

ABSTRACT

Introduction

COVID-19 has affected every aspect of the people's life style all around the world for the past 1 year. This study, design to look into Sri Lankans cope-up strategies and the psychological status who have been quarantine at the quarantine facilities for 14 days after coming back to Sri Lanka before going to the society as a measure of prevention the disease spread.

Objectives

Cope-up strategies, their usage and the psychological status of the Sri Lankan returnees at the COVID-19 quarantine facilities in Kalutara District.

Methods

A descriptive cross-sectional study carried-out in all the COVID-19 quarantine facilities in Kalutara District among 403 Sri Lankan returnees. A self-administered questionnaire was prepared to assess the cope-up strategies. And the psychological status of the Sri Lankan returnees assessed using GHQ-12. Using Likert method of scoring, mean value for each response for the questions were calculated and a total mean value has taken as the cut-off value to decide the psychological distress. Statistically data analyzation was done using SPSS Software.

Results

The study sample consists of predominantly young capable males. Mostly used cope-up strategies were, voice calls, watching TV and video calls. From the GHQ-12 score, 35.2% of the participants were presence with psychological distress and 64.3% of the participants were not. Statistical analysis indicated that significant association in using TV towards the psychological distress where social media also supports.

Conclusion and recommendations

Although the cope-up strategies which were available at the quarantine facilities are satisfactory, need some improvements. Watch films, listen to music and exercises including meditation programs can be arranged in advanced manner. Proper guidance program to identify psychological distress at the early stage and a referral system for management will improve the returnees' outcome during the quarantine period.

Keywords : COVID-19, quarantine facilities, cope-up strategies, psychological status