



Study of sleeping habits of health professionals working in government and private hospitals during the covid-19 pandemic.

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Abstract

Introduction: Sleep is a naturally occurring state of the body that directly affects day-to-day activities. During Covid-19 pandemic, many health professionals sacrificed their sleeping patterns and habits to fight the deadly virus, which set down a huge toll on their work duties, health, and daily routine. This paper seeks to address and differentiate the impact of sleep on 100 health professionals working in both Government and Private hospitals during the pandemic which was assessed in the five major domains that are General productivity, Vigilance, Social outcome, Activity level, and intimate relationship and Sexual activity.

Methodology: The nature of the research is a comparative study, along with a retrospective study, and the tool to assess sleeping habits was the “Functional outcome of sleep questionnaire.”

Result: The findings of the study show that the health professionals from Private hospitals had better sleeping habits in comparison to health professionals from Government hospitals during the pandemic.

Discussion: The health professionals from Government hospitals had more prominent work pressure and indecent duty schedules due to which they were unable to get adequate sleep, and on the other hand health professionals from Private hospitals had better work/duty schedules.

Conclusion: The result concludes that Health Professionals working in the Private sector have better sleeping patterns and habits.

Keywords: Sleeping habits; Health professionals; Government hospital; Private hospital

Introduction.

Physiologically, sleep is the complex procedure of restoration and renewal for the frame. Scientists, but do no longer have a conclusive reason for why human beings need relaxation, we do consider that sleep is not a passive pastime or “converting” from the shape capabilities; rest is thought to be precious in some physiologic operations together with the process of experiences and the consolidation of reminiscences. it is also clear that sleep is critical, not only for human beings but, for nearly all human beings, although we might not usually be privy to it, sleep is constantly affecting our bodies and our minds in both effective and poor approaches. On the effective side, sleep is essential for our bodily and mental fitness. It helps to restore our electricity tiers, restore our bodies, and enhance our moods and concentration. Sleep additionally plays a critical role in our immune system, with the aid helping to combat contamination and infection. On the terrible side, sleep can also harm our fitness. as an instance, sleep deprivation can lead to weight benefit, depression, tension, or even heart sickness. If we do now not get enough sleep, we are also more likely to make errors s be met with accidents, and revel in relationship issues.

Vigilance

Vigilance is the kingdom of being watchful or alert for threats or a few different forms of problems.

Misalignment of the circadian pacemaker with sleep-wake timing is commonplace in shift employees, mainly at some stage in the night, and outcomes in sleep loss and excessive sleepiness for the duration of work shifts. The nighttime shift is regularly related to prolonged episodes of wakefulness mainly on the primary nighttime in a series whilst an individual may additionally wake at a normal time in the morning and continue to be awake at some stage in the day before starting the first nighttime. other shift painting schedules, which may involve early begin or overdue cease instances, can also affect sleep length and increase sleep-wake disturbances. The mixed impact of these circadian and sleep-associated elements impairs alertness and overall performance whilst on duty and frequently impacts secure riding practices for the duration of the trip to and from work.

Social Outcome

The term refers to a diverse set of social capacities related to non-public functioning and functioning in social systems along with the labor marketplace, social organizations, and society (tender talents, existence abilities, civic knowledge, competencies, and so forth) because of participation in formal schooling.

General Productivity

Productiveness commonly refers to the ability of a character, group, or agency to paint efficaciously within that point to maximize output. A man or woman's productivity hinges on 3 matters: mental electricity, inner motivation, and outside motivation. An imbalance or lack of any of those 3 essential elements can reason productivity to plummet. research has determined that negative sleep compromises memory, alertness, choice-making, and problem-solving – all of which play an imperative function in accomplishing optimal productiveness

Activity Level

The bodily interest stage is a way to specify someone's everyday bodily hobby as a number and is used to estimate someone's total strength expenditure. loss of sleep ends in detriments in job performance, productivity, profession progression, and pride, and growth in task-related injuries, absenteeism, and counterproductive work behaviors. Conversely, better sleep has been connected to advanced memory, knowledge acquisition, and getting to know.

Intimate relationships and sexual activity

Intimate sexual dating includes agreeing with and being vulnerable with each other. Closeness at some point of intercourse is also connected to other styles of intimacy consisting of emotional and religious intimacy. intercourse is the handiest part of sexual intimacy which includes foreplay and different styles of bodily intimacy. bad sleep can also prevent sex due to its impact on intellectual fitness. inadequate and fragmented sleep can exacerbate conditions like melancholy and anxiety. those problems are often related to sexual dysfunction in males and females due to their effect on sexual preference and arousal.

