A STUDY ON PRECAUTIONS TAKEN BY THE HIRED PAID HELP TO MAINTAIN SANITATION AND HYGIENE DURING COVID TIMES

Dr. Sarjoo Patel¹

¹Assistant Professor, Department of Family and Community Resource Management, Associate Director, Post Graduate Diploma in Hotel Interiors, Department of Family and Community Resource Management, Faculty of Family and Community Science, The Maharaja Sayajirao University of Baroda, Vadodara

Ms. Rakhi Dasgupta²

²Ph.D. Research Scholar and Teaching Assistant
Department of Family and Community Resource Management, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara

ABSTRACT

The Corona virus (novel corona virus or COVID-19) are a large family of viruses which is transmitted through person to person if ones came in contact with infected person, and this can happen if we taking help from hired paid help and can be transmitted through them and touched by the hired paid help as the virus can stay on surfaces for several days. The aim of this study was to find out the precautions taken by the hired paid help to maintain sanitation and hygiene during Covid times. Descriptive research design was taken up with interview Schedule as a tool for the present research. Purposive sampling technique was adopted for the study. The sample consisted of 60 hired paid help working in different households in Vadodara city. The main outcome of the study revealed that all of them were aware of Corona Virus. Majority of the respondents were taking precautions like all the respondents visit/consult doctor when they ill and always washed vegetables brought from market had highest scores among all. The data also revealed that majority of the respondents were always used clean utensils and plates, were not shared cups, utensils they eat, food or drinks with others and also ensured that trash was removed daily and disposed of safely are taken and some of the precaution had not taken by hired paid help to maintain sanitation and hygiene in order to prevent occurrence of COVID 19 pandemic by the hired paid help. So researcher had developed a leaflet related to guidelines to be taken for maintaining sanitation and hygiene during Covid times.

Keywords: Corona Virus, Sanitation, Hygiene, Precautions, Hired help.

INTRODUCTION

A Corona virus is a common virus family known to cause a range of diseases ranging from common colds to severe pneumonia. Corona viruses cause mild respiratory illnesses, such as the common cold. Corona viruses which are recently discovered as novel corona virus. The virus is not transmitted through food which is cooked safely but can be transmitted through food products as the virus can stay on surfaces of the food products for several days. In humans, COVID-19 causes respiratory infections

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ranging from the common cold to more severe diseases which if not taken care may lead even to death (Goswami, 2020).

World Health Organization (WHO) is guiding the community regarding the introduction of physical distancing measures as one of the ways in which transmission of the disease can be reduced. Transmission of the disease can be increased if ones are taking help from hired help as they came in contact with other person where they are going to do their household work. Hired help are less educated and they are taking fewer precautions to maintain sanitation and hygiene. They have to survive in the current pandemic situation also. COVID-19 is a respiratory illness and the primary transmission route is through person-to-person contact and through direct contact with respiratory droplets generated when an infected person coughs or sneezes. Corona virus requires an animal or human host to multiply (Goswami, 2020). But precautions regarding maintaining sanitation and hygiene by hired help during covid times is utmost essential as recent research evaluated the survival of the COVID-19 virus on different surfaces and reported that the virus can remain viable for up to 72 hours on plastic and stainless steel, up to four hours on copper, and up to 24 hours on cardboard and also research conducted on knowledge on safe food handling during covid times. Hired help need to follow hygiene practices, wear mask, wash hands frequently, maintain social distancing, use sanitizer. Hence, it is important to study the demographic characteristic and what precautions are taken to maintain sanitation and hygiene in order to prevent occurrence of COVID 19 pandemic. The results may help to develop specific guidelines for the hired help to get the knowledge of taking precautions to maintain sanitation and hygiene during Covid Times to remain healthy in the family.

Thus the present study was conceptualized with the following objectives.

**Objectives of the Study**

1. To study the demographic characteristics of hired help of Vadodara city.
2. To find out about precautions taken by the hired help to maintain sanitation and hygiene.

**METHODOLOGY**

This survey was conducted among hired paid help workers staying in Vadodara city. The interview schedule was prepared in the form of an online form. The respondents
were asked to respond in local language and also requested every homemaker to ask questions and fill up the forms in their convenience time. Research design of the present study was descriptive survey in nature. 60 hired paid help worker from different areas of Vadodara city were purposively selected for conducting descriptive survey. Information about total monthly income, type of family, total no. of family members, educational qualification, total hours of work and type of work was also gathered. The data were collected by the researcher and different homemakers personally interviewed their hired paid help workers and filled the required information. The data were analyzed using descriptive statistics.

