IMPLICATION OF DAILY PROJECTION OF COVID-19 NEW CASES ON WELLBEING AS AT 27TH FEBRUARY TO 28TH MAY, 2020: A SAMPLE OF EBONYI STATE ADULT POPULATION

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ABSTRACT

The continuous projection of daily new cases and figures of infected persons was dramatically exerting potential problem on wellbeing of many adult population across the aforementioned state. The projection of daily spiking figures of infected person seems to be unhealthily managed, and has taken some individual to the deadly part of ill health. Researching on the implication of daily projection of COVID-19 pandemic cases will probe into the neglected parts that posed more threat to individual's wellbeing in collaboration with the pandemic itself. Forty eight adult population systematically selected in the state metropolis participated in this study. Group of questions related to demographic characteristics and wellbeing were used to obtain participants' profile and their current state of optimal human functioning. Descriptive and ANOVA statistics were used for data analysis. The result revealed that the daily pronouncement of COVID-19 new cases lead to social phobia, lack of motivation and

depression among adult population. It was concluded that continuous projection of spiking figures should be considered as necessary factor in psychosocial interventions so to enhance health management strategy.

Keywords: Implication, Daily projection, COVID-19 new cases, Well-being, Adult population.

Introduction

The gradual shock emanating from daily projection of spiking figures of infected persons obviously became an albatross suspected to threaten individual's optimal health functioning. Well-being of a person may often be disrupted by stressful situation originated from within or outside ones' environment, which may include the need to adjust and adapt to social pressure, media projection of pandemic, and social problem. Well-being is a positive psychological construct, and it can seriously be minimized by negative coping strategies (Ukeh & Hassan, 2018). Personal well-being consists of positive emotions and absence of negative emotions such as depression, lack of motivation, lack of confidence and anxiety; and positive functioning (Oniyangi, Jamiu, Igben, Alaro, Babangida, & Danlami, 2019).

Coronavirus disease (COVID-19), a novel pandemic and a respiratory - borne virus which transmit from one person to another through a microscopic respiratory secretion seems to obviously exerts great threat to health management and well being (World Health Organization, 2020). Its outbreak dramatically affected every aspect of human functioning.

Conversely, during the aforementioned period, health, lives, and social activities were in danger. Hence, the spiking figures as projected from Nigerian Center for Disease Control (NCDC) dashboard become a problem to personal adjustment and adaptation to the pandemic. Standing on below projected result of Covid-19 cases in tracking dashboard of Nigeria as at 28th May, 2020: Affected states - 36; Total sample tested = 48,544; Total cases = 8,733; Active cases = 5,978; Discharged cases = 2,501; Deaths = 254. Demographics - Male = 1145 (66%), Female = 583 (34%); most affected age group = 31-40 (23%). Travel history = 210 (12%), contacts = 444 (26%), (NCDC, 2020).

Coupled with the shutdown that challenged activities in which one meets and spends time with other people, cultural protection, unpleasant economic shocks and unexpected political tensions, stopping of development projects, and limiting the freedom of religious congregational meetings (ICAP, May, 2020). It will not be surprised to say that, individual's wellbeing could be also at risk. This led to one research question that prompted the need to embark on this study and stated as:

1. What are the consequential health implications of daily projection of COVID-19 new cases on Wellbeing?

Using the viral modernity theory by Michael (2020) which was based on the role of information and forms of bio-information in the social world, it explained how information on infectious disease can exert serious consequential effect on health and well being of the safe ones (Ogbonna, 2020). The manner and pattern through which these pieces of information

are conveyed to people lack effective health management strategy. Thus, its implication on well being seems to be far less curtailed than the novel pandemic. Just as Peters, Jandris, and McLaren, (2020) opined that, media professionals as information relay on social media are capable of inducing extreme fear and stigma related to a pandemic to the audience. This led to one propelling research hypothesis stated as:

1. There would be a statistical significant effect of daily projection of COVID-19 new cases on Wellbeing.

The present study
The purpose of this study is to assess the implication of daily projection of COVID-19 cases on well being of adult population in Ebonyi State while, the problem of the study is lack of health management strategy used in conveying information and its implication on optimal human functioning.

