

Impact of Covid-19 on Health-Related Behaviours among Parents with Children Under 10 Years in Wennappuwa Divisional Secretariat Area, Sri Lanka – A Cross-Sectional Study

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The COVID-19 pandemic has disrupted millions of individuals causing major changes to their livelihood, health behaviours, and physical and mental well-being. The general objective of this study was to describe the changes in health-related behaviours during COVID-19 in parents with children under 10 years old in the Wennappuwa Divisional Secretariat Area, Puttalam District, Sri Lanka. This was a descriptive cross-sectional study. Data were collected using a Google form that was shared through social media and emails. A total of 206 have responded to the google form. The google form consisted of questions regarding demographics, changes in food patterns, physical activity, sleep patterns and screen time due to COVID-19 from the parents who fit the expected description. Out of the total participants, 133 (64.6%) were females and 73 (35.4%) were males. More than half of the total participants 177 (85.9%) reported that their eating and meal routines have changed since COVID-19; the most commonly reported changes were eating more food 141 (68.4%). Increased Screen time and increased time spent on sitting were reported by 167 (81.1%) and 162 (78.6%) of the total participants respectively. Some unhealthful behaviours appeared to have been exacerbated since COVID-19. Further studies are needed to determine the longer-term impact of the pandemic on behaviours and to identify effective strategies to support families in the post-COVID-19 context. COVID-19 has had a negative impact on these parents.

Keywords: Covid-19, impact, health behaviour, parents, survey