Frequency	Percentage (%)
1	Gender	Male	57	86.36
		Female	09	13.64
2	Profession	Medical service department	33	50.00
		Civil service department	33	50.00
3	Age	≤ 25 Years	27	40.9
		26-40 Years	33	50.0
		≥40 Years	06	9.1
4	Experience	≤ 5 Years	33	50.0
		5-10 Years	13	19.7
		≥ 10 Years	20	30.3

(Source: Primary data)

Interpretation: The above table no VII.1 depicts that, 86.36% of the respondents were male and rest of them was female with regard to gender wise classification. However, the respondents were equally distributed among medical service providers and civil service providers as per the professional classification. Majority of the respondents were among the age group of 26-40 years which stood at 50 %. The warriors having less than or equal to 5 years work experience were 50% respondents, followed by 30.3% with more than or equal to 10 years of work experience.

VII (2) PERCEPTUAL ANALYSIS FOR THE SET OBJECTIVES

Table No. VII(2-a) Performance towards Competing Duties

	Opinion	Frequency	Percentage	Mean	SD
Performing duty towards patients	Very High	30	45.5	4.2879	0.7393
	High	25	37.9		
	Neutral	11	16.7		
	Low	00	00		
	Very low	00	00		
	Total	66	100.0		
Duty towards protecting oneself from undue risk of harm	Very High	30	45.5	4.2121	.81364
	High	20	30.3		
	Neutral	16	24.2		
	Low	00	00		
	Very low	00	00		
	Total	66	100.0		

Duty towards one's family	Very High	32	48.5	4.2121	.86851
	High	17	25.8		
	Neutral	16	24.2		
	Low	01	1.5		
	Very low	00	00		
Total	66	100.0			
Duty towards colleagues whose workloads & risk of harm will increase in once absence	Very High	30	45.5	4.1667	.90441
	High	19	28.8		
	Neutral	16	24.2		
	Low	00	00		
	Very low	1.5	1.5		
Total	100	100.0			
Duty towards society	Very High	26	39.4	4.1970	.74874
	High	27	40.9		
	Neutral	13	19.7		
	Low	00	00		
	Very low	00	00		
Total	66	100.0			

(Source: Primary data)

Interpretation: The above table no.VII (2-a) depicts that, 45.5% of the respondents have highly opined that they are performing their duties towards patients at high rate and protecting oneself from undue risk of harm each. Majority of the responded (48.5%) are performing very high duty towards one's family. 45.5% of the responded have opined as very high related to their duty performance towards colleagues whose workload & risk of harm will increase in once absence and 40.9% of the respondents opined as performing towards competing duty towards society is High.

It can also be inferred from the above table, that the performance towards competing duties resulted with the mean value of more than 4 which shows that the respondents have opined that they are performing the above mentioned duties at high rate. The calculated standard deviation resulted with less than 1 depicting that there is no much deviation in the opinion.

Table No. VII(2-b): Independent t-test

Group Statistics

Profession		N	Mean	Std. Deviation	Std. Error Mean
Duties	Medical service	33	4.1333	.68496	.11924
	Civil service	33	4.2970	.72822	.12677

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
duties	Equal variances assumed	1.019	.317	-.940	64	.351	-.16364	.17403	-.51130	.18403
	Equal variances not assumed			-.940	63.761	.351	-.16364	.17403	-.51133	.18406

(Source: SPSS output)

Interpretation: From the above table VII (2-b), it is clear that there is no perceptual differences between the Medical service providers & Civil service providers as it is proved from the P value which stood at 0.317 which is higher than 0.05. Hence, the first hypothesis- H_0 is rejected and can be inferred that there is no significance difference between the perception of Medical service provider & Civil service provider about competing duties.

Table No VII(2-c) Stress factors

Statement	Opinion	Frequency	Percentage	Mean	SD
Chronic Fatigue	Strongly Agree	30	45.5	4.3333	.73030
	Agree	30	45.5		
	Neutral	04	6.1		
	Disagree	02	3.0		
	Strongly Disagree	00	00		
		00	00		
	Total	66	100.0		
Moodiness	Strongly Agree	20	30.3	3.9848	.90286
	Agree	29	43.9		
	Neutral	15	22.7		
	Disagree	20	30.3		
	Strongly Disagree	00	00		
		02	3.0		
	Total	66	100.0		
Trouble Concentrating	Strongly Agree	23	34.8	4.0152	.86811
	Agree	23	34.8		
	Neutral	18	27.3		
	Disagree	02	3.0		
	Strongly Disagree				
		00	00		
	Total	66	100.0		
Sleep Deprivation	Strongly Agree	25	37.9	4.1061	.87931
	Agree	27	40.9		
	Neutral	10	15.2		

