

Assessment Of Awareness And Knowledge Towards Novel Coronavirus (Ncov) Amongst University Students In India

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Abstract: Background: Life is full of uncertainties and many a times it confronts with various undesirable situations that create hindrances in living, leading, and maintaining a flourishing society. With globalization, when the barriers between the countries as well as the societies are diminishing and interconnectivity has grown to a all-time high position, frequent outbreak of various deadly and contagious ailments are often reported across the globe creating chaotic situations. In this regard, the recent outbreak of deadly novel coronavirus (nCoV) in Peoples' Republic of China can be taken into account that has taken a heavy toll on human lives across many areas and currently the world is at an anxious position to respond towards this newfound calamity. Therefore, it's high time for us to gauge the consciousness levels towards this deadly epidemic particularly amongst the young students which can be helpful in generating long term sustainable solutions. Objective: To assess the awareness and knowledge about the deadly novel coronavirus (nCoV) amongst the students' community at two of the renowned deemed to be universities in the capital city of Bhubaneswar, Odisha, India. Materials & Methods: A total of 621 feedbacks were collected from the students pursuing various undergraduate and post graduate courses at those universities. A self-administered questionnaire was used to capture their demographic profiles, lifestyle data, awareness and concerns towards the novel coronavirus (nCoV), and outlook towards leading a healthier life. Results: The results revealed many aspects towards the lifestyles of the students. Though they were somehow aware with the term novel coronavirus (nCoV) but a thorough knowhow gap was observed. Based on the findings some measures have been recommended in order to increase the awareness towards the diseases and take preventive actions against it. Epilogue: As the younger mass is the future of a community and often leads a very vibrant but asymmetrical lifestyle, it becomes important to capture their perceptions and carefully assess their modes of living in order to take preventive & corrective measures for a healthy future. Towards this, our study can provide necessary impetus for addressing the important issues like student's physical and psychological health.

Index Terms: Life styles, novel coronavirus, Students' health,

1. INTRODUCTION

The World Health Organization (WHO) defines infectious diseases as the various ailments originated from microorganisms such as viruses, bacteria, parasites, and fungi etc. and spread from person to person. If we carefully assess the evolution of these diseases, most of the infectious diseases that have emerged in the modern human societies can be traced back to the animals (Belay et al. 2017). Scientifically known as the Zoonotic diseases, these ailments originally derived from various animals are creating outbreaks amongst the humans since thousand years (Baer 2007). Over the years, many researchers have studied the patterns, origins, frequencies, and symptoms of outbreak of various diseases and derived that around 75% of the emerging infectious ailments found in humans are zoonotic in nature (Jones et al. 2008 & Taylor et al. 2001). If we list down the deadly diseases across the globe the list is easily topped by all Zoonotic ailments like Animal flu, Anthrax, Coronavirus, Dengue, Ebola, Encephalitis, Hepatitis E, Malaria, Parrot Fever, Plague, Rabies, SARS (Severe Acute Respiratory Syndrome), West Nile virus, Zika, etc. (Belay et al. 2017; Wells 2017).

These deadly maladies create high levels of morbidity and mortality rates amongst the humans & animals in various countries across the globe, cause severe stagnations in economic growth, brake global supply chains, cease the

international trade relations, disrupt the healthcare sector, and put a brake on the human development scenarios (Mishra 2020; Betx 2020; Kempe 2020). Due to their multidimensional effects related to the casualties of precious lives and loss of substantial economic resources, these issues definitely call for multisectoral and multimodal approach to better prevent, detect, respond, and control these life threatening diseases which will help in achieving sustainable development for the whole human race.

