To Assess Awareness and Stress Level Regarding COVID-19 Pandemic among Banker

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Authors' contributions

Original Research Article

ABSTRACT

Background of Study: The World Health Organization has designated the outbreak as a global epidemic, requiring country to tighten its statewide lockdown in order to prevent the illness from spreading and to put an end to the outbreak in its several states. This study is designed to establish how many bankers are aware of the Corona Virus. Most of people are sensitive to fear of sickness or death, feeling hopeless, and being stereotype at the group level, just as they are at the individual level. The epidemic has a negative effect on public mental health, perhaps leading to psychiatric crises.
Objectives: To assess the awareness and stress level regarding covid-19 pandemic among bankers.
Materials and Methods: A Descriptive research design study was undertaken to assess awareness and stress level regarding covid-19 pandemic among bankers. In this study the total number of 100 who fulfill the inclusion criteria were selected banks in Wardha city. The study was non-probability convenient sampling technique used and the tool was the structured questionnaires

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on awareness of covid-19 and also modify modify perceived stress scale. The data gathering process began based on the objectives and the hypothesis the data was statistically analyzed with various tests such as descriptive statistics and inferential statistics.

Results: This study is planned to assess to assess awareness and stress level in bankers regarding covid-19 pandemic. The result are shows that the awareness of bankers, 6% of bankers had average, 83% of bankers had good and 11% of bankers had excellent level of awareness level. Minimum awareness score was 6 and maximum awareness score was 18. Mean awareness score was 13.51±2.01 and mean percentage of awareness score was 68.55±10.08. The stress level of banker's shows that 7% of bankers had moderate stress, 80% had severe and 13% of bankers had extreme stress. Minimum stress score was 22 and maximum stress score was 65. Mean stress score was 37.59±10.50 and mean percentage of stress score was 59.48±12.75

Conclusion: To assess overall awareness and stress level in bankers regarding covid-19 pandemic. We conducted a survey with a representative sample of the Wardha city. Our research study concluded that the bankers have good knowledge related to covid-19 and suffer from high level of stress. One sensible option is to give expert counselling to reduce this unnecessary stress. We recommend that deep breathing exercise, meditation, yoga can also help people to eliminate stress.

1. INTRODUCTION

In December of this year in Chinese Wuhan the new coronavirus disease 2019 (COVID-2019) was first appeared (Hubei province). The disease induced by the Severe Acute Respiratory Syndrome Corona virus (COVID 19) (SARS-CoV-2) and quickly spreading over the world. By 4 August 2020, the WHO received reports with 697,222 deaths of 18,446,766 declared COVID-19 cases [1,2,3].

The most frequent signs of this infection are fever, myalgia, tiredness and dry secretions. The additional symptoms listed include shivering, coryza, throat infection, diarrhea, nausea and vomiting these droplets can be inhaled by close individuals or fall over items and surfaces that someone else can contact and infect your nostrils, eyes and mouth [4-7]. These symptoms are usually moderate and there are no indications or symptoms for some infected people. The working conditions have likewise significantly changed, a lot of people temporarily or permanently lost their work, Many people online work from home, sometimes inadequately and those who work in important areas seem to face excessive workloads, increased stress levels and increased anxiety [8-11].

In India more than 2, 63,580 confirmed cases have been reported in India. Approximately 3.4 percent of COVID-19 cases recorded worldwide have resulted in death. In the absence of efficient medications and immunizations, lockdown and social isolation are regarded to be the only viable preventative measures. This pandemic also causing a major worldwide economic crisis (Thunström et al. 2020), with a severe psychological impact and a wide variety of emotional depression and mental conditions including mental stress, depressed and worries. It has been discovered that 98 percent of state-owned bank transactions are not digital, despite the fact that 99 percent of the country's banking is done through branches, 27% As a result, throughout this period of lockdown, banks are kept open [12-14].

2. METHODS

Non-experimental descriptive research approach was selected for this study. The study was conducted in banks of the Wardha city. The population of the study was bankers of Wardha city. Sample size was 100. The formula use for sample size calculation is Cochran's Sample size formula ($N_0 = Z^2 p q / e^2$) Sample size 100 is sufficient and purposeful for data analysis and interpretation**.** Bankers were selected by using a non-probability convenient sampling technique. This study included those who are bankers and permanent bankers present at the time of the study. The demographic performs structured questionnaires on awareness of covid-19 and also modify PSS scale with a formal teaching program in this research.

The investigator obtained permission from the concerned authorities of Smt. Radhikabai Memorial College of Nursing and the banks in Wardha city respectively. Informed consent is

taken from the participants. The subject is requested to complete the tool after assuring confidentiality of the information. Consent is obtained from the subject. Explained what is the need and purpose behind conducting the research. The participant's actively participated data got collected and finally the investigator thanked all of the research samples as well as the authorities for their assistance after the data collection process was completed.

