



53rd International Conference on **Nursing and Health Science**

Quarantine and COVID-19: The impact of limited movement on the quality of life of Jordanians

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Objectives: To investigate the impact of quality of life (QoL) and related sociodemographic characteristics for Jordanian people during the quarantine period of COVID-19.

Methods: A cross-sectional design was applied through the self-report online-based questionnaire. A convenience sampling method was used to recruit 850 participants

The World Health Organization Quality of Life – BREF (WHOQOL-BREF) Survey was used for this study. Analyses of variance (ANOVA) were used to measure the difference between score means of different variables.

Results: Among the different domains of QoL, the highest mean score was for the physical domain ($18.85/35 \pm 4.557$). Whereas the lowest mean score was for the social relationships domain ($6.47/15 \pm 2.81$). Women reported more dissatisfied with their QoL than men ($X^2, 11.82, P = 0.01$). However, married people were more dissatisfied with their QoL than singles, divorced and widowed ($X^2, 33.00, P = 0.007$), and people who were high school graduates were more dissatisfied with their QoL than other groups ($X^2, 71.73, P = 0.000$).

Conclusion: The impacts of the COVID-19 quarantine period imposed on the population suggests healthcare employers and policymakers to consider intervention programs in order to improve the QoL for Jordanians following the quarantine period. In addition, some population groups including women, those who are married, and those with poor health status reported poorer QoL compared to other groups and this needs to be considered when applying any health maintenance strategies.