2 ABOUT NOVEL CORONAVIRUS (NCOV)

Currently the world is witnessing the devastating effects of a global outbreak of novel coronavirus (nCoV) disease which was initially reported in December 2019 at the Wuhan province of the Peoples' Republic of China with the initial symptoms of pneumonia due to unknown causes and has spread all over the world like a wild-fire within few days (Fox 2020). The initial testaments of this current epidemic of novel coronavirus (nCoV) was found near to a seafood wholesale market where they used to sell high quantities of meats of bats, pangolins, chickens, dears, fishes, marmots, pheasants, snakes and various other exotic bush meats etc. (Schnirring 2020). Aply fuelled by the celebration of Chunyun period, the spring festival travelling season in China during the Chinese new year celebrations where billions of people travel across the country, the novel coronavirus (nCoV) conveniently spread across different countries like Australia, Cambodia, Canada, Finland, France, Germany, Hong Kong, India, Italy, Japan, Macau, Malaysia, Nepal, Philippines, Russia, Singapore, Spain, Sri Lanka, Sweden, Taiwan, Thailand, UAE, UK, USA, Vietnam etc (Holm & Moritsugu 2020; Frejdeman et al. 2020). Currently thousands of confirmed cases along with many deaths resulting to this disease have been reported and day by day the severity level is increasing at an unprecedented speed. Originated from a group of viruses that primarily affects the mammals and the birds, it has been

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transmitted to human beings and currently on a full-roll human-to-human transmission mode. The rarer forms of these viruses are the SARS (Severe Acute Respiratory Syndrome), MERS (Middle East Respiratory Syndrome or Camel Flu) and the ongoing novel coronavirus (nCoV) which are very lethal in nature (Hunag 2020). This current outbreak of novel coronavirus (nCoV) is spreading at an alarming rate and has affected the people across the continents as mentioned below in Table 1 (data taken up to 21.02.2020) (Huang et al. 2020).

TABLE 1**GLOBAL OUTBREAK FIGURE OF 2019 NOVEL CORONAVIRUS (NCOV)**

Country or Region	Confirmed Numbers of Cases	Confirmed Deaths	Recoveries
China	75465	2236	18264
South Korea	156	1	16
Japan	97	1	18
Singapore	85	0	37
Hong Kong	69	2	5
Thailand	35	0	7
Taiwan	24	1	2
Malaysia	22	0	17
Australia	17	0	11
United States	16	0	6
Germany	16	0	13
Vietnam	16	0	14
France	12	1	7
Macau	10	0	5
UAE	9	0	3
United Kingdom	9	0	8
Canada	9	0	2
Iran	5	2	0
Italy	4	0	0
Philippines	3	1	2
India	3	0	3
Russia	2	0	2
Spain	2	0	2
Sweden	1	0	0
Belgium	1	0	1
Cambodia	1	0	1
Egypt	1	0	1
Finland	1	0	1
Nepal	1	0	1
Sri Lanka	1	0	1

Source: <https://bnews.com/index.php/2020/02/the-latest-coronavirus-cases/> (As of 21st February 2020)

In human beings, the effects of this lethal disease can have symptoms like fever, cough, fatigue, sneezing, running nose, sore throat, respiratory problems like shortness of breath, decreased kidney functions, severe stomach ache & diarrhoea etc. in the range of mild to very severe. Severity of the infection can lead towards pneumonia, kidney failure, and death (Hui et al. 2020). Air droplets are the most common mode of transmission of this disease through the cough and sneeze of the infected individuals and symptoms appear within 2 to 14 days after exposure (WHO 2020). If we go by the figures released by the national health commission of China, the day by day figures (data taken up to 21.02.2020) are rising at an alarming rate which is a grave matter of concern.

