

ABSTRACT

Introduction

Coronavirus disease 2019 pandemic is continuous to be a public health concern and affected primary school teachers and encountered various challenges including health risk worldwide. Many working women have to balance the working and personal commitments while adopting to still emerging normality with increased uncertainty and anxiety. The new normal is to cope, adapt and overcome the COVID 19 pandemic crisis.

General Objective:

To assess the Quality of Life (QoL) and its associated factors among primary school teachers at government schools in Gampaha district in new normal context (during COVID 19 pandemic).

Methods

A descriptive cross-sectional study was conducted among 520 primary school teachers in government schools in Gampaha district during COVID 19 pandemic period using multistage stratified cluster sampling method. Data collection was done by using pre-tested self-administered questionnaire which included SF036 to assess the Quality of life. Chi-square test was used during analysis with statistical significance at probability 0.05 level.

Results

The response rate was 81.25%. Many primary school teachers were females (87.3%) at 41 to 40 years of age category (31.7%). There were statistically significant association ($p < 0.05$) between quality of life and age category (21-30 years) (87.7%), having NCD history (59.1%), working duration of 5 to 10 years (78.3%), receiving family support (72.1%), adherence to covid preventive measures and working capacity in new normal context.

Conclusion

Age, suffering from chronic diseases, working duration, receiving family support, adherence to covid preventive measures, working capacity were identified as associated factors affected on quality of life among primary health teachers in new normal context. Therefore, establishment of continuous supporting mechanisms is important in new normal context.

Key words: Quality of life, Primary school teachers, New normal context, associated factors

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