



# Benefits and Skills Acquired during Coronavirus (COVID-19) Quarantine Period

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## *Author's contribution*

*The sole author designed, analysed, interpreted and prepared the manuscript.*

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## **ABSTRACT**

**Background:** A pandemic and novel coronavirus disease in China 2019. All world countries took a series of protective and quarantine measures to prevent the spread of the virus. These measures led to various behaviors and attitudes during the period.

**Aim:** To assess the positive attitudes and benefits, that the participants acquired during the health precaution or quarantine period of (COVID-19) at Makkah Al- Mukaromah.

**Methods:** A descriptive study was carried out in 2020. A snowball sampling method was adopted. The number of participants was 150 who fulfilled the inclusion criteria and completed an online questionnaire. The questionnaire evaluated the physical social, and scientific benefits that were acquired during the period of quarantine.

**Results:** The findings of the study expressed positive changes in behavior and attitudes among participants, such as memorizing the Qur'an, attending qualifying courses, acquiring (23%) reading and (20%) drawing skills. More than 22% learned different types of sports and exercises. (9%) of them participated in health education and social work.

The quarantine was the best period for (19%) of participants there were improvement in communication with their families.

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**Conclusion:** Participants acquired physical social, and scientific benefits and skills during the COVID-19 quarantine period especially memorizing the Quran and acquiring cooking food skills.

*Keywords: Coronaviruses; physical; social; scientific; benefits; skills.*

## 1. INTRODUCTION

COVID-19 is a global pandemic and an acute respiratory syndrome caused by coronavirus discovered in 2019. To attenuate the transmission of infection, numerous countries worldwide began to enforce restrictions on outdoor activities and widespread quarantine periods. Most areas issued mandatory stay-at-home in order to prevent the spread of infection and death, especially in high-risk people with chronic diseases as the Centers for Disease Control and Prevention (CDC) have reported [1].

Coronavirus affected more than 200 countries around the world. The first case ascertained of COVID-19 in Saudi Arabia was on March 3, 2020. of total Saudi Arabia's 32.12 million population 68% are adults in addition to numbers of foreigners. Saudi Arabia implemented measures of social distancing and quarantine furthermore; temporary suspension of Umrah travel restrictions and curfews [2]. Due to lockdowns, people have limited outdoor activities and started adopting new and healthy lifestyle behaviors. [3,4,5,2].

The Kingdom of Saudi Arabia began taking two precautionary categorized periods first before any cases occurred and before the WHO declared that COVID-19 was an epidemic and second after discovering the first case of COVID-19. [6]. COVID-19 is contagious and spreads through respiratory droplets, tiny particles released during breathing, talking, coughing, laughing, or touching., especially among immunocompromised and elderly people [7-9]. Quarantine and isolation can prevent, or minimize, the impact of infectious disease outbreaks. In public health practice, "quarantine" refers to the separation of persons and community populations who have been exposed to an infectious disease [10].

The study aimed to assess physical social scientific benefits and skills that the participants acquired during the health precaution or quarantine period of (COVID-19) at Makkha Mukaromah.

## 2. MATERIALS AND METHODS

A descriptive cross-sectional study was used. Snowball sampling and a sample size of 150 accessible participants like the previous study [5]. The inclusion criteria of the participants were residents of Makkah Al-Mukaromah during the coronavirus quarantine period and who agreed to participate and fulfilled the inclusion criteria.

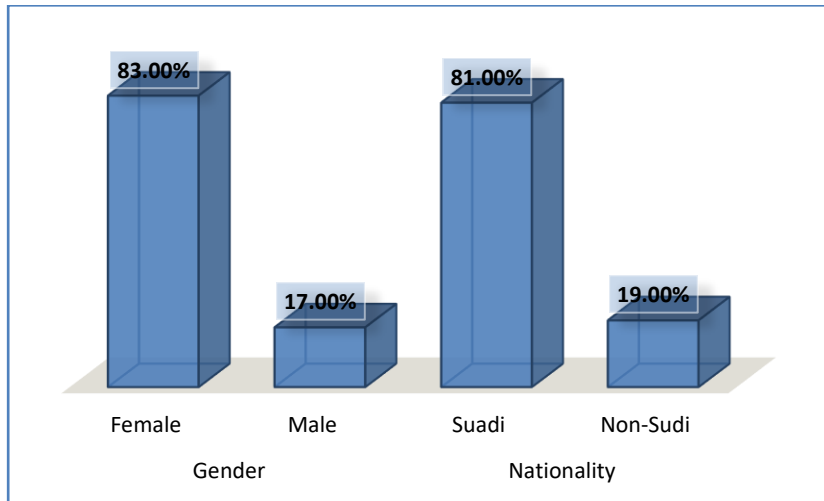
A self-administered Arabic language questionnaire was constructed online on Google form and sent the link through WhatsApp to friends and colleagues who are residents in Makkah Al-Mukaromah. The electronic questionnaire consists of the written consent on the first page as the key to an agreement for participation. All information such as objectives, method, period of the study, and their information should be kept secret was explained; those who agreed to participate clicked the next section and filled it. The first section consists of sociodemographic data, such as gender, age, nationality, and levels of education. The second section consists of 4 questions regarding physical social scientific benefits, and skills acquired during quarantine.