TABLE 2**PERIODICAL CONFIRMED CASES OF NOVEL CORONAVIRUS (NCOV) IN CHINA**

Date	No. of Cases Detected	Date	No. of Cases Detected
16.01.2020	45	06.02.2020	31161
17.01.2020	62	07.02.2020	34546
18.01.2020	121	08.02.2020	37198
19.01.2020	198	09.02.2020	40171
20.01.2020	291	10.02.2020	48315
21.01.2020	440	11.02.2020	55220
22.01.2020	571	12.02.2020	58761
23.01.2020	830	13.02.2020	63581
24.01.2020	1287	14.02.2020	66492
25.01.2020	1975	15.02.2020	68500
26.01.2020	2744	16.02.2020	70548
27.01.2020	4515	17.02.2020	72436
28.01.2020	5974	18.02.2020	74185
29.01.2020	7711	19.02.2020	74576
30.01.2020	9692	20.02.2020	75465
31.01.2020	11791		
01.02.2020	14380		
02.02.2020	17205		
03.02.2020	20438		
04.02.2020	24324		
05.02.2020	28018		

Source: http://www.nhc.gov.cn/yjb/pzhgli/new_list.shtml (As of 21st February 2020)

Due to its intensity and rapid global reach, the World Health Organization has declared it as a Public Health Emergency of International concern on 30th of January 2020 (WHO 2020). Responding to this declaration of global emergency & issue of travel advisories by many countries, thousands of people especially the foreign nationals have been evacuated from the affected areas and the practice is being continued till date (Yamaguchi 2020). Warlike efforts have been put up by different countries for the containment of the situation with parallel research work is going on for finding the effective antidote of the virus (Jeong-ho et al. 2020; Cheung2020; Huaxia 2020; Levine 2020). Simultaneously, the preventive measures like avoidance of close contacts with infected persons, avoidance of animal meats in any form, maintenance of high-levels of personal hygiene through use of hand sanitizers, disinfectants, regular hands wash practices, widespread use of surgical masks (N95 Category to be specific) etc. have been advised by the authorities (Pietsch 2020; Harun et al. 2020; Takahashi 2020). Coming to India, it is on a high alert state since the mid January 2020 as it is the next door neighbour to China, the place of current epidemic outburst and historically both the countries are increasingly engaged in trade and other socio-cultural activities (Sharma 2020). Till 8th of February 2020 there have been 3 confirmed cases of the novel coronavirus (nCoV) victims detected in Kerala, India whose treatments is currently going on at special isolated wards in various hospitals. As precautionary measures, the Government in association with the Indian Army has established quarantine centres in order to provide immediate medical assistance to any person with symptoms of the deadly ailment. In 2nd February 2020 the Central Government of India has suspended the e-visa facility for the Chinese travelers as well as the foreigners visiting from the neighboring countries. The travel advisory issued by the Government also speaks the same language where only emergency based travel to China is advised with sufficient precautionary measures. Similarly persons with travel history to China since 15th January 2020 are advised to go through

the screening processes in facilities established across the country to become quarantined. Similarly a massive operation has been launched by India to evacuate all its citizens residing across China on various purposes. Till 8th of February 2020, facilities for thermal screening of travelers have been set up in at least 20 numbers of international airports & sea ports in India to scan the passengers regarding novel coronavirus (nCoV). Similarly, 5 numbers of designated laboratories have been identified in India for testing the samples. The Government has set up strict vigilance measures in all border areas for containment of the virus (Sharma 2020; TET 2020; livemint 2020; TOI 2020). With this background, we can derive that at the present situation, the only way to control such dangerous and deadly ailments is to create wide-spread public awareness and knowledge regarding different aspects of the disease. In this regard, health awareness programs can come in great help which can fill the gaps existing between the required and existing knowledge bases (Althobaity et al. 2017; Bawazir et al. 2018). With this idea, we have tried to assess the awareness and knowledge levels regarding this deadly novel coronavirus (nCoV) amongst the students' mass at two renowned deemed to be universities in the capital city of Bhubaneswar in Odisha, India which can help in prevention of the disaster outbreak to a great extent.

3 OBJECTIVES

The objectives of the study were as follows.

- To assess the awareness levels regarding the novel coronavirus (nCoV).
- To map the knowledge base towards the novel coronavirus (nCoV).
- To understand the lifestyles of the students.

