

RISKS OF COVID 19 PANDEMIC ON THE WELLBEING OF CIVIL SERVANTS IN ONDO STATE NIGERIA

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ABSTRACT

H *Health is said to be wealth and is the greatest gift a man can get from the creator. This study investigated the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. A descriptive research design was adopted and the research data was collected using a well-structured and self-developed questionnaire tagged (RCOVIDWCS) and validated. Three hundred (300) respondents were used for the study. The hypotheses formulated were tested using Chi-square statistical tool at 0.05 level of significance. Five hypotheses were formulated and the findings of this study clearly showed that social distancing, hand-washing, use of face masks, affordability of COVID 19 test and trust of COVID 19 vaccine all have significant relationship on the wellbeing of civil*

Introduction:

In this period of the new normal that has been necessitated by Corona virus disease of 2019 (COVID 19) pandemic, the risks and spread of COVID 19 pandemic on the wellbeing of the general public cannot be overemphasized. It is expedient that knowledge and attitude of people be checked to curtail the risks and devastating effects that come with the pandemic so as to enhance a better wellbeing for all and for a safer dwelling place. According to World Health Organisation WHO (2020), Covid-19 is a pandemic of corona-virus with symptoms such as severe

servants in Ondo state, Nigeria. On the basis of these findings, it is therefore recommended that civil servants in Ondo state be encouraged to take the COVID 19 vaccine, health education be included in the curriculum at all levels of education and taught efficiently. Qualified and experienced Health education teachers should be employed to teach the subject matter in schools. The government should do more in enforcing the compliant of all COVID 19 protocol so as to better the wellbeing of individuals

Keywords: *Covid-19 pandemic, hand washing, social distancing, face masks, wellbeing.*

acute respiratory syndrome, dry cough, difficulty breathing, persistent chest pain or pressure, sudden confusion, difficulty walking, and bluish face or lips body temperature, severe headache, and the complications may include pneumonia and acute respiratory distress syndrome.

The outbreak of COVID 19 was identified in Wuhan, China, in December 2019. The Public Health Emergency International Concern (PHEIC) (2020), declared COVID 19 a Pandemic. As at 18th April 2020, more than 2.25 million cases of COVID-19 have been reported in 210 countries and territories, resulting in more than 154,000 deaths, while more than 571,000 people recovered. According to Zhao, Lin, Ran, Musa, Yang and Wang (2020) and WHO (2020), the virus is primarily spread between people during close contact, often via small droplets produced by coughing, sneezing, or talking. While droplets are produced when breathing out, it usually fall to the ground or onto surfaces rather than being infectious over long distances. Wang and Zhang (2020), stressed that people may also become infected by touching a contaminated surface and then touching the eyes, nose, or mouth. The virus can survive on surfaces for up to 72 hours, it is most contagious during the first three days after the onset of symptoms, although spread may be possible before symptoms appear and in later stages of the disease. The time from exposure to onset of symptoms is typically around five days but may range from two to fourteen days.

Boyce and Pittet (2019) explained that the preventive measures of COVID 19 include hand washing, covering one's mouth when coughing, maintaining social distance from other people, monitoring and self isolation for people suspected to be infected. Authorities worldwide have responded by implementing travel restrictions, quarantines, curfews and stay-at-home orders, workplace hazard controls, and facility closures, although all that is gradually easy out.

In the opinion of Shoben (2017) and Bremer (2019) the concept of wellbeing originated from positive psychology and the focus of positive psychology is to study the improvement in the lives of individuals. Hence, wellbeing is mostly used for specific variety of goodness such as living in a good environment being of worth for the world, being able to cope with life, enjoying life and so on. In the same vein Brooks and Stabber, (2018) highlighted that wellbeing has been is a dynamic state characterized by reasonable amount of harmony between individual's abilities, needs and expectation, and environmental demands of opportunities (Siwach, 2018). Ondo State, nicknamed sunshine state, is a state in southwestern Nigeria, created in February 1976 from the former Western State. Ondo State borders Ekiti State which is formally part of the state to the north, Kogi State to the northeast, Edo State to the east, Delta State to the southwest, Osun State to the northwest, and Atlantic Ocean to the south. The state's capital is Akure, the former capital of the ancient Akure kingdom. The state is predominantly Yoruba and the Yoruba language is commonly spoken The state economy is dominated by the petroleum industry, with cocoa production, asphalt mining, and activities utilizing the state's extensive coastline also serving as major economic factors (Wikipedea, 2021)

