

RESEARCH

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*ous stressors such as irregular or less supply of usual sup
plies contributed for anxious and unsafe feeling to the*

eld have successfully used similar sample sizes, providing a precedent for our approach, Saturation can be reached in studies involving a relatively uniform study population and narrow objectives, typically within a limited number of interviews of 9–17 interviews [20]

knowledge of disease and its nature, some participants believed this is a disease that has a huge relationship with “Karma” (good or bad things that a person does according to Buddhism).

“ ough it is said that COVID-19 can be spread by an infected person due to wrong habits, I think it is a disease related to Karma. If I do good things, I will not get it. Look, I did not get it because I looked after my brother who got it.” (P6).

One participant stated that,

“It is a punishment of the god for a man who follow wrong behaviors and once punishment or karma is

"I am about to complete my degree this year and plan to join as a trainee in a well-reputed company next month. But due to this condition, the university has been closed since last month without reopen-

Theme 6: time to cherish

ough, there are a lot of negative aspects that resulted due to movement restriction and lockdown, almost all the participants highlighted a positive side of the lockdown.

One participant explained.

“During this lockdown, I understood that I have worked as a robot and I have missed my-self. However, I was lucky enough to enjoy my life with my small children and family members. Family interactions during this time was optimal. I found inner happiness and peace.” (P5).

One participant verbalize it in this way.

“We have number of friends and relatives. However, due to this lockdown, I understood who the most important people in my life are. Furthermore, I understood that I had spent my time without proper concern on time. Moreover, we can find happiness without using the social media or television.” (P12).

During this period, Sri Lankan government encouraged people to grow vegetables and fruits in their own spaces.

Therefore, people started to grow even in small lands by using alternatives such as indoor plants.

“The first time I got to know that it is much interesting and joyful to have our own cultivations of fruits

people in slums suffered more without essentials, such as food and drugs.

Participants of the present study and another Sri Lankan quantitative study highlighted the necessity of an emergency preparedness plan to deal with sudden outbreaks of an infectious situation [10]. Early in the pandemic, Sri Lankans didn't have adequate knowledge or experience to handle such situations like other countries, and COVID-19 was a colossal disaster that occurred in this century [10]. Further, it requires a plethora of new public health measures to mitigate covid-19 negative impacts and consequences. Therefore, it is a necessity to have a well-prepared public awareness programme along with other health measurements. The participants in this study suggested involving religious scholars in these awareness programmes to enhance adherence. Sri Lanka is a highly religious country, and people are more

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