4 MATERIAL & METHOD

Feedbacks were obtained through a cross sectional study conducted in the university campuses with students belonging to different streams. A structured questionnaire was distributed amongst them randomly to record their feedbacks regarding the novel coronavirus (nCoV) as well as general profiling and prevailing lifestyle practices. Total of 621 responses have been recorded which can be inferred as follow.

5 INTERPRETATIONS

TABLE 3
Demographic Profiling

Parameters	Demographic Profiles	No. of Respondents	Percentage
Gender	Male	359	57.81
	Female	262	42.19
Area	Urban	455	73.27
	Rural	166	26.73
Age	15 to 17	105	16.91
	18 to 20	188	30.27
	21 to 23	147	23.67
	24 to 26	97	15.62
	More than 26 Years	84	13.53
Religion	Hindu	306	49.28
	Muslim	172	27.70
	Christian	79	12.72
	Sikhs	48	7.73
	Others	16	2.58
Stream	Medical	78	12.56
	Dental	51	8.21

	Nursing	42	6.76
	Pharmacy & Biotechnology	56	9.02
	Management	63	10.14
	Law	52	8.37
	Agriculture	55	8.86
	Engineering	97	15.62
	Hospitality & Tourism Management	40	6.44
	Architecture & Planning	31	4.99
	Fashion Technology	28	4.51
	Film and Media Sciences	24	3.86
	Others	4	0.64
Family Structure	Joint Family	452	72.79
	Nuclear	169	27.21
Monthly Household Income	Less than Rs. 30000	15	2.42
	Rs. 30001 – 40000	22	3.54
	Rs. 40001 – 50000	38	6.12
	Rs. 50001 – 60000	93	14.98
	Rs. 60001 – 70000	133	21.42
	More than Rs. 70000	320	51.53

Source: Primary Data

- Out of the total responses received for the study, 57.81 percent were males and 42.19 were females.
- 73.27 percent belonged to urban areas whereas 26.73 percent belonged to the rural places.
- The Age factor revealed, 30.27 percent students within the age group of 18 to 20 years followed by 23.67 percent in 21 to 23 years range, 16.91 percent in 15 to 17 years range, 15.62 percent within 24 to 26 years range and 13.53 in more than 26 years age category.
- On religion ground, around 49.28 percent were Hindu followed by 27.70 Muslims, 12.72 Christians, 7.73 percent Sikhs and 2.58 percent belonged to other communities.
- When asked about their stream of studies, 15.62 percent were engineering students followed by 12.56 percent in medical, 10.14 percent in management, 9.02 percent in pharmacy & bio-technology, 8.86 percent in agriculture, 8.37 percent in law, 8.21 percent in dental sciences, 6.76 percent in nursing, 6.44 percent in hospitality & tourism management, 4.99 percent in architecture, 4.51 percent in fashion technology, 3.86 percent in film & media studies, and 0.64 percent in other courses like polytechnic etc.
- When their family structure was enquired around 72.79 percent belonged to joint families whereas only 27.21 percent were residing in nucleus families.
- When asked about their MHI (Monthly Household Incomes), around 51.53 percent were in the income group of more than Rs.70,000/- PM (per month) followed by 21.42 percent in Rs. 60,001/- to Rs.70,000/- PM range, 14.98 percent in Rs. 50,001/- to Rs. 60,000/- PM range, 6.12 percent in Rs. 40,001/- to Rs. 50,000/- PM range, 3.54 percent in Rs. 30,001/- to Rs. 40000/- PM range and 2.42 percent in Less than Rs. 30,000/- PM range

TABLE 4
Awareness & Knowledge towards the novel coronavirus (nCoV)