Besides mental fitness disorders, bad sleep can result in emotional and dating problems that may prevent sexual health. as an example, a lack of sleep could make a battle with an accomplice much more likely, fostering an emotional nation that heightens stress, reduces intimacy, and detracts from a fulfilling intercourse life.

COVID-19 Pandemic

Coronavirus disease 2019 (COVID-19) is contagious because of a virus, the extreme acute breathing syndrome coronavirus 2 (SARS-CoV-2). the primary recognized case became identified in Wuhan, China, in December 2019. The ailment quickly unfolds worldwide, ensuing inside the COVID-19 pandemic.

Symptoms of COVID-19 are variable, but often encompass fever, cough, headache, fatigue, respiration problems, loss of scent, and lack of taste. signs can also begin one to fourteen days after the publicity of the virus. at least a third of those who are inflamed do not broaden great signs and symptoms. of these folks who expand signs and symptoms sizeable sufficient to be classed as sufferers, most (81%) expand moderate to slight signs and symptoms (up to mild pneumonia), even as 14% expand excessive symptoms (dyspnea, hypoxia, or more than 50% lung involvement on imaging), and five% develop crucial signs (respiration failure, shock, or multiorgan dysfunction). Older people are in a better danger of growing severe symptoms. a few people hold to experience several results (lengthy COVID) for months after recovery, and harm to organs has been discovered. Multi-yr. research is underway to in addition investigate the lengthy-term results of the ailment.

Private and Government Hospitals

A private medical institution is a hospital no longer owned with the aid of the government, consisting of for-profits and non-income, funding is by sufferers themselves ("self-pay"), employing insurers, or utilizing overseas embassies. personal hospitals are generally part, albeit in various stages, of most healthcare structures around the arena.

In India, government hospitals offer fitness care unfastened at the factor of use for any Indian citizen or legal resident. those are typically person nation funded. but hospitals funded by using the significant (federal) government also exist. state hospitals are run by national authorities and may be dispensaries, peripheral (Public) fitness facilities, rural health centers, district hospitals, or scientific university hospitals (hospitals with affiliated clinical universities). in lots of states (like Tamil Nadu), the health centers bill is funded by way of the kingdom government with an affected person no longer having to pay whatever for treatment. but other hospitals will price nominal amounts for admission to big rooms and clinical and surgical consumables. The reliability and approachability of docs and teams of workers in private hospitals have led to the desire of humans from the public to personal health centers. but nation-owned hospitals in India are recognized for their highly affected personnel load.

The coronavirus (COVID-19) pandemic has overwhelmed the health systems potential of nations worldwide as vendors discern the way to treat an inflow of COVID-19 instances at the same time as additionally managing care for other sufferers. The COVID-19 pandemic has strained fitness care resources developing challenges for diagnostics and remedy, in addition to surveillance, and quarantine. India, which is domestic to 1.3 billion human beings, confronts a unique assignment about managing the pandemic: controlling infections is hard given the high population density in city slums wherein approximately 35% of the city populace is living, but so too is imparting offerings for the almost out 3 Indians who live in rural regions. at the same time in comparison to excessive profit nations, India's COVID-19 caseload and range of deaths to date seem rather low, there is probable below-reporting. India's public health system aims to provide health services at little to no cost, but the government spends only 0.96% of its GDP on health, which is one of the

lowest in the world. Inadequate healthcare funding has routinely left public health facilities understaffed, with about 70% of health professionals working in the private sector and 75% of all health professionals located in urban areas. Underfunding has also resulted in limited access to health equipment, such as ventilators in public health facilities. A recent comparison between private and public sector health capacity showed that the private sector has greater intensive care unit capacity in terms of the number of beds, and ventilators compared to the public sector.

Shift artwork may affect sleep, proper being, overall performance, and organizational results. the prevailing scientific research implies that shift paintings affect each sleep and waking by disrupting circadian law, and familial and social existence. Sleep acquired throughout the day or at abnormal instances is of poorer first-rate than that obtained throughout everyday nighttime-time sleep. Chronically confined sleep patterns and the subsequent sleep debt that accumulates over time may be maximum pervasive in such professions as health care transport that feature 24 hours an afternoon, 7 days every week. Sleep disturbances had been frequenting in millions of humans even earlier than the pandemic, a worldwide event that created a fertile environment for new challenges in folks who had no longer experienced sleep problems earlier. infected men and women and healthcare employees/workers (HCWs) on the front line are at higher risk than others. Lockdowns, social distancing, distance studying, quarantines, worry approximately oneself and one's cherished ones, and monetary results introduced burdens to normal habitual lifestyles. significant research confirms that sleep deprivation impacts the functioning and concentration of physicians, allowing sleep deprivation to permeate all clinical specialties will purpose damage both to patients and healthcare specialists. Given the importance of sleep and its known impact on cognitive performance, the link between sleep and affected person protection has garnered huge attention. Therefore, the first objective of the study is to analyze the sleeping habits of health professionals from government hospitals and the second objective is to analyze the sleeping habits of health professionals from private hospitals.

