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Health and Well-being of Sri Lankan Population during COVID-19 Outbreak

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Abstract

The COVID-19 pandemic has made a challenge on the health and economic stability of the people worldwide. According to the epidemiological transition theory, non-communicable diseases have become the main factor that could affect the health and well-being of the population. After experiencing the COVID-19 pandemic, it is realized that pandemics can also be a crucial factor that would be an impact on peoples' health and well-being. The pandemic effects on the health and well-being of the Sri Lankan population were due to the disruptions occurred during the period. The main objective of the study was to examine how the COVID-19 outbreak impact on health and well-being of the Sri Lankan population. Data was gathered through an online Google questionnaire from 340 respondents selected purposively. The data reveals that the mean age of the respondents is 32.29 years, and the sample consists 43.8% males and 56.2% of females. Most of the respondents are Sinhalese and 47.6% are married. Remarkably 88.2% are employed while 56.8% represent the urban sector. Among the sample, 19.7% are having non-communicable diseases such as gastritis (32.9%), cholesterol (21.9%) and diabetics (19.2%), while 22% of them had difficulties in getting their medical checkups and medicines. Especially 38.2% of the sample are unable to have their physical exercises during the COVID-19 period. More than 80% of the respondents were obeying health guidelines. As a new practice of well-being, 43.8% has moved to traditional food practices and 39.7% has started indigenous medicines to improve their immunization. Nearly 60% of respondents have engaged in gardening and planting to maintaining their physical and mental well-being. Since there would be a possibility of having more pandemics in the future, it is important to aware the people on how to sustain their health and well-being in a positive manner in order to face such a risky environment.

Keywords: *COVID-19, Epidemiological Transition, Health and well-being, Pandemic*