

CAT 4
RESOURCE DEVELOPMENT

GROUP 4-075
Project Health at Home

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ABSTRACT

Local transmissions of coronavirus began to develop and increase rapidly in Singapore in February and March 2020. By late April, COVID-19 clusters were detected at multiple foreign worker dormitories, which soon contributed to a high number of cases. In response to this, the Singapore government had enforced the "COVID-19 Control Order", a stringent set of preventive measures collectively called the "circuit breaker". The circuit breaker period was extended to 1 June 2020, following continued untraced local transmissions. Hence, as a large proportion of people in Singapore are forced to study at home and work from home, we want to create a resource package that can help them get through this difficult period of time more easily, increase their productivity levels and improve their mental health.

1) INTRODUCTION

1.1 RATIONALE

Recent reports by The Straits Times, according to an article published on May 14, 2020, showed a spike in family violence occurrences and a surge in mental health issues since the circuit breaker kicked in. A police statement on 14 May showed a 22% increase in family violence-related offences from 7 April to 6 May as compared to before the circuit breaker period, and an online survey of 1,000 people in Singapore conducted by market research company Ipsos from 24 April to 4 May indicated that one in four respondents were not in good mental health. During the circuit breaker period, calls to the SOS (Samaritans of Singapore) hotline also rose from 3,826 in March to 4,319 in April and 4,265 in May. The April and May figures are about 30 to 35 per cent higher than a year ago, showing that this issue needs to be addressed as soon as possible in order to help protect the mental wellbeing of Singaporeans that have been heavily and negatively impacted by the circuit breaker.

1.2 OBJECTIVES

Hence, we aim to come up with a resource package that educates people who have to be at home or in isolation due to Quarantine Order (QO) / Stay Home Notice (SHN) / home-based learning (HBL) and work from home (WFH) on how to remain productive and at the same time, take care of their mental health.

1.3 TARGET AUDIENCE

Our resource package appeals to people who find themselves spending more time at home during the pandemic, or people who are struggling with mental health issues due to prolonged periods of time being disconnected from others.

1.4 OUR RESOURCE PACKAGE

2) REVIEW

2.1 EXISTING RESOURCES

We were unable to find similar resources with the same goal and level of convenience. Moreover, the resources that we came across in our research did not house many, if any, useful tips and resources in one convenient portal or platform. An example of this is HealthHubSG, a government website that only provides basic tips for improving mental health, such as getting enough sleep or having a healthy diet. It does not go into details about how one can have a healthy diet, or what kind of exercises one can do, leaving people without the proper knowledge on how to achieve those goals.

3) METHODOLOGY

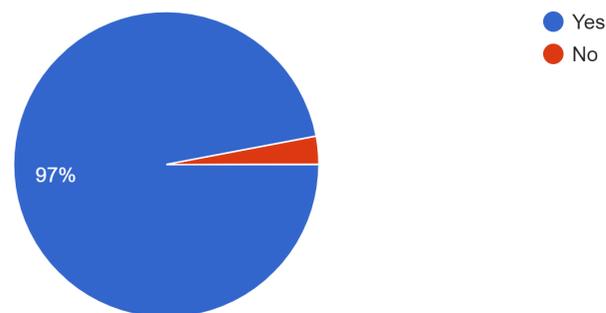
3.1 NEEDS ANALYSIS

We conducted an online survey at the start of the year to better understand how people were feeling due to being at home for prolonged periods of time. The survey was administered to people who had to work or study at home, and also people who had to be quarantined for 2 weeks or more. There were a total of 67 respondents.