Method
Using descriptive survey design, the researchers sampled 48 adult (20 females, 28 males) population in Ebonyi State Metropolis. Their age ranges from 28 and 52 with the mean age of 40.00 years. Data was collected using group of questions related to the variables under investigation. The researcher assigned numerical values and their weightily point to different scaling item. The responses were collected and were analyzed using frequency distribution mean (X). A mean of 2.5 was used as the decision rule.

Procedure
Due to the restriction on movement, and social distancing protocols, the study used social media such as email and whatsapp as convenient sources for questions distribution and data collection. Secondary source of data from Television, radio, and newspaper report, and updates from NCDC were also used to effectively gather relevant information.

Instrument
The questionnaire used include group of questions related to demographic characteristics, and consequential health problems likely to be observed by the participants. The sets of this questionnaire were administered through mails and whatsapp. Questions on the consequential health as observed were gathered and classified based on the alternatives offered to the respondents (i.e., social phobia, lack of motivation, anxiety, depression, and lack of confidence).

Dependent Variable (DV)
The study considered the consequential state of health observed by the participants due to continuous projection of new cases (i.e., social phobia, lack of motivation, anxiety, depression, and lack of confidence) as the subject under study.

Independent variables (IV)
The study considered daily projection of COVID-19 new cases as the predictor variables of the consequential health as observed.

Data Analysis

The study adopted descriptive statistics, and Anova to determine the statistical strength and level of significance of IV on the DV, and also the influencing strength of IV on DV. The table below explained more of that.

Result

Table 1: Research question (1): What are the observable consequential health implication of daily projection of COVID-19 new cases on you?

S/N	ITEMS	SD (1)	D (2)	A (3)	SA (4)	TOTAL	X
1	Social Phobia	4	7	16	21	48	3.13
2	Lack of Motivation	4	6	19	19	48	3.10
3	Anxiety	5	10	10	23	48	3.06
4	Depression	12	24	12	0	48	2.0
5	Lack of Confidence	4	14	16	14	48	2.83

SD = (strongly disagree), D = (disagree), A = (agree), SA = (strongly agree). X = (mean score of all participants against each factor).

Table 1 shows that the mean score of people's responses on the consequential health implication of daily projection of COVID-19 new cases against each factor are (3.13), (3.10), (3.06), and (2.83) which is remarkably above 2.5, and is considered to represent populate opinion. Only one factor among others is below 2.5 and is considered unpopular. Thus, the research question provided answer to number 1, 2, 3, and 5 factors, indicating the implication of daily projection of COVID-19 new cases on Wellbeing with regard to those factors considered.

Table 2: Mean and standard deviation of Gender against each factors considered as observed consequential health implication of daily projection of COVID-19 new cases.

Variable		Mean	SD
Lack of Motiva:	Male	5.0000	1.41421
	Female	19.000	.00000
Social Phobia:	Male	5.5000	2.12132
	Female	18.5000	3.53553
Anxiety:	Male	7.5000	3.85141
	Female	16.5000	9.19239
Depression:	Male	18.000	3.00000
	Female	6.000	8.48528
Lack of confi:	Male	9.000	5.000
	Female	15.000	1.000

The table shows that the mean score of male participants (5.0000) is lower than that of female (19.000) on lack of motivation. It also shows that the mean score of male participants (5.5000) is lower than that of female (18.5000) on social phobia. Also, the mean score of male

participants (7.5000) is lower than that of female (16.5000) on anxiety. However, on depression, it shows that the mean score of male participants (18.000) is higher than that of female (6.000). Thus, on lack of confidence, it shows that the mean score of male participants (9.000) is lower than that of female (15.000). ANOVA statistics was performed to determine if the observed differences among gender were significant (see Table 3)

Table 3: ANOVA summary showing the statistical strength and level of significance of IV on the DVs among gender

Source of variance	Sum of square	df	Mean square	F	Sig
Social phobia	169.000	1	169.000	19.882	**
Lack of motivation	196.000	1	196.000	17.001	**
Anxiety	81.000	1	81.000	1.670	**
Depression	144.000	1	1.44.000	2.000	**
Lack of confidence	36.000	1	36.000	1.385	**

Key: ** = Significant, p<.05
ns = not significant

The results indicate that the five factors considered as the dependent variables had much significant effect among gender as a result of daily projection of new COVID-19 cases. Thus, the research hypothesis was confirmed.