A pilot study was done to test the validity and reliability of the questionnaire. So it was sent for 10 samples of populations rather than included in the main study; results received and analyzed any error in internal consistency were corrected before the study started.

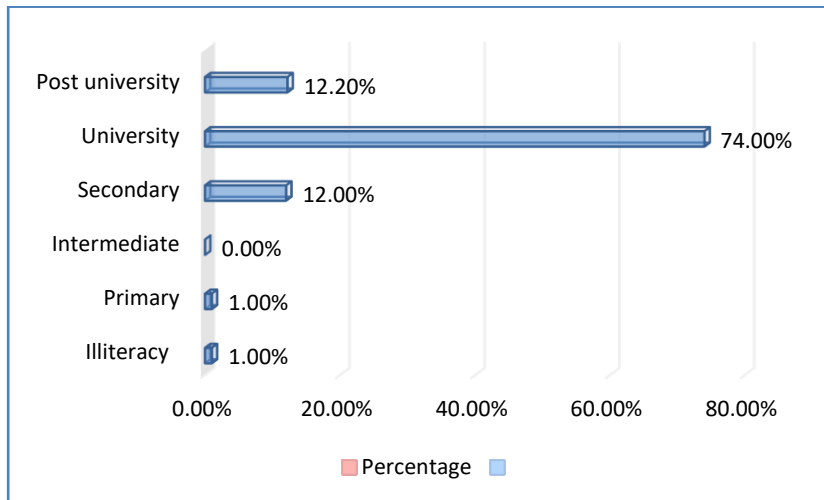
## 3. RESULTS AND DISCUSSION

A descriptive statistical analysis was used to reflect the participants' information. The result showed coronaviruses (COVID-19) of 150 participants included in this study aged from 15 to 65 years at the mean of age 25. Most participants of this study were at the University level of education and from Saudi Arabia. The female number was bigger than the male.

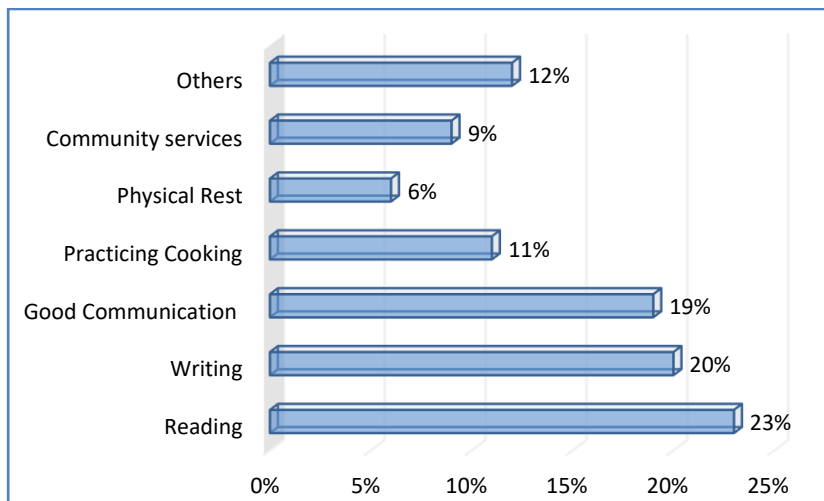
Saudi Arabia was the first country to follow constant regulations and application of high-quality health precautions relevant to coronavirus during the quarantine period.