Methodology

Aim:

- To compare the sleeping habits of health professionals working in private and government hospitals during the covid-19 pandemic.

Objective:

- To analyze the sleeping habits of a health professional on covid-19 duty in government hospitals.
- To analyze the sleeping habits of health professionals on covid-19 duty in private hospitals.

Hypotheses:

- Health professionals working in private hospitals will have more stable sleeping habits as compared to health professionals working in government hospitals during the COVID-19 pandemic.
- Health professionals working in a private hospital during covid 19 will have more stable sleeping habits.
- Health professionals working in government hospitals during covid 19 will have less table sleeping habits.

Design and Sample:

The nature of the research is a comparative study, along with a retrospective study. The total no. of samples is 100, where 50 samples will be taken from the private hospital (Geetanjali Medical Hospital) and the rest 50 will take from the government hospital (RNT).

Variables:

The following are the independent and dependent variables in the present study:

Independent variable:

- Health professionals working in a private hospital
- Health professional working in a government hospital

Dependent variable:

- Sleeping habits.

Inclusion criteria:

- Health professionals who were given duty during covid-19 in government hospitals.
- Health professionals who were given duty during covid-19 in private hospitals.
- Health professionals who know English.

Exclusion criteria:

- Health professionals who were not given duty during the covid-19 pandemic.
- Health professionals who have some medical illness (hypertension, diabetes, thyroid, etc.)
- Doctors who are pregnant.

Tools used:**Functional outcomes of the sleep questionnaire:**

Consisting of 30 questions related to the effects of fatigue on daily activities, the instrument was designed to evaluate the respondent's quality of life as it relates to disorders of excessive sleepiness. Five domains of day-to-day- life are examined. The questionnaire is indicated for both research and clinical purposes (screening, assessing treatment outcomes, etc.). recently, Chasens and colleagues created a shorter, 10-item version of the scale to allow for rapid and efficient administration.

With approximately a fifth-grade reading level, the questionnaire is designed for adults suffering from disorders of excessive sleepiness.

It measures the following:

- General Productivity
- Social outcome
- Activity level
- Vigilance
- Intimate relationship and sexual activity

Scoring criteria:

- High score represents unstable sleeping habits.
- Low score represents stable sleeping habits.

Statistically Analysis:

- T-test

Result:

	General productivity	Social outcome	Activity level	Vigilance	Interpersonal relationships and sexual activity	Total score
Total	1302	286	1631	1226	638	5083
Mean	26.04	5.72	32.62	24.52	12.76	101.66
SD	3.51	1.72	3.59	2.44	2.47	6.84

Table 1: shows the mean and Standard deviation of subscales of health professionals of private hospitals.

	General productivity	Social outcome	Activity level	Vigilance	Interpersonal relationships and sexual activity	Total score
Total	1254	270	1493	1144	621	4782
Mean	25.08	5.4	29.86	22.88	12.42	95.64
SD	4.02	1.56	4.25	3.01	2.35	7.51

Table 2: shows the mean and Standard deviation of subscales of health professionals of the government hospitals.

	N	Mean	SD	T value	P-value
Government	50	101.66	6.84	4.109	0.0001
Private	50	95.64	7.51		

Table 3: Shows the results of the t-test of both government and private hospital health professionals

The result shows that by conventional criteria, this difference is considered to be extremely statistically significant.

Discussion:

In my opinion, eating and sleeping are one of the most important parts of one's life, which help a person to stay active the whole day and are also a boost of dopamine. During the covid-19 pandemic health professionals gave up everything and their primary focus became treating the sufferers or those who are in severe need. The major focus of the study was sleeping habits, which measures how during the duty routine the health professionals from both government and private hospitals managed to complete their work and what drawbacks they had to face. As the result shows, the health professionals from Government hospitals had more prominent work pressure and indecent duty schedules which made them work nonstop, day and night which brought a huge toll on their daily routine and work and personal life balance due to which they were unable to get adequate sleep, and on the other hand health professionals from Private hospitals had better work/duty schedule and most of their work was divided among other health professionals which made their work slightly easy.

Conclusion:

According to the study, both had nearly the same amount of workload and duty schedule but still, there has been a slight difference noticed which shows that the health professionals from government hospitals had poor sleeping habits compared to health professionals from private hospitals.

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