3. RESULTS

The findings are organized and presented in four parts as shown below:

3.1 Section A: Distribution of Bankers with Regards to Demographic Variables

This section deals with percentage wise distribution of bankers with related to their demographic variables. An appropriate sample of 100 subjects was given from the study population, who were from selected banks of the city. The data gathered to describe the sample characteristics including (age, gender, marital status, education, type of bank, years of experience, and designation respectively).

3.2 Section B: Assessment of Level of Awareness and Stress Level Regarding Covid-19 Pandemic among Bankers

This section deals with the assessment of level of awareness and stress level regarding COVID-19 pandemic among bankers. The level of awareness is divided in the headings of poor, average, good and excellent and level of stress is divided in the headings of no stress, mild stress, moderate, severe and extreme stress respectively.

The above table shows that 6% of bankers had average level of awareness, 83% had good and 11% of bankers had excellent level of awareness level. Minimum awareness score was 6 and maximum awareness score was 18. Mean awareness score was 13.51±2.01 and mean percentage of awareness score was 68.55.

The above table shows that 7% of bankers had moderate stress, 80% had severe and 13% of bankers had extreme stress. Minimum stress score was 22 and maximum stress score was 65. Mean stress score was 37.59±10.50 and mean percentage of stress score was 59.48±12.75.

Table 1. Percentage wise distribution of Bankers according to their demographic characteristics n=100

Demographic Variables	No. of Bankers	Percentage (%)
Age in years		
20-30 yrs	29	29
31-40 yrs	47	47
41-50 yrs	24	24
51-60 yrs	0	0
Gender		
Male	68	68
Female	32	32
Marital Status		
Married	72	72
Unmarried	22	22
Divorced	4	4
Separated	2	2
Qualification		
SSC	5	5
HSC	9	9
Under graduation	46	46
Post-Graduation	38	38
Other	2	2
Type of bank		
Nationalized Bank	44	44
Private Sector Bank	45	45
Co-operative Bank	11	11
Other	0	0

Demographic Variables	No. of Bankers	Percentage (%)
Years of experience		
<5 yrs	29	29
5-15 yrs	43	43
16-25 yrs	19	19
26-35 yrs	9	9
36-40 yrs	0	0
>40yrs	0	0
Designation		
Manager	10	10
Employee	56	56
Clerk	10	10
Cashier	14	14
Peon	10	10
Type of employment		
Permanent	65	65
Temporary	34	34
Ad hoc	0	0
Other	1	1

Table 2. Assessment with level of Awareness n=100

Level of Awareness	Score Range	Level of Awareness	
		No of Bankers	Percentage
Poor	0-5	0	0
Average	6-10	6	6
Good	11-15	83	83
Excellent	16-20	11	11
Minimum score		6	
Maximum score		18	
Mean awareness score		13.51 ± 2.01	
Mean % awareness score		68.55 ± 10.08	

Table 3. Assessment with level of Stress n=100

Level of Stress	Score Range	Level of Stress	
		No of Bankers	Percentage
No Stress	0	0	0
Mild Stress	0-13	0	0
Moderate Stress	14-26	7	7
Severe Stress	27-40	80	80
Extreme Stress	>40	13	13
Minimum score		22	
Maximum score		65	
Mean stress score		37.59 ± 10.50	
Mean % stress score		59.48 ± 12.75	

Table 4. Association of level of stress regarding COVID-19 pandemic among Bankers in relation to designation n=100

Designation	No. of bankers	Mean stress score and SD	F-value	p-value
Manager	10	55±6.41	5.27	0.0001
Employee	56	44.80±9.76		S, p<0.05
Clerk	10	49±9.92		
Cashier	14	45.92±11.34		
Peon	10	56.70±5.41		

Table 5. Association of level of stress regarding COVID-19 pandemic among Bankers in relation to type of employment n=100

Type of employment	No. of bankers	Mean stress score and SD	F-value	p-value
Permanent	65	44.53±9.87	17.51	0.0001
Temporary	34	54.17±6.35		S, p<0.05
Ad hoc	0	0±0		
Other	1	22±0		

3.3 Section C. Association of Level of Awarness among Bankers Regarding COVID-19 Pandemic in Relation to Demographic Variables

This section shows that the association of awareness among bankers regarding covid-19 score with demographic variables. All demographic variables which are correlated with awareness of covid-19 in bankers, is greater than the calculated (F) value at 5% significance of level. Also, the calculated (p) value is greater than the acceptable significance of level i.e. (p) =0.05 Therefore, it represents that demographic variable such as age, gender, marital status, qualification level, type of bank, years of experience, designation and type of employment is statistically not associated with the awareness score.

This table shows the association of stress score with designation of Bankers. The tabulated (F) values were 2.46(df =4, 95) is less than the calculated (F) i.e., 5.27 at 5% level of significance. Also, the calculated (p) =0.0001 is less than the acceptable level of significance i.e. (p) =0.05. Therefore, it represents that designation of Bankers is statistically associated to heir stress score.

