















ORIGINAL

Lifestyle during the COVID-19 pandemic in older adults' regular basic education teachers in a district of North Lima

Estilo de vida durante la pandemia de COVID-19 en adultos mayores docentes regulares de educación básica en un distrito de Lima Norte

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ABSTRACT

Introduction: in older adults, lifestyle plays a key role in adaptation to cope with the coronavirus pandemic during isolation and quarantine at home, so its research objective is to determine the lifestyle during the pandemic of COVID - 19 in older adults' regular basic education teachers in a district of North Lima.

Methods: it is a quantitative, descriptive, non-experimental cross-sectional study, with a total population of 176 adults over 60 years of age, who answered a questionnaire of sociodemographic data and the lifestyle instrument.

Results: the results show the lifestyle of older adults, where 38 (21,6 %) have a lifestyle in a danger zone, 21 (11,9 %) have a low lifestyle, 89 (50,6 %) have an adequate lifestyle and 28 (15,9 %) have a fantastic lifestyle.

Conclusions: in conclusion, strategies should be sought or developed to improve both physical and eating activities in older adults regular basic education teachers at home.

Keywords: COVID - 19; Pandemic; Lifestyle; Mental Health; Elderly People.

RESUMEN

Introducción: en los adultos mayores, el estilo de vida juega un papel fundamental en la adaptación para enfrentar la pandemia de coronavirus durante el aislamiento y cuarentena en el hogar, por lo que su objetivo de investigación es determinar el estilo de vida durante la pandemia de COVID - 19 en docentes de educación básica regular de adultos mayores de un distrito de Lima Norte.

Métodos: es un estudio cuantitativo, descriptivo, no experimental de corte transversal, con una población total de 176 adultos mayores de 60 años, quienes respondieron un cuestionario de datos sociodemográficos y el instrumento de estilo de vida.

Resultados: los resultados muestran el estilo de vida de los adultos mayores, donde 38 (21,6 %) tienen un estilo de vida en zona de peligro, 21 (11,9 %) tienen un estilo de vida bajo, 89 (50,6 %) tienen un estilo de vida adecuado y 28 (15,9 %) tienen un estilo de vida fantástico.

Conclusiones: en conclusión, se deben buscar o desarrollar estrategias para mejorar las actividades tanto físicas como alimenticias en los adultos mayores profesores regulares de educación básica en el hogar.

Palabras clave: COVID - 19; Pandemia; Estilo de Vida; Salud Mental; Ancianos.

INTRODUCTION

In the world, the coronavirus (COVID - 19) has made a change in people's lives, due to its spread, generating chaos, infections and deaths,⁽¹⁾ where people's habits have been changed as a result of isolation and quarantine,⁽²⁾ where the changes that have been made, have markedly modified the lifestyle of people both in their health well-being and dietary changes.⁽³⁾

Likewise, the isolation of the population as a result of COVID - 19 as a prevention for its contagion,⁽⁴⁾ has consequences on the physical and mental health of the population, changing the lifestyle of people,⁽⁵⁾ where to adapt it will play an important role in improving people's lifestyles during and after the COVID-19 pandemic.⁽⁶⁾

In the same way, in the elderly who are the most vulnerable to the disease, they have had to adapt to the situation,⁽⁷⁾ where their routines that they performed are done at home,⁽⁸⁾ although this has generated a lot of stress in them,⁽⁹⁾ since the decrease in communication, loneliness and physical inactivity and dietary changes,⁽¹⁰⁾ puts their physical and mental health at some risk,⁽¹¹⁾ making them more susceptible to having sedentary behaviors due to an excessive decrease in activity daily physical activity.⁽¹²⁾

The COVID-19 pandemic has not only affected the physical activity of the elderly, but also affects their mental health,⁽¹³⁾ causing symptoms of depression, stress, mood swings, irritability and insomnia,⁽¹⁴⁾ all of this is consequently due to isolation and quarantine due to the pandemic.⁽¹⁵⁾

For this reason, older adults are the stage where they are vulnerable to all kinds of diseases, but by not performing their daily routines, it not only affects their physical health but also their mental health due to isolation and quarantine at home.⁽¹⁶⁾

That is why, a comprehensive analysis of greater relevance has been conducted for the selection of antecedents that identify the main theme of the study,⁽¹⁷⁾ in which they were found in information sources such as Scopus, PLoS One, Web of Science and PubMed.⁽¹⁸⁾