3.2 SURVEY RESULTS

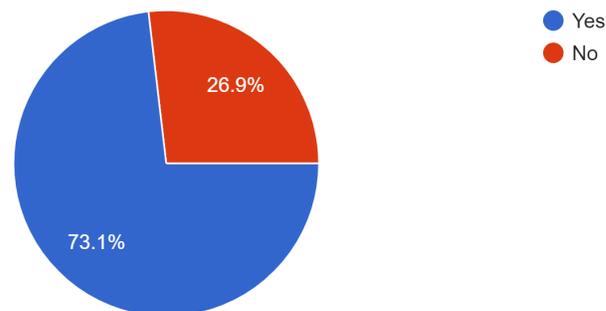
Do you find yourself spending more time at home as compared to before the pandemic?

67 responses



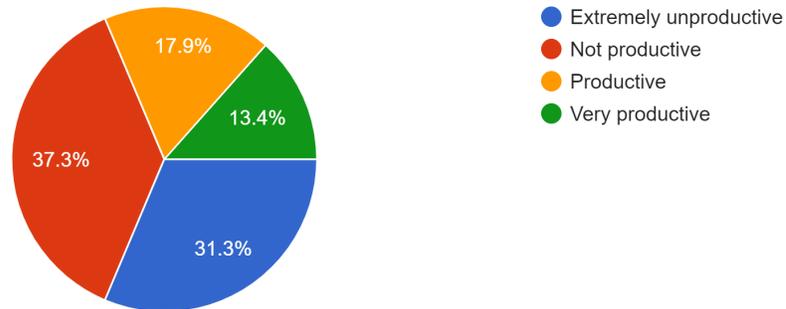
Are you more stressed, bored and unproductive at home during the pandemic?

67 responses



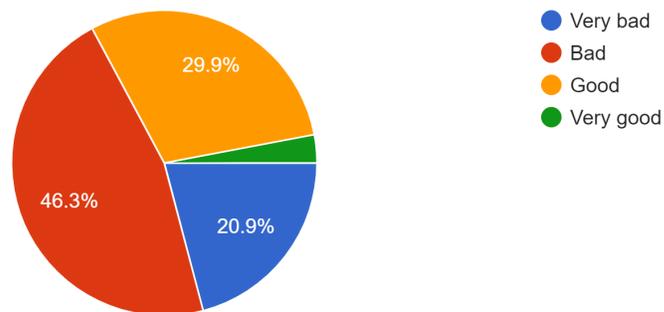
How productive are you at home on scale of 1 to 4?(with 4 being super productive)

67 responses



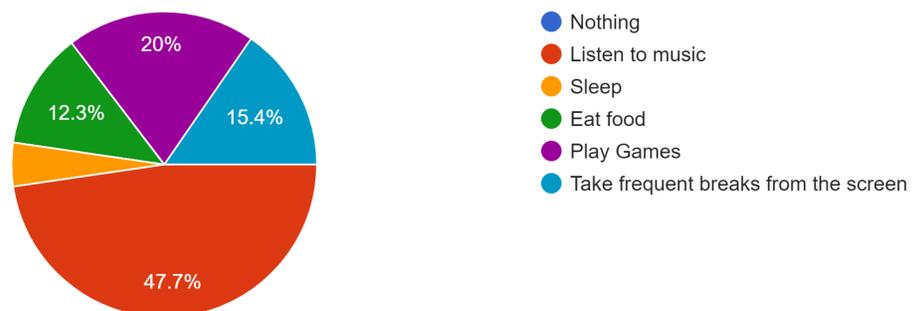
How is your mental-wellbeing when spending prolonged periods of time at home on scale from 1 to 4 (with 4 being really good)

67 responses



What do you do to improve your mental wellbeing at home?

