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Covid 19 – a virus that changed the lives of students

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Inhabitants of Earth faced a new challenge of living in a pandemic, in year 2020. The SARS-CoV-2 coronavirus was discovered in Wuhan (China) at the end of 2019. Initially, the local virus quickly reached all corners of the world, including Poland. In accordance with the Regulation of the Polish Ministry of Health, from March 24, 2020, legal restrictions were introduced under the threat of penalties or imprisonment. The scope of civic freedom has been modified, and numerous restrictions related to moving in public spaces have changed the way people function. Public spaces are essential for meeting the basic needs of citizens, they directly correlate with their life quality, interpersonal relations, and spontaneous interactions. University students who started online learning on March 12, 2020 were screened remotely using the Microsoft Forms. The first part of the questionnaire contained questions aimed at obtaining demographic information about the respondents. In the second part, the participants answered 25 questions on: quality of life (students), activity in public spaces. The research sample included 132 respondents aged 16-26. Only persons with the student status participated in the study. The research period covered the beginning of the epidemic. Thanks to the research, it was possible to determine the impact of limited access to public spaces, self-isolation, social distance during the pandemic on the quality of life of students in Poland. The results of the research show a strong correlation between the severity of measures restricting free movement in public spaces and a decrease in physical and mental health of students and a decrease in their quality of life.

Keywords: COVID-19, epidemic, health, public space

Biography:

Katarzyna Pietrzyk work as an investment specialist, dealing with line investments. She is in the middle of her PhD studies. Her Research interests are small towns, public spaces, Slow City, urban planning, spatial planning, strategic management in the commune.