Statements	Views / Feedbacks	Nos.	Percentage
Are you aware of the	Yes	489	78.74

recent outbreak of novel coronavirus in China? (Feedbacks taken on total respondents base of 621)	No	132	21.26
What is the severity of this outbreak? (Feedbacks taken on aware base of 489)	Low	41	8.38
	Medium	133	27.20
	High	315	64.42
Coronavirus belongs to what type of infection? (Feedbacks taken on aware base of 489)	Bacterial	169	34.56
	Viral	250	51.12
	Others	70	14.31
What is the origin of this disease? (Multiple coding possible) (Feedbacks taken on aware base of 387)	Worms & insects	56	11.45
	Fish & other amphibian species	87	17.79
	Reptiles	149	30.47
	Birds	197	40.29
	Mammals	88	18.00
	Humans	40	8.18
	Others	32	6.54
What type of disease happens due to novel coronavirus? (Feedbacks taken on aware base of 489)	Respiratory tract infection	175	35.79
	Heart related ailment	87	17.79
	Kidney disease	72	14.72
	Intestinal disease	61	12.47
	Blood related infection	41	8.38
	Brain infection	36	7.36
	Others	17	3.48
Is it a communicable disease? (Feedbacks taken on aware base of 489)	Yes	385	78.73
	No	104	21.27
If Yes what is the mode of transmission of the coronavirus? (Feedbacks taken on the base of 385)	Air	199	51.69
	Water	82	21.30
	Person to Person Contact	63	16.36
	Others	41	10.65
What are the symptoms of coronavirus infection? (Multiple Coding Possible) (Feedbacks taken on aware base of 489)	Fever	123	25.15
	Cough	293	59.92
	Shortness of breath	181	37.01
	Chest pain	161	32.92
	Running nose	247	50.51
	Fatigue & uneasiness	127	25.97
	Decreased kidney functions	88	18.00
	Severe stomach ache	97	19.84
	Diarrhea	85	17.38
Others	62	12.68	
Are you aware about the availability of treatments for the coronavirus infection? (Feedbacks taken on aware base of 489)	Yes	185	37.83
	No	304	62.17
If yes in what form? (Feedbacks taken on the base of 185)	Allopathic	81	43.78
	Homeopathy	52	28.11
	Ayurvedic	26	14.05
	Naturopathy	15	8.11
	Others	11	5.95

Source: Primary Data

The responses recoded through the questions related to the recent outbreak of novel coronavirus (nCoV) as well as lifestyle statements gave us the following information.

- 78.74 percent of the total respondents (621) were somehow aware regarding the recent outbreak of novel coronavirus (nCoV) in China whereas only 21.26 percent recorded their denial of knowledge in this regard.
- On the aware base of 489, when asked about the severity of the disease, 64.42 percent mentioned it as high risk fatality whereas 27.20 percent demarcated it as a medium risk category and around 8.38 percent mentioned it as a low risk epidemic.
- When the aware base of 489 was consulted regarding the type of this infection, 51.12 percent mentioned it as viral infection followed by 34.56 percent who mentioned it as bacterial infection and 14.31 were ignorant regarding the type of infection.
- Amongst the aware base of 489 regarding awareness regarding the origin of the ailment, 40.29 percent mentioned birds as the primary source of origin of the disease followed by 30.47 percent mentioned reptiles, 18 percent mentioned mammals, 17.79 percent mentioned about fish & other amphibian species, 11.45 percent mentioned worms & insects, 8.18 percent mentioned about human beings and 6.54 percent said any other sources.
- When the feedbacks were taken regarding the nature of the disease, around 35.79 percent of the aware base mentioned it as the respiratory tract infections, followed by 17.79 percent who mentioned it as heart related ailments, 14.72 percent viewed it as a kidney disease, 12.47 percent related it with intestinal problems, 8.38 percent mentioned it as blood related infection, 7.36 percent associated it with brain infections whereas 3.48 percent respondents were not sure about the actual types.
- Regarding the question of communicability of the outbreak, 78.73 percent gave affirmative scores whereas 21.27 percent said it is not communicable.
- Of the 385 base that recognized the disease to be communicable, 51.69 percent said it spreads through air and 21.30 percent mentioned water as the medium of transfer, 16.36 percent mentioned human-to-human touch as the medium of spread whereas 10.65 percent were not sure about the medium.
- When the symptoms of the novel coronavirus (nCoV) outbreak were recorded amongst the aware base of 489, around 59.92 percent mentioned cough followed by others such as running nose (50.51%), shortness of breath (37.01%), chest pain (32.92%), fatigue & uneasiness (25.97%), fever (25.15%), stomach pain (19.84%), decreased kidney functions (18.00%), Diarrhoea (17.38%) followed by others (12.68%).
- When the aware base were asked regarding the availability of treatments for the novel coronavirus (nCoV), only 37.83 percent mentioned about the readiness of countermeasures whereas the rest 62.17 percent mentioned that currently there is no treatment available for the outbreak.
- Amongst the 185 respondents who mentioned the availability of treatments, 43.78 percent mentioned the availability through Allopathic treatments followed by 28.11 percent mentioned homeopathy, 14.05 percent mentioned ayurvedic, 8.11 percent mentioned