In a study carried out in Spain,⁽¹⁹⁾ with 683 participants, they observed that the COVID-19 pandemic has generated a negative impact on physical activity, health, changes in diet and sedentary lifestyle in people who physically they were active and therefore tended to have an inappropriate lifestyle during confinement within the home.⁽²⁰⁾

In a study carried out in Brazil,⁽²¹⁾ with 35 hypertensive elderly participants, they argued that the COVID-19 pandemic has led to a decrease in physical activity in older adults regular basic education teachers, and due to this, older adults have presented harmful changes in their behaviors and this has been a determining factor for their blood pressure to be altered.⁽²²⁾

In another study carried out in Spain,⁽²³⁾ with 483 older adult participants, they observed in their results that older adults who have performed rigorously physical activities before and during the pandemic, have developed a resilience of high numbers by adapting to reality to maintain or improve their lifestyle.

Therefore, the research objective is to determine the lifestyle during the COVID-19 pandemic in older adults' regular basic education teachers in a district of North Lima.

Therefore, its research hypothesis is that the COVID-19 pandemic has generated changes in the lifestyle of older adults.

The importance in the study will show if older adults can adapt to maintain or develop skills that improve their lifestyle during the COVID-19 pandemic and thus they can maintain their well-being of health more comforting, relying on the family that meets an important role so that their mental health is not altered.

METHODS

Research Type

In the research work, due to its properties and the way of collecting data according to the present variables, it is a quantitative approach, with a descriptive, non-experimental and cross-sectional methodological design.⁽²⁴⁾

Population

In the present research work, the population is made up of 176 female and male adults over the 60 years old from the Puente Piedra district.

According to the bias of the voluntary response sample, it was conducted in a census way for data collection since our type of sampling in our study was for convenience.

Inclusion criteria

- Older adults residing in the Puente Piedra district.
- Older adults who voluntarily agree to be present in the study by signing the informed consent.
- Older adults who signed the inform consent CIE IPSF 029-2023. It was previously accepted by the institution.

Exclusion criteria

- Older adults who do not reside in the district of Puente Piedra
- Older adults who do not agree to participate in the study and have not signed the informed consent.

Technique and instrument

The technique used is the survey, through the FANTASTICO questionnaire or data collection instrument whose purpose is to measure the lifestyle of older adults who attend the primary health care establishment.

The FANTASTICO instrument, is administered to assess how good their lifestyle is, consists of 30 items that are indicated in 10 dimensions, F: family and friends, A: associativity and physical activity, N: nutrition, T: toxicity, A : alcohol, S: sleep and stress, T: personality type and activities, I: inner image, C: control of health and sexuality and finally, O: order; which are evaluated with a Likert-type scale where “0 = Never”, “1 = Sometimes”, “2 = Always”. The final score is multiplied by 2, to obtain a final range from 0 to 120, where the ranges are quantitatively appreciated where "0 to 46 = is in danger zone", "47 to 72 = somewhat low, it could improve", "73 to 84 = adequate, you are fine", "85 to 102 = good job, you are on the right track ", "103 to 120 = congratulations, you have a fantastic lifestyle".⁽²⁵⁾

The data collection processing was through the questionnaire in which the matrix for the database was performed in the SPSS Statistics Base 26.0 program, in which the data analysis and processing were performed to perform tabulations and figures for then be described and interpreted, respectively.

Instrument location and application

The survey was applied to the elderly population of the Puente Piedra district of North Lima.

First, the coordination with the elderly was conducted and then explaining to them about the survey and why the research work is conducted so that they have a knowledge of what is going to be conducted.

The survey was conducted during the mornings with a time of approximately 15 minutes in each elderly adult in the research work, concluding with satisfaction since it could be conducted with the support of the elderly for the research. A follow-up prior to the completion of the survey in the months of January to February of this year.

RESULTS

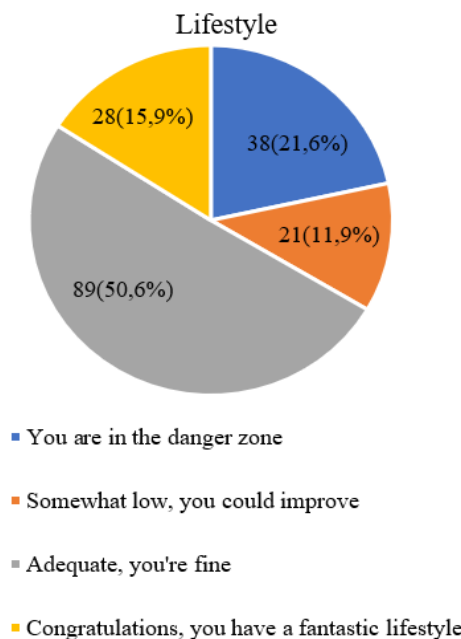


Figure 1. Lifestyle during the COVID-19 pandemic in older adults’ regular basic education teachers in a district of North Lima

In figure 1, the lifestyle of older adults is observed, where 38 (21,6 %) have a lifestyle in a danger zone, 21 (11,9 %) have a somewhat low lifestyle, 89 (50,6 %) have an adequate lifestyle and 28 (15,9 %) have a fantastic lifestyle.