Research Objective

The specific objective is to:

1. Investigate the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Research Question

1. How can the risks of contracting COVID-19 pandemic be contained?

Research Hypotheses

The following research hypotheses were formulated and tested at $p < 0.05$ level of significance:

1. There will be no significant relationship between social distancing and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.
2. There will be no significant relationship between hand washing and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.
3. There will be no significant relationship between use of face mask and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.
4. There will be no significant relationship between affordability of COVID-19 test and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.
5. There will be no significant relationship between trust of COVID-19 vaccine and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Methodology

The study adopted a descriptive survey research design because it was an investigation in which self-reported data were collected from sampled participants in describing the population on the relevant variables of interest. In getting respondents for this study, permanent secretaries of sampled ministries were helpful. There are ninety six (96) Ministries, Development and Agencies (MDAs) in Ondo state. Simple random sampling technique with replacement was used in selecting (12) MDAs. Stratified random sampling technique was used in stratifying the MDAs, having four (4) ministries, four (4) Developments and four (4) Agencies. Simple random sampling technique was used in selecting twenty five (25)

respondents from each MDA. Stratified sampling technique was also used to stratify respondents into two: level one (1) to seven (7) Junior Civil Servant (JCS), while level eight (8) to sixteen (16) Senior Civil Servants (SCS). Stratified sampling technique was also used to select ten (10) SCS and fifteen (15) JCS.

Purposive sampling technique was used to select fifteen (15) male and ten (10) female civil servants from each MDA. This implies that three hundred (300) civil servants selected as respondents for the study.

Research Instrument

A self-designed questionnaire tagged risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. (RCOVIDWCS) was used to elicit information from the respondents. The instrument consisted of two sections identified as sections A and B. Section A: contained information on demographic characteristics of the respondents such as sex, age, MDA, ethnicity, marital status and religion. The respondents are expected to tick from the options as applicable to them. In section B, the items were designed to ask specific questions from the respondents on the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. The ten-item questionnaire in this section were assessed on a four-point rating scale ranging from 4 strongly agreed, 3 agreed, 2 disagree and 1 strongly disagree. The validity of the instrument was ascertained by relevant experts in the field of Health Education and Medicine. A reliable coefficient of 0.76 was obtained through the use of Pearson Product Moment Correlation (PPMC) analysis. Therefore, the instrument is considered adequate and appropriate enough to be used for data collection for the study.

Administration of Research Instrument:

Copies of the questionnaire were administered to the respondents respectively. The respondents independently spent not more than five minutes on the average to carefully and accurately complete the

questionnaire as it decreases the possibilities of sharing opinion and discussing the questionnaire items before submission.

Data Analysis:

Descriptive and inferential statistics were used to process the data collected. The hypotheses formulated were tested using Chi-square statistical tool at 0.05 level of significance.

Results:

Hypothesis 1

There will be no significant relationship between social distancing and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Table 1: Chi-square test showing analysis of social distancing and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Table 1: X² responses on social distance and the risk of COVID-19 pandemic on general wellbeing of civil servants in Ondo state Nigeria

Item	Total	0.05	df	X ²
Social distance and the risk of COVID-19 pandemic on general wellbeing	300 (100%)	17.919	9	96.48

$X^2 = 96.48$, Critical value = 17.919 @ 0.05 alpha level of significance

Table one indicated that the table value (96.48) is greater than the critical value (17.919) at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between social distancing and the risk of COVID-19 pandemic on the general wellbeing of civil servants in Ondo state, Nigeria was rejected.