	Disagree	04	6.1		
	Strongly Disagree	00	00		
	Total	66	100.0		
Excessive Worry	Strongly Agree	28	42.4	4.1212	.98473
	Agree	24	36.4		
	Neutral	10	15.2		
	Disagree	02	3.0		
	Strongly Disagree	02	3.0		
	Total	66	100.0		
Aggressive Behavior	Strongly Agree	22	33.3	3.8333	0.10746
	Agree	21	31.8		
	Neutral	17	25.8		
	Disagree	02	3.0		
	Strongly Disagree	04	6.1		
	Total	66	100.0		
Impaired Vigilance	Strongly Agree	16	24.2	3.7273	0.03099
	Agree	26	39.4		
	Neutral	16	24.2		
	Disagree	06	9.1		
	Strongly Disagree	02	3.0		
	Total	66	100.0		
Loss of Appetite	Strongly Agree	16	24.2	3.7424	.99708
	Agree	25	37.9		
	Neutral	19	28.8		
	Disagree	04	6.1		
	Strongly Disagree	02	3.0		
	Total	66	100.0		
Mood Swings	Strongly Agree	14	21.2	3.8182	.90993
	Agree	32	48.5		
	Neutral	16	24.2		
	Disagree	02	3.0		
	Strongly Disagree	02	3.0		
	Total	66	100.0		
Behavioral Changes	Strongly Agree	22	33.3	3.8030	0.70957
	Agree	23	34.8		
	Neutral	11	16.7		
	Disagree	06	9.1		
	Strongly Disagree	04	6.1		
	Total	66	100.0		

(Source: Primary data)

Interpretation: With reference to the above table no.VII (2-c), it is depicted that 45.5% of the respondents strongly agreed that they have an impact of chronic fatigue, 43.9% strongly agreed related their moodiness, 34.8% with trouble concentrating, 40.9% with regard to sleep deprivation and 42.4% strongly agree that

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they are facing excessive worry as sign of stress factors during COVID-19. On the other hand, 33.3% of the respondents have strongly agreed about their aggressive behavior, 39.4% opined agreed related to Impaired Vigilance and 37.9% respondents have opined that they have lost their appetite during the pandemic situation.

However, majority of the respondents (48.5%) agreed that their mood swings during their work and 34.8% agreed that their behavior changes due to stress during their service. During the journey of the warriors, the respondents are experiencing the listed stress factors during COVID-19 which has been evidenced by mean value which ranges from more than 3.5 to 4.3. The standard deviation is less than 1 which exhibits that there is no much deviation in the perceptions of respondents.

Table No VII(2-d): Independent t-test

Group Statistics

Profession	N	Mean	Std. Deviation	Std. Error Mean
Stress Medical service	33	3.8545	.69915	.12171
Civil service	33	4.0424	.75830	.13200

Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means								
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
stress	Equal variances assumed	.109	.465	-1.046	64	.299	-.18788	.17955	-.54657	.17081
	Equal variances not assumed			-1.046	63.582	.299	-.18788	.17955	-.54661	.17085

(Source: SPSS output)

Interpretation: From the above table VII (2-d), it is clear that the perceptual difference does not exist between the Medical service providers & Civil service providers as it is evidenced from the P value - 0.465 which is higher than the standard value 0.05. Hence, the second hypothesis-H₀ is rejected. There is no significance difference between the perceptions of the warriors about the stress signs they encompass during their expedition.

Table No VII(2-e) Societal Reaction

Statement	Opinion	Frequency	Percentage	Mean	SD
Showered with more love	Strongly Agree	23	34.8	4.1212	0.79450
	Agree	30	45.5		
	Neutral	11	16.7		
	Disagree	2	3.0		
	Strongly Disagree	00	00		
	Total	66	100		
Approached with less fear	Strongly Agree	27	40.9	4.2273	0.78044
	Agree	29	43.9		
	Neutral	8	12.1		
	Disagree	2	3.0		
	Strongly Disagree	00	00		
	Total	66	100.0		
Received More Appreciation	Strongly Agree	17	25.8	3.8333	0.84636
	Agree	31	47.0		
	Neutral	12	18.2		
	Disagree	2	3.0		
	Strongly Disagree	4	6.1		
	Total	66	100.0		

(Source: Primary data)

Interpretation: The above table no.VII (2-e) deals with the societal reaction towards corona warriors during the pandemic. It can be noticed that 45.5% of the respondents agreed that they have been showered with more love from the society, 43.9% of them agreed that society approached them with less fear and there was a motivation for them to work and 47% agreed that they received more appreciation from society during this pandemic situation.