This table shows the association of stress score with type of employment of Bankers. The tabulated (F) values were 3.09(df=2, 97) is less than the calculated (F) i.e., 17.51 at 5% level of significance. Also, the calculated (p) =0.0001 is less than the acceptable significance of level i.e. (p) =0.05. Therefore, it represents that type of employment of Bankers is statistically associated to their stress score.

4. DISCUSSION

The present study was the descriptive study carried out in Wardha city among 100 participants from banks employees in banks were include in the study. Sample size 100 is sufficient and purposeful for data analysis and interpretation Findings are discussed based on the objectives of the study. This section looks at determining, the awareness and level of stress among bankers with covid-19. The awareness is divided by the heading poor, average, good and excellent. And also, the stress level is divided by the heading No stress, mild stress, moderate stress, sever stress and extreme stress respectively. The level of awareness shows that 6% of bankers had average level of awareness, 83% is good and 11% of bankers had excellent level of awareness level. The level of stress shows that 7% of bankers had moderate stress, 80% had severe and 13% of bankers had extreme stress. No association found in demographical variables except designation and type of employment are associated with awareness and level of stress regarding covid-19 pandemic.

This study is supported to my study conducted by Sabina Yasmin - A cross sectional study carried out in Bangladesh by psychological impact of covid-19 on banking sector. The goal of study is to examine the knowledge and psychological impact of covid-19 among bankers who are mostly at risk of being influenced by random persons. A total of 248 bankers have voluntarily responded to questions concerning covid-19 and DASS-21. Only 86.3% of bankers wash their hands, 2% never wear masks or hand gloves, and 58.9% maintain social distance. 12.9% of bankers with poor dreams and 17.3% of families where a big part of them never beat up their children. 63.7%. 37.1% of the bankers are active in everyday activities, just 9% are never engaged in religious activities, where around 19.4% conduct physical activity. 1.1% of bankers were seriously to extreme stress, 10.6% serious to intense anxiety, and 12.1% to extreme depressions. Bankers with infected coworkers that smoke more, that awake from sleep that has terrible dreams, who use public transport, who misbehavior with family members and beat kids are accountable respectively for increased stress, depression and anxiety. Taking nutritive food reduces sadness, stress and anxiety via physical activities. The study reveals that

bankers have information on COVID-19, and that most bankers have good understanding of COVID-19 (45.2 percent), and this knowledge of COVID-19 have high stress value. The outcome of multivariate ordinal logistical regression revealed that bankers worked in urban locations and were substantially linked to lower subscale levels of DASS depression.

According to Dr. S. Karunakara Moorth– the Kerala NIHB in Kottayam carried out an online cross-sectional survey during the first lock-down period. The aim is to understand the connection between the time locked and stressed and anxious bank staff because of COVID 19. The total number of participants in the samples is 1192 men and women. Over this span, 98.2 percent worked. Among 1007 employees, the workload was extremely heavy. The Chi-squared test showed that the stress of bankers depends on whether they work, not on the lockout. Their family life touched 983, the "not relevant" item was said to have been replied by 12 workers. The bankers' 665 worker viewed it as their social responsibility, and 443 feared the sickness; 42 bankers accepted the weight. 355 could not deal with their fears, 468(40.0) was not angry, 674 bankers fell asleep. Some of them worry about leisure and the economic situation. 886 preventive actions were taken by the banking profession, with 8 being informed of some sort of preventive steps. In order to avoid COVID, 149 patients utilized all immune booster drugs [15-18]. 19. Previous studies showed clearly that the degree of stress in banking is quite high. This research resulted in 85% of bank staff working during the pandemic being stressed. Our studies have also verified that. We found out more about the anxiousness among highly educated people. Excessive self-confidence and a strong use of social media are most likely to create this. Failure to understand a new illness can also cause concern and anxiety. Stress and anxiety are the reasons for these three.

5. CONCLUSION

After the detailed analysis, this study leads to the following conclusion that:

This thesis leads to the following the conclusion, after the detailed analysis this section looks at determining, the researcher performed descriptive study on a topic, to assess the awareness and stress level among bankers regarding covid-19.

In my study the level of awareness shows that 6% of bankers had average level of awareness, 83% is good and 11% of bankers had excellent level of awareness level. The level of stress shows that 7% of bankers had moderate stress, 80% had severe and 13% of bankers had extreme stress. The bankers have good knowledge related to covid-19 and suffer from high level of stress. One sensible option is to give expert counseling to reduce this unnecessary stress. We recommend that deep breathing exercise, meditation, yoga can also help people to eliminate stress. Hence based on the above cited findings, it is clear that the stress level regarding covid-19 among bankers are associated the relations to demographic variables. My study awareness and stress level are high. It is concluded that awareness and stress level regarding covid 19 is increase.

6. LIMITATION

Study is limited to banks employees in banks of Wardha city.

CONSENT

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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Peer-review history:
The peer review history for this paper can be accessed here:
https://www.sdiarticle4.com/review-history/73675