



THE PSYCHOLOGICAL EFFECTS OF QUARANTINING FOR COVID-19: WITH REFERENCE TO BOREDOM, FRUSTRATION, STRESS AND FEAR

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Abstract

The spreading of COVID-19 is controlled via quarantining individuals who are infected and who had close contact with an infected party. Quarantining is considered the primary community control measure implemented in many virus outbreaks like SARS-2003. However, there are several drawbacks to the quarantine process as it is a new concept to most countries. One such drawback is the negative psychological impact it has on people. The main causes behind the above are longer quarantine periods, fear of infection, frustration, boredom, inadequate supplies, financial losses and stigma. Such psychological concerns have the potential to retain a long-lasting impact on people if not addressed properly. However, addressing all of these at once will conceal some of the important information. Hence, this study mainly focuses on the effect of Quarantine Type (QT) on psychological factors such as boredom, frustration, stress and fear. Required data for the study were collected from 60 participants living in the Western province (48.6% of total Covid-19 patients reported) which is the most contaminated area in Sri Lanka. As locating Covid-19 positive patients is difficult due to lack of availability of information, respondents were approached via referrals. Hence, the snowball sampling technique was used. A self-developed questionnaire was validated for internal consistency after a pilot test. Based on the findings derived via linear regression, the QT significantly predicted the level of boredom, $F(1, 58) = 8.020$, $p(= 0.006) < 0.05$, level of frustration, $F(1, 58) = 6.361$, $p = 0.014$ and level of stress with a $F(1, 58) = 4.776$, $p(= 0.033) < 0.05$. In addition, results reported increased levels of boredom, frustration and stress in self-isolated individuals. However, the linear regression results did not establish that QT statistically significantly predicted the level of fear. Based on the evidence, inspected guidance especially for self-isolation is recommended.

Keywords: *Quarantine type, Boredom, Frustration, Stress, Fear*