65 responses

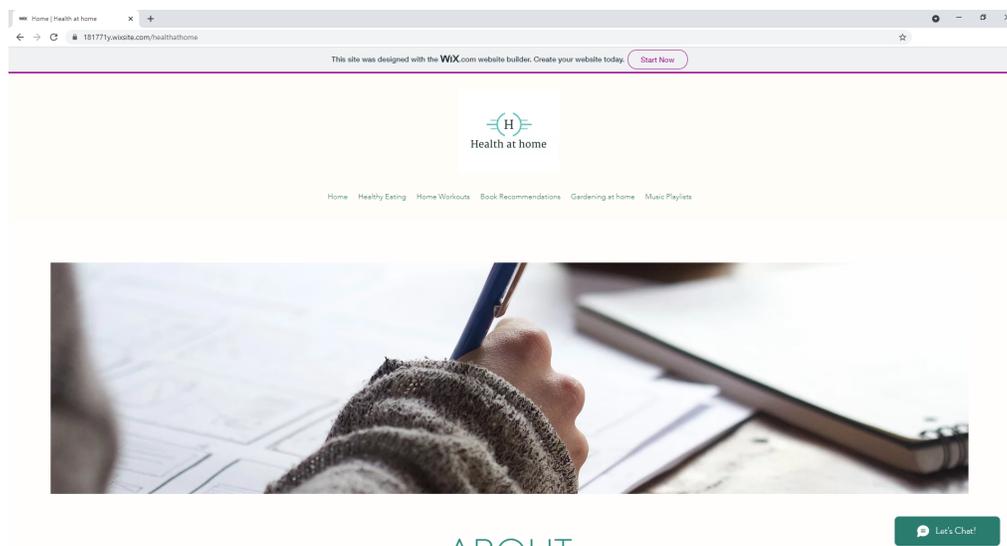


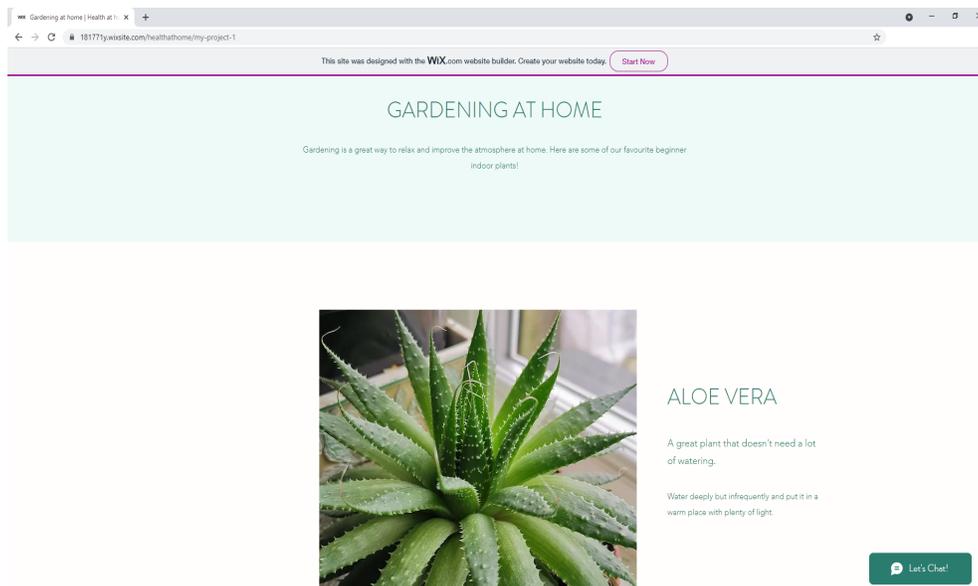
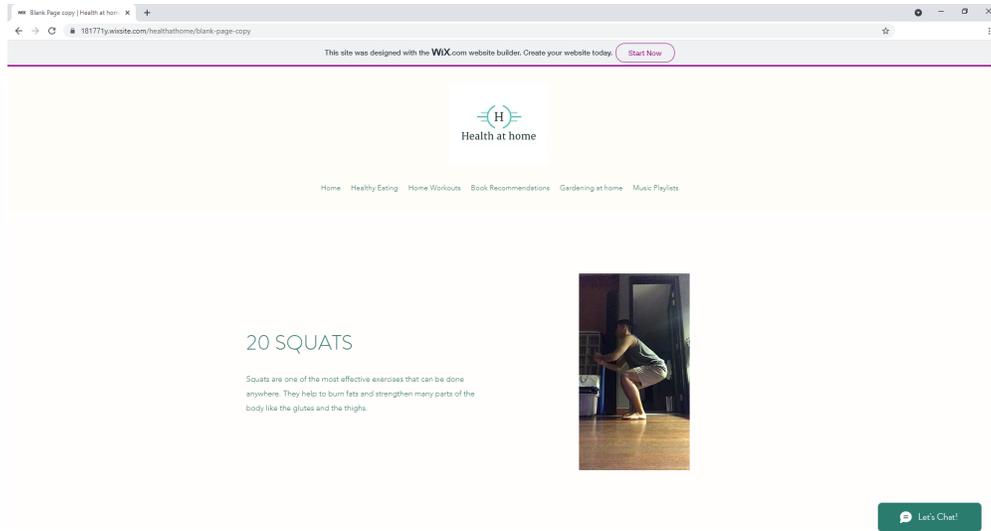
From the survey results, a large majority of respondents felt frustrated and stressed after being at home for an extended period of time. They were also more unproductive and generally bored, and their mental well-being is worse than before the pandemic struck. This shows that our resource package will be useful to help everyone cope with their emotions and mental struggles as they find themselves spending more time at home. At the same time, it will also be beneficial in terms of equipping them with new knowledge and skills.