Hypothesis 2

There will be no significant relationship between hand washing and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Table 2: X² responses on hand washing and the risk of COVID 19 pandemic on general wellbeing of civil servants in Ondo state Nigeria

Item	Total	0.05	df	X ²
Hand washing and the risk of COVID 19 pandemic on general wellbeing	300 (100%)	17.919	9	141.18

X² = 141.18, Critical value = 17.919 @ 0.05 alpha level of significance

Table two indicated that the table value (141.18) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between hand washing and the risk of COVID-19 pandemic on the general wellbeing of civil servants in Ondo state Nigeria was rejected.

Hypothesis 3

There will be no significant relationship between use of face mask and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Table 3: X² responses on use of face mask and the risks of COVID 19 pandemic on general wellbeing of civil servants in Ondo state Nigeria

Item	Total	0.05	df	X ²
Use of face mask and the risk of COVID 19 pandemic on general wellbeing	300 (100%)	17.919	9	169.92

X² = 169.92, Critical value = 17.919 @ 0.05 alpha level of significance

Table three indicated that the table value (169.92) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship

between use of face mask and the risk of COVID-19 pandemic on the general wellbeing of civil servants in Ondo state Nigeria was rejected.

Hypothesis 4

There will be no significant relationship between affordability of COVID-19 test and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Table 4: X² responses on affordability of COVID-19 test and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria

Item	Total	0.05	Df	X ²
Affordability of COVID-19 test and the risk of COVID 19 pandemic on general wellbeing	300 (100%)	17.919	9	173.49

X² = 173.49, Critical value = 17.919 @ 0.05 alpha level of significance

Table four indicated that the table value (173.49) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between affordability of COVID-19 test and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria was rejected.

Hypothesis 5

There will be no significant relationship between trust of COVID-19 vaccine and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria.

Table 5: X² responses on trust of COVID-19 vaccine and the risk of COVID 19 pandemic on general wellbeing

Item	Total	0.05	Df	X ²
Trust of COVID 19 vaccine and the risk of COVID 19 pandemic on general wellbeing	300 (100%)	17.919	9	133.45

$X^2 = 133.45$, Critical value = 17.919 @ 0.05 alpha level of significance
Table five indicated that the table value (133.45) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between trust of COVID-19 vaccine and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state Nigeria was rejected.

Discussion

The study focused on investigating the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. Hypothesis one indicated that the table value (96.48) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between social distancing and the risk of COVID-19 pandemic on the general wellbeing of civil servants in Ondo state, Nigeria was rejected. According to The Centers for Disease Control and Prevention (CDC) (2020), preventive measures against the pandemic includes frequent hand-washing for at least 20 seconds; with soap and running water or using alcohol based hand sanitizer; covering the nose and mouth with disposable tissue or flexed elbow when coughing or sneezing; avoid touching the eyes, nose and mouth if hands are not clean and, avoiding close physical contact (1 meter or 3 feet) also known as social distancing. In the opinion of Siwach (2018), the concept of socio-distancing in infectious diseases combined with good respiratory hygiene and hand washing are considered the most feasible way to reduce or delay a pandemic that is on course. The Centers for Disease Control and Prevention (CDC) (2020) described social distancing as a set of “methods for reducing frequency and closeness of contact between people in order to decrease the risk of transmission of disease”. The disease spreads primarily through contact when an infected person either coughs or sneezes openly, when a person touches a surface or object and then touches the eyes, nose, or mouth.

Hypothesis two showed a strong significant relationship between hand washing and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. The test revealed that the table value (141.18) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between hand washing and the risk of COVID-19 pandemic on the general wellbeing of civil servants in Ondo state Nigeria was rejected. To corroborate the findings of this result, Anderson, Warren, Perez and Philips (2018), highlighted that hands are the most likely way in which infections or micro-organisms might be spread between one another, so simply washing the hands is the most effective method of preventing the transmission of infections. Most hospital acquired infections are thought to be transmitted by the hands of health care workers. It has long been known that hand hygiene among health care workers play a central role in preventing the transmission of infectious agents. Hand washing is the most effective way of preventing the spread of infectious diseases