**Findings and Discussion**

The major findings relating to personal variables of the respondents are given below

The section dealt with the background information of the respondents. The background information included personal variable viz. Gender, total monthly income, educational qualification, total number of work, type of work and age group and family variable like total number of family members.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Total Monthly Income</th>
<th>Total Number of Family Members</th>
<th>Educational Qualification</th>
<th>Total number of work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>6000-9000</td>
<td>10%</td>
<td>Below SSC</td>
<td>3-4</td>
</tr>
<tr>
<td>Female</td>
<td>10000-14000</td>
<td>28.33%</td>
<td>HSC</td>
<td>5-7</td>
</tr>
<tr>
<td></td>
<td>15000-18000</td>
<td>58.33%</td>
<td></td>
<td>8-9</td>
</tr>
<tr>
<td></td>
<td>0.00</td>
<td>100%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Fig 1: Distribution of the respondents according to personal and family variable of the respondents**

For the present study, 100 per cent of the respondents were found to be female. More than one half 61.67 per cent of the respondent had total monthly income of Rs. 10000-14000/- . More than one half 58.33 per cent of the respondent had 2-4 family members
in their family. It was observed that Majority 98.33 per cent of the respondents had below S.S.C. level of educational qualification. More than one half 58.33 per cent of the respondents doing 5-7 types of work in the households. (Figure -1)

<table>
<thead>
<tr>
<th>Types of Work (n=60)</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathroom Cleaner</td>
<td>3.33%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Utensils</td>
<td></td>
<td>83.33%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cook</td>
<td></td>
<td>41.67%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mopping</td>
<td></td>
<td></td>
<td>81.67%</td>
<td></td>
</tr>
<tr>
<td>Dusting</td>
<td></td>
<td></td>
<td></td>
<td>76.67%</td>
</tr>
<tr>
<td>Clothes</td>
<td></td>
<td></td>
<td></td>
<td>70%</td>
</tr>
</tbody>
</table>

Fig 2: Distribution of the respondents according to type of work doing in the households.

Majority of the respondents were doing work of washing utensils 83.33 per cent and mopping 81.67 per cent in the household. (Figure-2)

<table>
<thead>
<tr>
<th>Age group of the respondents(n=60)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0-17</td>
<td>10%</td>
<td>40%</td>
</tr>
</tbody>
</table>

Fig 3: Distribution of the respondents according to age group of the respondents.

The age of the respondents ranged between 0 years to 71 years. It was found that less than one half 45 per cent of the respondents were from the age group of 36 to 53 years and 40 per cent from 18 to 35 years.(Figure-3)
Fig4: Distribution of the respondents according to information collected from the respondents.

For the present study all 100 per cent of the respondents had heard about the coronavirus outbreak. Majority 80 percent of the respondents were afraid of Corona Virus Disease. Majority 83.33 per cent of the respondents had practiced safety measures announced by Government. (Figure-4)

Table 1: Distribution of the Respondents according to precautions taken to maintain sanitation and hygiene during covid times.

<table>
<thead>
<tr>
<th>Aspects</th>
<th>Respondents (n=60)</th>
<th>Weighted Mean scores (1-3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch my face after touching any surface.</td>
<td>f</td>
<td>%</td>
</tr>
<tr>
<td>Avoiding touching my eyes, nose and mouth.</td>
<td>46</td>
<td>76.67</td>
</tr>
<tr>
<td>Don’t cough or sneeze without covering my face.</td>
<td>6</td>
<td>10.00</td>
</tr>
<tr>
<td>Cover my mouth and nose with my elbow or tissue when coughing or sneezing.</td>
<td>46</td>
<td>76.67</td>
</tr>
<tr>
<td>Dispose off used tissue immediately.</td>
<td>37</td>
<td>61.67</td>
</tr>
<tr>
<td>Maintain physical distance to other people.</td>
<td>29</td>
<td>48.33</td>
</tr>
<tr>
<td>Maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.</td>
<td>29</td>
<td>48.33</td>
</tr>
</tbody>
</table>
Drink warm water regularly which is effective at killing germs and viruses. | 37 | 61.67 | 10 | 16.67 | 13 | 21.67 | 2.40 |

Touch different surfaces to clean and disinfect where I used to do work in different home. | 46 | 76.67 | 14 | 23.33 | 0 | 0.00 | 2.77 |

Used to try to go at that time when there are fewer people. | 6 | 10.00 | 22 | 36.67 | 32 | 53.33 | 1.57 |

Use Sanitizer Wherever necessary | 32 | 53.33 | 20 | 33.33 | 8 | 13.33 | 2.40 |

Wearing a mask covering my nose and mouth. | 40 | 66.67 | 20 | 33.33 | 0 | 0.00 | 2.67 |

Wash my hands frequently with soap. | 32 | 53.33 | 28 | 46.67 | 0 | 0.00 | 2.53 |

Staying home when sick | 46 | 76.67 | 14 | 23.33 | 0 | 0.00 | 2.77 |

Ensure trash is removed daily and disposed of safely | 50 | 83.33 | 4 | 6.67 | 6 | 10.00 | 2.73 |

Do not share cups, eating utensils, food or drinks with others. | 50 | 83.33 | 6 | 10.00 | 4 | 6.67 | 2.77 |

Limit social gatherings and time spent in crowded places | 29 | 48.33 | 13 | 21.67 | 18 | 30.00 | 2.18 |