The respondents experienced and are with opinion that they have been treated with more love, approached with less fear and appreciated for their risk taking behavior during this pandemic situation which has been evidenced by mean value which ranges from more than 3.8 to 4.2. The standard deviation is less than 1 which exhibits that there is no much deviation in the perceptions of respondents.

Table No.VII(2-f): Independent t test

Group Statistics

SR	Profession	N	Mean	Std. Deviation	Std. Error Mean
	Medical service	33	3.9596	.70592	.12288
	Civil service	33	4.1616	.66730	.11616

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
SR Equal variances assumed	.002	.565	-1.195	64	.237	-.20202	.16910	-.53983	.13579
Equal variances not assumed			-1.195	63.798	.237	-.20202	.16910	-.53985	.13581

(Source: SPSS Output)

Interpretation: From the above table VII (2-f), it is clear that there is no perceptual differences between the Medical service providers & civil service providers which is evidenced by the P value 0.565 which is higher than 0.05. Hence the third hypothesis- H_0 is rejected. There is no significance difference between the perceptions of Medical service providers & Civil service providers about the societal reactions during and after the warriors' performance.

FINDINGS AND FINAL REMARKS:

The following are the major outcomes or findings of the study:

- It is found from the current research study that 86.36% of the respondents were male and rest of them was female with regard to gender wise classification. Majority of the respondents were among the age group of 26-40 years which stood at 50%. The warriors having less than or equal to 5 years work experience were 50% respondents, followed by 30.3% with more than or equal to 10 years of work experience.
- It can be highlighted that 45.5% of the respondents have highly opined that they are performing their duties towards patients at high rate and protecting oneself from undue risk of harm each. Majority of the responded (48.5%) are performing very high duty towards one's family. 45.5% of the responded have opined as very high related to their duty performance towards colleagues whose workload & risk of harm will increase in once absence and 40.9% of the respondents opined as performing towards competing duty towards society is High.
- Both the category of respondents was strongly with the opinion that they are performing their best towards the list competing duties. Hence, there is no perceptual differences between the Medical service providers & Civil service providers as it is proved from the P value which stood at 0.317 which is higher than 0.05.
- It is depicted from the study that 45.5% of the respondents strongly agreed that they have an impact of chronic fatigue, 43.9% strongly agreed related their moodiness, 34.8% with trouble concentrating, 40.9% with regard to sleep deprivation and 42.4% strongly agree that they are facing excessive worry as sign of stress factors during COVID-19. On the other hand, 33.3% of the respondents have strongly agreed about their aggressive behavior, 39.4% opined agreed related to Impaired Vigilance and 37.9% respondents have opined that they have lost their appetite during the pandemic situation.
- Majority of the respondents (48.5%) agreed that their mood swings during their work and 34.8% agreed that their behavior changes due to stress during their service. During the journey of the warriors, the respondents are experiencing the listed stress factors during COVID-19 which has been

evidenced by mean value which ranges from more than 3.5 to 4.3.

- It can be noticed that the perceptual difference does not exist between the Medical service providers & Civil service providers as it is evidenced from the P value – 0.465 which is higher than the standard value 0.05. Hence, the respondents are of with the same opinion about the experiencing of stress signs during the work performance.
- It can be examined from the study that, 45.5% of the respondents agreed that they have been showered with more love from the society, 43.9% of them agreed that society approached them with less fear and there was a motivation for them to work and 47% agreed that they received more appreciation from society during this pandemic situation.
- Hence, it is found that both the category of respondents experienced and are with opinion that they have been treated with more love, approached with less fear and appreciated for their risk taking behavior during this pandemic situation which has been evidenced by mean value which ranges from more than 3.8 to 4.2.

Overall, the study has successfully made an attempt to know the perceptions of both Medical service providers and Civil service Providers and the outcome of the study have confirmed that both are playing a vital and equal role. There are no perceptual differences between them about the duties, experience of signs of stress and societal reactions from which it can be declared that doctors, health-care workers, medical staff members and civil service providers namely police, NSS, NCC altogether can be considered as **Corona Warriors**, who are leading the battle against COVID-19 from the front. It is also found from their response that they are putting their own lives at risk with selfless determination for the sake of saving lives and truly are the heroes in these challenging times. The study contributes a tribute to their service by attempting to throw a light on the challenges and stress faced by corona warriors. Hence, the study can be considered as societal contribution which has depicted the voyage of corona warriors.

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