Hypothesis three revealed a strong significant relationship between use of face mask and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. The test indicated that the table value (169.92) is greater than the critical value (17.919) at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between use of face mask and the risk of COVID-19 pandemic on the general wellbeing of civil servants in Ondo state Nigeria was rejected. In agreement to this result, Shoben (2017), reported that risks of contracting the virus and spreading it will be reduced if the people comply with government directives to the use of face masks in public places. Face masks provide a physical barrier between the mouth and nose of the wearer and potential contaminants in the immediate environment. The use of face masks in advanced countries has been the new normal, but in developing countries like Nigeria it is observed that people in public places like the market, churches, Motor Park, school and even hospitals do not use face masks. Unfortunately, new face mask policies are leading to

widespread misuse and abuse of face masks in Nigeria. The Nigeria media is awash with images of members of the general public, including healthcare workers and government officials, wearing face masks on their jaws and neck, without covering their mouth or nose, or covering only their mouth while the nose is left opened. Many people who use facemasks are commonly observed to pull down their mask to their jaw to talk and then pull it back over their mouth and nose after talking. A variety of cloth masks of doubtful efficacy are hawked on the streets and tried by different wearers before deciding on purchase. People are also observed to repeatedly touch the front of their face masks in a bid to adjust the mask, to remove it, or during reflex touching of the face. Some wear one mask for prolonged periods, without replacement when it is wet or soiled (CDC, 2020).

Hypothesis four revealed a strong significant relationship between affordability of COVID-19 test and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria. The test revealed that the table value (173.49) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between affordability of COVID-19 test and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state, Nigeria was rejected. From the explanation of World Health Organisation (2020) and Brooks and Stabber (2018), during the lockdown, a lot of people have been confined for months with little or no physical human engagements. Human beings are social beings, and are made to thrive in a social gathering. As the pandemic continues, many people have developed both mental and physical fatigue since there are lesser activities to expend their mental and physical energies on. While for some, the little morning walks to and from the workplace is an opportunity to exercise and keep the body in a good shape. Wang and Zhang (2020) further noted that many people cannot afford the cost COVID 19 test, thereby not knowing the state of their health status with regards to the virus.

Hypothesis five showed a strong significant relationship between trust of COVID-19 vaccine and the risks of COVID-19 pandemic on the wellbeing of

civil servants in Ondo state, Nigeria. The test revealed that the table value (133.45) is greater than the critical value (17.919), at 0.05 alpha level of significance. Therefore the hypothesis which says that there will be no significant relationship between trust of COVID-19 vaccine and the risks of COVID-19 pandemic on the wellbeing of civil servants in Ondo state Nigeria was rejected. In line to the findings of this result, Braimah (2020) revealed that vaccination is a simple, safe, and effective way of protecting individuals against harmful diseases, before individuals come into contact with the virus. It uses the human body's natural defenses to build resistance to specific infections and makes your immune system stronger. Vaccines train human immune system to create antibodies, just as it does when it's exposed to a disease. However, because vaccines contain only killed or weakened forms of germs like viruses or bacteria, they do not cause the disease or put you at risk of its complications. Boyce and Pittet (2019) highlighted that every individual needs information that can be trusted. Misinformation and false claims threaten to undermine the success of vaccines and put people's lives at risk. Despite the record speed at which the vaccines have been developed, for the sake of authenticity, COVID-19 vaccines have still been subject to the same checks, balances, and scientific and regulatory rigor as any other vaccine, and shown to be safe. An unprecedented combination of political wills, global collaboration and funding have enabled the rapid development of COVID-19 vaccines, without compromising vaccine safety.

Conclusion and Recommendations

The findings of this study clearly showed that social distancing, hand washing, use of face masks, affordability of COVID 19 test and trust of COVID 19 vaccine all have significant relationship on the wellbeing of civil servants in Ondo state, Nigeria. On the basis of these findings, it is therefore recommended that civil servants in Ondo state be encouraged to take the COVID 19 vaccine, health education be included in the curriculum at all levels of education and taught efficiently. Qualified and experienced Health education teachers should be employed to teach the subject matter in

schools. The government should do more in enforcing the compliant of all COVID 19 protocol so as to better the wellbeing of individuals

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