Avoiding close contact with someone who is sick | 38 | 63.33 | 4 | 6.67 | 18 | 30.00 | 2.33 |

Visitors should not be allowed until the end of this Covid-19 period | 14 | 23.33 | 38 | 63.33 | 8 | 13.33 | 2.10 |

Always wash vegetables brought from Market | 60 | 100.00 | 0 | 0.00 | 0 | 0.00 | 3.00 |

Used to change my clothes everyday when I return home after being in crowded places | 41 | 68.33 | 19 | 31.67 | 0 | 0.00 | 2.68 |

Always sanitize Food packets properly which was ordered from the restaurant. | 44 | 73.33 | 14 | 23.33 | 2 | 3.33 | 2.70 |

Remove my shoes when I enter my home. | 51 | 85.00 | 9 | 15.00 | 0 | 0.00 | 2.85 |

Clean bed sheets, towel and clothes regularly. | 44 | 73.33 | 7 | 11.67 | 9 | 15.00 | 2.58 |

Take bath regularly on reaching home. | 46 | 76.67 | 11 | 18.33 | 3 | 5.00 | 2.72 |

Gave clothes for washing in laundry outside my home | 13 | 21.67 | 20 | 33.33 | 27 | 45.00 | 1.77 |

Always remove food from take-out containers, place on a clean plate and dispose of the container. | 16 | 26.67 | 36 | 60.00 | 8 | 13.33 | 2.13 |

Wipe and clean Packaging like cans with a disinfectant before being opened or stored. | 23 | 38.33 | 29 | 48.33 | 8 | 13.33 | 2.25 |

Wash my hands with soap and water for at least 20 seconds | 35 | 58.33 | 25 | 41.67 | 0 | 0.00 | 2.58 |
On analyzing the data regarding precautions taken by the respondents to maintain sanitation and hygiene during Covid times it was found that all 100 per cent of the respondents visit/consult doctor when they ill and always wash vegetables brought from Market had highest scores among all. The data also revealed that Majority 90 per cent of the respondents always used clean utensils and plates, 83.33 per cent of the respondents were not sharing cups, utensils they eat, food or drinks with others and also ensured that trash was removed daily and disposed of safely. More than one half (63.33) of the respondents did not cover their face when they cough or sneeze, and they also do not keep utensils separately (65.00) and (61.67) also they do not gave sanitizer to each and every family member after they return from their work to home. It was also found that more than one half (60.00) of the respondents did not remove food from takeout containers and place on a clean plate and dispose of the container. (Table-1) For the benefit of the community the researcher had prepared a leaflet containing the guidelines related to precautions to be taken to maintain hygiene and sanitation during Covid 19. Researcher made the guidelines in local language to help out the hired paid help to read and follow the guidelines carefully.

**Implications of the study:** The findings of the present study will prove beneficial to various people concerned with the relevant field.

**For the Homemaker:** The study would be helpful for the homemaker as the guidelines will help to check and guide hired paid help workers to follow the necessary guidelines to maintain sanitation and hygiene during Covid times.
For Hired Paid help: This study would be most beneficial to hired paid help workers as corona virus still exist in the environment and Omicron is a new variant of the virus that causes COVID-19 which is hazardous to all the people who lives in society. So the guidelines prepared by the researchers will aid the Hired paid help workers to follow to prevent from the occurrence of Covid 19.

CONCLUSIONS

On the basis of the findings of the present study following conclusions can be drawn: the data for present study was collected to find out the precautions taken by the hired help to maintain sanitation and hygiene. It was found from the data that all of them were female workings as hired help. Majority of the respondents had their education till below S.S.C. level. More than one half of the respondent had total monthly income of Rs. 10000-14000/-. More than one half of the respondent had 2-4 family members in their family. More than one half of the respondents were doing 5-7 types of work in different houses. Majority of the respondents were doing work of washing utensils and mopping in the household. The age of the respondents ranged between 0 years to 71 years. It was found that less than one half of the respondents were from the age group of 36 to 53 years and from 18 to 35 years. Regarding the precautions taken by the hired help it was found that all the respondents are taking proper precautions like they visit doctor when ill and always washed vegetables brought from the market. Majority of the respondents were not sharing cups, utensils they eat, food or drinks with others and also ensured that trash was removed daily and disposed of safely to maintain sanitation and hygiene during Covid times. But it was also found that more than one half of the respondents were not kept utensils separate, never used to gave sanitizer to each and every family member after they return from their work to home and also did not cover their face when they do cough or sneeze. From this researcher concluded that most of the hired paid help workers are still not taking some of precautions to maintain sanitation and hygiene during COVID-19 pandemic period. So researcher had prepared the leaflet of guidelines for the hired help workers in local language as corona virus still exist in the environment and Omicron is a new variant of the virus that causes COVID-19. So to overcome from this problem leaflet will be beneficial to hired paid help so that they stay safe as well as they help the community prevent this Covid 19 from spreading.
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