

Lived Experiences of Undergraduate Nursing Students during Covid-19 Lockdown

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Abstract: The Lockdown caused by Coronavirus pandemic has led to closure of schools, colleges and universities. This has caused various problems among the students. The purpose of this study was to describe the lived experiences of B.Sc. Nursing students during COVID-19 lockdown. The data was collected by administering open ended written interview questions through online to 222 B.Sc. Nursing students. Data were analyzed using the phenomenological method. Findings reveals four predominant themes. 1) Changes occurred during covid-19 lockdown, 2) Emotional effect, 3) Importance of lockdown, 4) Health safety measures. Conclusion indicated that B.Sc. Nursing students experience both positive and negative impact of lockdown. Students are aware of the importance of lockdown and social distancing. They faced a mixture of emotions with no emotional breakdown.

Key Words: Lived experience, Covid-19 and Lockdown.

1. INTRODUCTION:

The novel Coronavirus disease 2019 (COVID-19) emerged at the end of December 2019 in Wuhan city in China. Within few weeks, cases of COVID-19 were detected in several other countries and soon it became a global threat. Efforts to reduce the spread of the COVID-19 virus among the younger and adult population has prompted the widespread closure of schools, colleges, universities and other educational institutions in many countries. In many educational institutions the offline operation of teaching learning procedure is shifted to online. Students are utilising their time in working on their project work, reading books, completing assignments and developing new habits. Students are affected during this lockdown period due to the abrupt closure of college and the Students in hostel are the worst affected. This has resulted in anxiety over their examinations and had led to the feeling of helplessness. Students in hostel have been prone to feelings of restlessness and irritability in day today life. While they were able to keep in touch with families and friends through phone calls and social media, inability to meet them has heightened their insecurity. Adjustment with the sudden changes in life during lockdown also has further increased their apprehension. Although, students were utilising their time in academic activities and preparing for exams, they were facing problems as they had to adjust to the changing situation. The present study was conducted with the objective to describe the lived experience of undergraduate nursing student during COVID-19 lockdown.

2. METHOD:

A qualitative design using a Phenomenological approach was adopted to describe the lived experiences of undergraduate nursing students during COVID-19 lockdown in the month of April, 2020. The study was conducted in Army Institute of Nursing, Guwahati and St. Theresa's College of Nursing, Bangalore. The study participants included 222 B.Sc. Nursing students selected by convenience sampling technique.

3. RESULT AND ANALYSIS:

The objective of this study was to bring into the light the lived experiences of Undergraduate Nursing students during covid-19 lockdown. Phenomenological method was used to describe the experiences. Data was read through by the researcher looking for language, pattern, similar issues that were prominent. After the categorization of data, emergence of theme was focused. Findings revealed four predominant themes (Table.1) that emerged during the analysis.

Table-1: EMERGED THEMES OF LIVED EXPERIENCES OF NURSING STUDENTS DURING COVID-19 LOCKDOWN.

THEME	PARTICIPANT'S WRITTEN DIALOGUE	WRITTEN DIALOGUE DESCRIPTION
THEME 1	"Due to COVID-19, I was able to give more time to my family members. I got quality of	Nursing students seems to experience both positive and