		Sex		Total	
		Female	Male		
Lifestyle	You are in the danger zone	Count	19	19	38
		% within Lifestyle	50,0 %	50,0 %	100,0 %
	Somewhat low, you could improve	Count	7	14	21
		% within Lifestyle	33,3 %	66,7 %	100,0 %
	Adequate, you are fine	Count	55	34	89
		% within Lifestyle	61,8 %	38,2 %	100,0 %
	Congratulations, you have a fantastic lifestyle	Count	21	7	28
		% within Lifestyle	75,0 %	25,0 %	100,0 %
Total		Count	102	74	176
		% within Lifestyle	58,0 %	42,0 %	100,0 %
Chi-square tests					
		Value	df	Asymptotic significance (bilateral)	
Pearson's Chi-square		10,089 ^a	3	,018	
Likelihood ratio		10,233	3	,017	
Linear by linear association		6,385	1	,012	
N of valid cases		176			
a. 0 cells (,0 %) have expected a count less than 5. The minimum expected count is 8,83.					

In table 1, the lifestyle is related to the sex of the elderly during the COVID-19 pandemic in a district of North Lima, in which it was determined with the Pearson chi-square test (X^2). The level of significance of the test obtained a value of 8,83 ($p > 0,05$) ($X^2 = 10,089$; d.f = 3). Therefore, we can interpret that in the female sex 19 (50 %) their lifestyle is in a danger zone as well as the male sex 19 (50 %), in a somewhat low lifestyle 14 (66,7 %) are of the male sex, in the appropriate lifestyle, 55 (61,8 %) are of the female sex and in the fantastic lifestyle, 21 (75 %) are of the female sex.

		Marital Status					Total	
		Single	Cohabiting	Married	Separated	Widowed		
Lifestyle	You are in the danger zone	Count	1	15	21	0	1	38
		% within Lifestyle	2,6 %	39,5 %	55,3 %	0,0 %	2,6 %	100,0 %
	Somewhat low, you could improve	Count	0	7	14	0	0	21
		% within Lifestyle	0,0 %	33,3 %	66,7 %	0,0 %	0,0 %	100,0 %
	Adequate, you are fine	Count	1	31	45	3	9	89
		% within Lifestyle	1,1 %	34,8 %	50,6 %	3,4 %	10,1 %	100,0 %
	Congratulations, you have a fantastic lifestyle	Count	3	13	12	0	0	28
		% within Lifestyle	10,7 %	46,4 %	42,9 %	0,0 %	0,0 %	100,0 %
Total		Count	5	66	92	3	10	176
		% within Lifestyle	2,8 %	37,5 %	52,3 %	1,7 %	5,7 %	100,0 %
Chi-square tests								
		Value	df		Asymptotic significance (bilateral)			
Pearson's Chi-square		19,373 ^a	12		,080			
Likelihood ratio		21,136	12		,048			
Linear by linear association		,639	1		,424			
N of valid cases		176						
a. 11 cells (55,0 %) have expected a count less than 5. The minimum expected count is ,36.								

In table 2, the lifestyle is related to the marital status of the elderly during the COVID-19 pandemic in a district of North Lima, in which it was determined with the Pearson chi-square test (X^2). The level of significance of the test obtained a value of 0,36 ($p > 0,05$) ($X^2 = 19,373$; d.f = 12). From what we can interpret that in the

marital status of the elderly, in singles 3 (10,7 %) have a fantastic lifestyle, cohabitants 31 (34,8 %) have an adequate lifestyle, married 45 (50,6 %) have an adequate lifestyle, separated 3 (3,4 %) have an adequate lifestyle and in widowers 9 (10,1 %) have an adequate lifestyle.