Findings
The findings were quiet revealing; the responses in the questionnaire were used to test the research question. This is, in order to ensure valid and reliable data. Table 1 shows that the mean score of people's responses on the consequential health implication of daily projection of COVID-19 new cases against each factor are (3.13), (3.10), (3.06), and (2.83) which is remarkably above 2.5, and is considered to represent populate opinion. Only one factor among others is below 2.5 and is considered unpopular. However, in other to test the propelling hypothesis, ANOVA statistic were adopted. Thus, the result confirmed the hypothesis which stated that: there would be a statistical significant effect of daily projection of COVID-19 new cases on Wellbeing. The consequential factors of wellbeing (i.e., social phobia, lack of motivation, anxiety, depression, and lack of confidence) were significantly found to have much influence from the proposed independent variable.

This result was in line with the proposed theory of the viral modernity by Michael (2020) which based on the role of information and forms of bio-information in communicating to the social world. Moreover, it explained how the manner and pattern through which information on infectious disease can exert serious consequential effect on health and well being of the safe ones. Hence, the result of this study confirmed it.

Discussion
The finding showed how Covid-19 pandemic predicted social phobia as a result of its threatening nature (3.13); lack of motivation due to induced lock down (3.10); Anxiety as a result of daily increment on cases (3.06); Lack of confidence due to disagreeableness of the self

concerning inadequate curtailing strategies by the government towards the pandemic (2.83). The ANOVA statistic which was used to test the hypothesis also revealed the significant strength of daily projection of COVID-19 new cases on consequential factors of wellbeing (i.e., social phobia, lack of motivation, anxiety, depression, and lack of confidence).

Implication of the finding
The result of this study clearly revealed the implication of daily projection of COVID-19 new cases on well being of adult population in Ebonyi State. As can be observed from table 1, the mean responses clearly indicate the impact of COVID-19 pandemic on optimal human functioning. The result showed that the mean score of the respondents in number (1), (2), (3), and (5) against each factor were above (2.5). This indicated that those who reported negative health functioning due to daily projection of COVID-19 cases was considered as representing popular opinion.

It should however be noted that the success of any governmental strategies depend to a large extent on reports from its community. The results of this study proved the fact that the community are weighed down out of the daily increment of new cases as projected through NCDC report on media.

Limitation of the study
The sample size used could not be said to have been truly representative of adult population of Ebonyi state who have consequential health problem as a result of daily projection COVID-19 new cases with regard to wellbeing. The study covered only one state indicating that generalization should be made with caution. Thus, further studies should be made across state. An attempt by this research to discover the interactive differences among gender variable has been relatively unsuccessful. This could be as a result of unequal sample on that variable. In future investigation, studies should take into consideration the equitable size of gender and other socio-economic variables that could say much on the implication of daily projection of COVID-19 new cases on Wellbeing

Summary/Conclusion
COVID-19 pandemic through this research study has lead to: "Social phobia" as a result of its threatening nature; "lack of motivation" due to induced lock down; "Anxiety" as a result of daily increment on cases; "Lack of confidence" due to disagreeableness of the self concerning curtailing strategies. Majority of Ebonyi youth are now engaging in smoking behaviour, and standing on roadside both in day time and at night. The community therefore looked unto the government on their effectiveness to proffer reliable remedies as concern to lack of effective health management strategy toward projection of daily spiking figures of infected person. The researchers suggest that daily researching on curative vaccine for the virus should be of the most important instead of continuous projection of daily spiking figure.

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