naturopathy and 5.95 percent mentioned other therapies.

TABLE 5
Lifestyle Data of the respondents

Statements	Views / Feedbacks	Nos.	Percentage
Current Place of Leaving	At Home	143	23.03
	At Boarding (Mess)	165	26.57
	At Hostel	313	50.40
Diet Preference	Vegetarian	128	20.61
	Mix	493	79.39
Do you frequently eat outside your home, hostel & mess	Yes	570	91.79
	No	51	8.21
If yes what is the frequency? (Feedbacks taken on the base of 570)	Daily	272	47.72
	More than once a week	145	25.44
	At least Once a week	85	14.91
	More than once a month	41	7.19
	At least once a month	24	4.21
Do you regularly keep update yourself with recent happenings around the world	Yes	535	86.15
	No	86	13.85
What are the sources you adopt in acquiring news? (Multiple coding possible)	TV	145	27.10
	Radio	44	8.22
	Newspapers	93	17.38
	Online sites	235	43.93
	Social Media like you tube & face book etc.	389	72.71
	Others	31	5.79
Do you regularly get involve in physical activities like exercises?	Yes	351	56.52
	No	270	43.48
Do you Smoke or chew any narcotics substances or consume alcoholic products like beer, whiskey, rum, vodka, gun etc.	Yes	247	39.77
	No	374	60.23
Frequency of consumption (On the Base of 247)	Very Frequently	103	41.70
	Frequently	79	31.98
	Occasionally	49	19.84
	Rarely	11	4.45
	Very Rarely	5	2.02
Reasons for Smoking & Alcohol Consumption (Multiple Coding Possible) (On the Base of 247)	Curiosity	129	52.23
	For Show of Personality	89	36.03
	Socialization	133	53.85
	Get rid of loneliness & Boredom	101	40.89
	Inspired by friends & family members	65	26.32
	Stress relief	135	54.66
	To kill the appetite	57	23.08
	Others	60	24.29
Do you know a person's personal hygiene practices can affect his health	Yes	577	92.91
	No	44	7.09

Do you regularly follow the below mentioned practices of personal hygiene

Brushing of teeth	591	95.17
Bathing	562	90.50
Frequent washing of hands	543	87.44
Trimming of nails	580	93.40
Covering the mouth while sneezing	521	83.90
Using masks at public places	365	58.78
Caution & precautions while using the public toilets	285	45.89