Table 3. Lifestyle in relation to employment during the COVID-19 pandemic in older adults' regular basic education teachers in a district of North Lima

			Occupation				Total
			Stable Worker	Temporary	Without Occupation	Retired	
Lifestyle	You are in the danger zone	Count	7	11	16	4	38
		% within Lifestyle	18,4 %	28,9 %	42,1 %	10,5 %	100,0 %
	Somewhat low, you could improve	Count	5	9	5	2	21
		% within Lifestyle	23,8 %	42,9 %	23,8 %	9,5 %	100,0 %
	Adequate, you are fine	Count	6	25	50	8	89
		% within Lifestyle	6,7 %	28,1 %	56,2 %	9,0 %	100,0 %
	Congratulations, you have a fantastic lifestyle	Count	1	8	11	8	28
		% within Lifestyle	3,6 %	28,6 %	39,3 %	28,6 %	100,0 %
Total		Count	19	53	82	22	176
		% within Lifestyle	10,8 %	30,1 %	46,6 %	12,5 %	100,0 %
Chi-square tests							
			Value	df	Asymptotic significance (bi-lateral)		
Pearson's Chi-square			20,854 ^a	9	,013		
Likelihood ratio			19,191	9	,024		
Linear by linear association			7,767	1	,005		
N of valid cases			176				

a. 6 cells (37,5 %) have expected a count less than 5. The minimum expected count is 2,27.

In table 3, the lifestyle is related to the occupation of the elderly people during the COVID-19 pandemic in a district of North Lima, in which it was determined with the Pearson chi-square test (X^2). The significance level of the test obtained a value of 2,27 ($p > 0,05$) ($X^2 = 20,854$; $d.f = 9$). Therefore, we can interpret that older adults with stable work 7 (18,4 %) have a lifestyle in danger zone, with temporary work 25 (28,1 %) have an adequate lifestyle, without occupation 50 (56,2 %) have an adequate lifestyle and in retired 8 (9 %) have an adequate lifestyle and 8 (28,6 %) have a fantastic lifestyle.

DISCUSSION

In the present study, an approach was given to the physical and mental health of the elderly people in the Puente Piedra district, since due to the COVID-19 pandemic, the elderly has adapted to conduct their activities at home facing this situation to improve their lifestyle during quarantine and isolation.

In the results of lifestyle in older adults regular basic education teachers, it is observed that older adults presented an adequate lifestyle, this is because older adults within the home have adapted to reality due to the COVID-19 pandemic, improving more their ability to cope to carry out their activities within the home, where the family fulfills the role of providing the necessary resources so that they can improve their lifestyle. In ⁽¹⁹⁾, they argue that older adults who live alone tend to have an inadequate lifestyle, where physical inactivity, inadequate nutrition, makes the role of the family indispensable for the elderly to improve their lifestyle at home.

In the results of lifestyle in relation to sex, we observe that the female sex presents a better lifestyle than the male sex, this is because the female sex maintains their lifestyle because they are involved in what to do at home, therefore quarantine and isolation do not affect women much due to the development of daily responsibilities within the home, and this causes their lifestyle to be altered. In ⁽¹⁷⁾, they argue that women have a better health index in relation to healthy habits and personal well-being since as a woman she develops skills that allow her to improve her lifestyle, that is why in elderly men when exposed to different environments, also are more vulnerable to non-communicable diseases, which affects their lifestyle, and even more to the disease of COVID - 19 where they are exposed to presenting comorbidity diseases making them more susceptible to COVID - 19.

This research work will be beneficial for future studies, since the study focused on the lifestyle of older adults during the COVID-19 pandemic, whose importance is that it will allow us to know how they chose to

develop skills or abilities that allowed them to maintain their stable and healthy lifestyle, given that during the pandemic, Social isolation at home has allowed the lifestyle of the elderly to be modified but that by interacting with the family and carrying out their activities within the home with them, allows the older adult to maintain the lifestyle they once had before the pandemic.

CONCLUSIONS

It is concluded that strategies should be sought for health care for the elderly, through calls or the use of video calls for their attention, which allows to see how the elderly person develops at home during the COVID-19 pandemic and, will allow to know how the life of the elderly is and if it is necessary to make changes in their daily routines.

It is concluded that it is important to know how their diet of the elderly is, since the COVID-19 pandemic has affected their mental health making them susceptible to weight loss, inadequate nutrition, and sedentary lifestyle.

It is concluded that strategies should be sought or developed to improve both physical and eating activities in older adults' regular basic education teachers at home.

This research work will bring benefits to future research on the subject since the lifestyle of the elderly develops during the COVID-19 pandemic and how the elderly can adapt to improve or maintain their lifestyle.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

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