

THE IMPACT OF PSYCHOLOGICAL HEALTH ON PHYSICAL HEALTH AMONG HEALTH CARE WORKERS DURING COVID-19

BY

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A thesis submitted to the Business Studies Department, Bahria
Business School, Bahria University Karachi Campus, in partial fulfillment
of the requirements for MBA Degree



Fall, 2020

BUSINESS STUDIES DEPARTMENT

BAHRIA BUSINESS SCHOOL

Bahria University Karachi Campus



MBA Thesis 2nd Half-Semester Progress Report & Thesis Approval Statement

Supervisor – Student Meeting Record

S#	Date	Place of Meeting	Topic Discussed	Signature of Student
1	19/9/2020	Online	Topic selection discussion	
2	1/10/2020	Online	Questionnaire discussion	
3	22/10/2020	Online	Literature review & Methods adoption discussion	
4	27/11/2020	Online	Data analysis discussion	
5	3/12/2020	Online	Result discussion	

APPROVAL FOR EXAMINATION

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Submission date: 12-Dec-2020 12:23AM (UTC+0500)

Submission ID: 1472377047

File name: Qurat_ul_ain_sattar_02-300191-014.docx (427.26K)

Word count: 17809

Character count: 104947

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PUBLICATIONS

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ACKNOWLEDGEMENT

First and most, I would like to thanks Almighty ALLAH for all the blessings in my life, without ALLAH it could not be accomplished. My deepest gratitude and sincere appreciation goes to my advisor Dr. Mubashir Ali Khan for his advice and constructive comments at every stage of my thesis work, he is the one who always supported me and guided me on my queries from beginnings to end and always stand by me during my thesis work, I am really thankful for him.

I am also thankful to my Parents and my supporter Naveed for understanding, encouragement, support & prayers.

ABSTRACT

PURPOSE:

The purpose of study is to evaluate "THE IMPACT OF PHYSICAL HEALTH ON PSYCHOLOGICAL HEALTH AMONG HEALTH CARE WORKERS DURING COVID-19". For independent variables we choose 6 psychological health components that are anxiety, insomnia, depression, obsessive compulsive disorder, Somatization and phobic anxiety and for dependent variable we choose physical health. We checked the effect of physical activity on psychological health among health care workers working in different hospital of Karachi.

METHODOLOGY & DESIGN:

A compilation of standardized questionnaire consisting of 37 questionnaire in total in which 8 consist of general components, 13 components of psychological health that are independent variables and 16 components of physical health that is our dependent variable. Latest version of SPSS 25 was used to first test the reliability of the scale and then ran test for hypothesis testing.

FINDINGS:

The findings of the study according to the data collected from survey is that psychological and physical health are connected with each others, psychological health has a major impact on physical health. During the COVID-19 the mental health of almost every healthcare worker affected and it also affect the physical health. Healthcare workers physical health reduces due to anxiety, depression, insomnia, Somatization, obsessive compulsive disorder and phobic anxiety.

LIMITATIONS:

Due to pandemic limited number of samples we choose and no face to face interview conducted.

RECOMMENDATIONS:

Health care organization should provide proper trainings how to deal with COVID-19 positive patients and personal protection equipment and conduct counseling sessions for mental and physical health

KEYWORDS:

Covid-19, physical health, mental health, physical activity, health care workers, anxiety, depression, insomnia, Somatization, obsessive compulsive disorder, phobic anxiety

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