3.3 DEVELOPMENT OF RESOURCE PACKAGE

Our resource package helps improve mental wellbeing by providing users with activities to take part in while they are staying at home. These suggested activities aim to boost their morale while they work or study at home. Our website has also provided the necessary links to resources such as workout videos, cooking recipes and music playlists, so as to improve the users' experience by making it much more convenient and accessible with a single click. We have compiled all these various resources into a single one-stop portal that is easily accessible.

Here are some pictures of the sections of our website:





4) OUTCOME AND DISCUSSION

Our resource package helps users to be more engaged at home and productive, thus making them feel accomplished. It also encourages users to look after their mental wellbeing and find ways to destress after a long working or studying session. Over 73% of our respondents felt that they were more stressed, bored and unproductive compared to before the pandemic had begun. Furthermore, more than 67% of them felt either bad or very bad about their mental wellbeing when they were spending an increased amount of time stuck at home. Hence, we are confident that our resource package will be able

to help many people who are being quarantined or isolated from the rest of the community.

By combining the different resources into one website, it will not be a hassle for users to find what they need. This saves them both time and effort that would have been wasted as they struggle to find and compile various resources. Ultimately, users will have a better experience being at home for prolonged periods of time during this pandemic, be it mentally or physically.

4.1 LIMITATION

As much as we want to reduce screen time during this pandemic, we can only develop online resources as it is not feasible to have any physical resources or physical interactions due to the safe management measures (SMM) currently in place. Hence, in order to mitigate the effect of this limitation, we have suggested activities that not only can be done individually but are also highly beneficial (in the future) to the users' families, for example reading and cooking.

4.2 IMPROVEMENTS AND FUTURE PLANS

We hope to pass this project on to our juniors as it is evident that the COVID-19 pandemic will not be going away any time soon. In order to make the website more engaging and able to cater to different needs, more suggested activities can be included. Also, more in-depth information and tips can also be provided for the current activities already in the website. Moreover, the resources in our website can be further classified for specific age groups, preferences and lifestyles.

5) CONCLUSION

In conclusion, we hope that our resource package will be able to help anyone who is staying at home during the COVID-19 pandemic to have a better experience and improve their overall mental wellbeing. We have collaborated well as a group as we learnt to work better together under a tight time frame, all whilst being unable to hold

physical meetings with our mentor due to the strict SMM measures in place. We believe that our website is simple, versatile, useful and accessible for everyone, and that it is beneficial to many people, thus achieving our objectives.

Link to resource package: <https://181771y.wixsite.com/healthathome>

--END OF REPORT--

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