Source: Primary Data

- At an overall level, when their current place of residence was asked, around 50.40 percent were residing in institute hostels, whereas 26.57 percent were residing in private boarding houses (mess) and 23.03 percent at their homes.
- When asked about their preferred diets, around 79.39 percent were found to be non-vegetarian whereas only 20.61 percent were vegetarians.
- When asked about the habits of eating outside their homes, hostels & messes at an overall level, 91.79 percent said affirmative answers whereas only 8.21 denied eating outside their regular domains.
- Of them who eat outside, 47.72 percent mentioned eating there on a daily basis followed by 25.44 percent who go out in more than once a week, 14.91 percent avails outside foods at least once a week, 7.19 percent who eat outside more than once a month, 4.21 percent who usually go out at least once a month. Only 0.53 percent mentioned they visit outside on rare occasions.
- At an overall level, when asked about the general awareness, around 86.15 percent said they regularly keep up-to-date news about the global happenings whereas only 13.85 percent deny such practices.
- When asked details about the media platforms to those who regularly keep a track of the latest happenings, a staggering figure of 72.71 percent mentioned about social networking sites like face book, you tube etc. followed by 43.93 percent who get their news through other online sources, 27.10 percent from television, 17.38 percent from printed newspapers, 8.22 percent from radio and 5.79 from other sources.
- At an overall level when we asked them about their physical activities and workouts, 56.52 percent mentioned they regularly workout whereas 43.48 denied involvement in any sort of physical exercises.
- When we tried to assess their inclination towards narcotic substances like smoking and consumption of alcohol etc., 39.77 percent said they are addicted to such types of substances whereas majority of 60.23 percent denied involvement in them.
- On the base which accepted to get involved in some sorts of narcotic substances, 41.70 percent said they consume them very frequently followed by 31.98 percent who opined to consume them frequently, 19.84 percent occasionally, 4.45 percent rarely, and 2.02 percent very rarely.
- When the same base who accepted getting involved with narcotic substances was assessed for the reasons leading to consumption, 54.66 percent said they consume them due to stress followed by other reasons like socialization

(53.85%), curiosity (52.23%), loneliness & boredom (40.89%), show of personality (36.03%), influence of friends & family members (26.32%), management of appetite (23.08%) etc.

- Regarding the personal hygiene practices, 92.91 percent realizes it's positive effects whereas only 7.09 percent denied its importance on health.
- When the regular hygiene practices are enquired, 95.17 percent opined that they regularly cleans their teeth followed by other practices like nail trimming (93.40%), bathing (90.50%), frequent washing of hands (87.44%), covering of mouth while sneezing (8.90%), use of masks at public places (58.78%) and caution taken while using public toilets (45.89%) etc.

6 DISCUSSIONS

- The study revealed many aspects regarding the awareness and knowledge regarding the epidemic of novel coronavirus (nCoV).
- Though majority of the students were aware of the novel coronavirus (nCoV) but somehow they were lacking the detailed knowledge about it.
- Somehow mixed reactions were obtained in terms of its severity, type, nature, and symptoms.
- Majority of them were having the knowledge of its communicability but they were not sure about the mediums.
- Knowledge towards the treatments was also comparatively lower side as they were not sure about the availability of various measures regarding containment of the epidemic.
- Addiction to social media and various other online platforms were found to be the primary sources for updation of recent news amongst the youth followed by other traditional means like radio, television, newspapers etc.
- Majority of them were found to prefer eating outside than their usual habitats of homes, hostels and boarding houses.
- When asked about the involvement in exercises, only around half of the respondents gave affirmative answers that also points towards their detachment levels from the benefits of the physical activities. Some of them also involved in consumption of various narcotic and alcoholic substances.
- Though they were aware regarding the benefits of personal hygiene, somehow the practices were found to be lacking amongst them.

4 CONCLUSION

During the growth years like college life, the lifestyles as well as the food habits of the students' changes abruptly due to various factors like independence, stress levels, physical, hormonal, and psychological changes in the body etc. which can severely affect their performances towards a prospective future. In addition, knowledge in various aspects like health, sports, job, crimes are also essential to remain protected and lead successful lives. Global epidemics usually happen due to ignorance about the causes of the infection, rate of spread, symptoms, proper treatments, and valuable preventive measures. In the present study, attempt has been made to assess the existing awareness and knowledge amongst the young students population so as to enlighten them about the latest novel coronavirus (nCoV) epidemic with an intention to

protect the youngsters and break the emerging deadly spread of the viral infection.

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