<p>Changes occurred during covid-19 lockdown</p> <p><u>SUB-THEME 1</u> PERSONAL CHANGES</p> <p><u>SUB-THEME 2</u> PROFESSIONAL CHANGES</p>	<p><i>time in hand to communicate with my dear and dear ones”</i></p> <p><i>“I think lock down helped me to improve my relationship. Because during the lock down time I was with my family and I could enjoy the days with a lot of moments.</i></p> <p><i>“We are living in fear that somehow we will get infected and basically it affects our daily life”</i></p> <p><i>“I am a student nurse and due to this lockdown my clinical experience has been affected the most. We learn more in the hospital setup but right now we don’t have any access to hospital and there is zero clinical exposure. My profession is such that which requires a lot of firsthand experience through proper utilization of practical skills, which sadly due to COVID-19, as a student, am not able to get”.</i></p> <p><i>“we are not able to complete our syllabus. Though online classes are going on. But it’s cannot be effective as classes in college along with this we are not able to do clinical practice”.</i></p>	<p>negative change during covid-19 lockdown. Positive in that it has given ample amount of time for both the nursing students at home and hostel to focus on their work and studies. For the students at home they are able to spend more time with their family members at home.</p> <p>Negative in that they are not able to go out, unable to meet their daily needs, they are living with fear of being infected. For students staying in hostel it has made them homesick as they are not able to meet their family members.</p> <p>Nursing students are mostly worried that they are lacking in clinical exposure and feels that their syllabus will not be completed even though online classes are being conducted.</p>
<p>THEME 2 EMOTIONAL EFFECT</p>	<p><i>“I am stuck at one place and also feeling alone, frustrated and depressed. I am living with a fear that infection might spread”</i></p> <p><i>“I am getting irritated frequently and get angry faster than earlier”.</i></p> <p><i>“I have a mixed experience, am happy that I got enough time for myself but now am getting bored and frustrated.</i></p> <p><i>“Due to this lockdown, initially everyone is frustrated and angry and all of us wanted to go home. But slowly as days passed on everyone is understanding the situations and trying to control their emotions”.</i></p>	<p>Nursing students expressed mixed emotions during covid-19 lockdown. They were feeling happy at times, fear, worry and frustrated.</p> <p>At the time students in home too expressed that they too feel bored and frustrated.</p> <p>Further, students in hostel said that initially they were frustrated but as days passed they try to control their emotions.</p>
<p>THEME 3 IMPORTANCE OF LOCKDOWN</p>	<p><i>“Yes, I feel this lockdown was necessary to save our country and also our world from COVID -19 and this was the only way to maintain social distancing. We know that this decision had also very negative affect on the</i></p>	<p>Although the Indian economy is threatened due to covid-19 lockdown, nursing students expressed that it is the most appropriate decision the government</p>

	<p><i>economy of the world but this lockdown was necessary for our country to cope with this COVID -19”.</i></p> <p><i>“Yes lockdown is necessary as this is the right step take by our government. As there is no medicine discovered yet so the social distancing helps to reduce the spread of this virus in a large scale”.</i></p>	<p>has taken to maintain social distancing and to control the spread of infection.</p>
<p>THEME 4 HEALTH SAFETY MEASURES</p>	<p><i>“Washing hands frequently with soap or hand wash. Using hand sanitizers. By avoiding group meetings. By avoiding meeting with other people except my family members. When necessary things arrive for going out I am using masks”.</i></p> <p><i>“Washing hand frequently, over mouth and nose while coughing and sneezing and I am maintaining hygiene properly”.</i></p>	<p>All nursing students expressed that they follow safety measures to prevent themselves from covid-19 infection like washing their hands frequently, using masks and sanitizer and avoiding crowd.</p>

3. DISCUSSION:

The results of the study bring out that Covid -19 lockdown has affected students both positively and negatively. Though students were kept engaged through online classes they feel socially isolated as outing is restricted. Students feel that their professional life is much more effected mostly clinical exposure. Nursing students do feel that initially they were frustrated but as time goes they learn to control their emotions. Nursing students in hostel feels that they are able to connect with their family members and spend quality time with them who are at home. Students residing in hostel expressed that due to lockdown, they have ample time to communicate with their family and friends through internet connectivity. Students who were at home expressed feeling of more security as they were with their family members, while students in hostel have a constant fear being away from their families and felt homesick. Though lockdown period brought unhappiness among the students, awareness and the importance of social distancing was present. Students were very much aware of health safety measures like washing the hands, use of sanitizer and mask as a means to prevent spread of infection that lockdown and practiced in day today living without imposing on them.

4. CONCLUSION:

Nursing students are well aware about the impact of covid-19 lockdown, the importance of lockdown and social distancing. Though students experienced a mixture of emotions during the lockdown period, emotional breakdown was not observed during the study period. However educational institutes must consider that students are continuously monitored and ensure that the psychological support is extended for all the students to help them face the challenges during such difficult times.

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