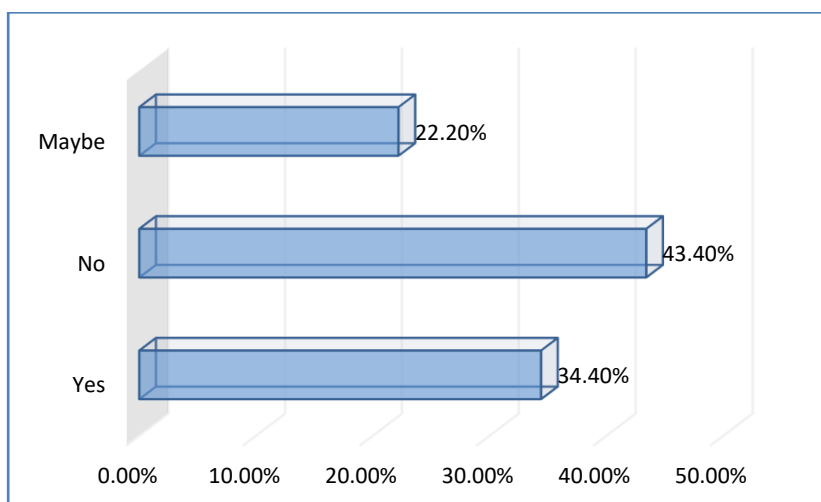
**Fig. 1. Gender and nationalities of participants**



**Fig. 2. Education level of participants**



**Fig. 3. Behaviors and skills participants acquired during the coronavirus quarantine period**



**Fig. 4. Practice physical exercises during the Coronavirus quarantine period**

The population during that period was safe and activated their time into useful tasks. This study reflected the participants acquired apposite behaviors and skills during the health precaution period of COVID-19. Twenty-three percent of the participants memorized the Qur'an, attended qualifying courses, read, and drew, learned several types of sports and exercise, participated in social work and health education, developed effective communication relationships with family and parents, and enjoyed physical rest.

One study was conducted in Croatia, Serbia, and Slovenia to provide breadth and depth of understanding of students' responses to lifestyle changes in 2022. One of the indicators is the redirection of excess free time to the acquisition of new knowledge and skills students mentioned that there were improvements in relationships with their families especially with moms and sisters [11].

In this study participants spent their time on scientific projects including research, learning about modern technology applications, and infographics field. Some of them explained that they acquired positive behaviors such as patience, charity, volunteering, helping others, and participation in health education and awareness of the community. An India study revealed that technology provides innovative and resilient solutions at times of crisis to combat disruption and helps people to communicate and even work virtually without the need for face-to-face interaction. This leads to many system changes in organizations as they adopt new technology for interacting and working [12].

Also, there were the greatest skills acquired during the precautionary quarantine period including learning different skills like cooking arts, making baked goods, and stopping relying on fast foods as well as acquiring sewing and planning skills.

Also, the results showed that 34% of participants practiced physical activity while 43% didn't practice during COVID-19 (Fig. 4).

A similar cross-sectional study was conducted from March to May 2020 and published at 2021 for a sample size of 291 participants to investigate the effects of COVID-19 quarantine on physical activity and other factors. The findings of the study will provide preliminary evidence on, physical activity Physical activity decreased at vigorous (2 days/week to 1 day/week,  $p < 0.001$ ), moderate (4 days/week to 1 day/week,  $p < 0.001$ ), and light (4 days/week to 2 days/week,  $p < 0.001$ ) [13].

A cross-sectional study published online in 2022 and another in 2021 revealed an increase in physical activities three or more times in a convenient sample of 1051 adult participants residing in Saudi Arabia. This study agreed there were physical activities among participants [14,15].

Also, this supports the priority goals of Saudi Arabia's Vision 2030 that physical activity is one of the important in chronic disease prevention and health benefits [16,17].

A study conducted Brazilian university reflected on cooking skills in times of the coronavirus disease 2019 pandemic. Research has

evidenced the positive relationship between cooking and diet quality, For some individuals, cooking may be a strategy to reduce anxiety and stress associated with the pandemic [18].

A descriptive cross-sectional study was conducted in 2020, by the Federal University of Rio Grande do Sul and the Federal University of Santa Catarina Brazil. Based on the total number of (n = 30,000) undergraduate students enrolled the finding reflects the low cooking ability had a slightly increased probability of using fresh ingredients during the pandemic (1–2 times a month, once a week, several times a week, and daily) [19,20].

#### 4. CONCLUSION

While quarantine is a necessary step in preventing the spread of the COVID-19 virus, it is crucial to weigh the benefits against the costs, which affect not only the individuals actually in quarantine but also those who are in close proximity to them. It would be helpful to compile all the research on the mental toll that being in quarantine takes, particularly on the factors that put people at risk for psychological distress and those that help them cope with its aftereffects.

#### CONSENT AND ETHICAL APPROVAL

The questionnaire was revised and approved by the ethical research committee at the nursing institution at Umm Al-Qura University in 2020. studied participants provided informed consent at the beginning of the online questionnaire, which contained information on research, objectives, confidentiality, anonymity, and withdrawal at any time without any risk. the time required to fill out the questionnaire was more than 5 minutes.

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#### COMPETING INTERESTS

Author has declared that no competing interests exist.

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