

Whether lockdown can change family adaptability and cohesion: An overview among Kerala population

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ABSTRACT

The purpose of this study was to investigate the influence of different socio demographic variables (age, gender, family type, occupation status and marital status) on family adaptability, cohesion, communication and satisfaction during the period of COVID 19. Each family is different from one another hence it is difficult to find out whether the lockdown due to COVID 19 actually strengthens or weakens the relationships. The descriptive research design was adopted for the study. Sample comprised of 145 people within the age group between 19-80 years from different districts in Kerala. The samples were collected by purposive sampling method. The data collection instruments are Personal data schedule and Family adaptability and cohesion evaluation scale (FACE-IV). There is significant difference in family adaptability and cohesion, family communication and family satisfaction based on age; old aged people show more family adaptability, cohesion, communication and satisfaction. Family adaptability, cohesion and family satisfaction is more found in males during this lockdown period; where as there is no significant difference in family communication based on gender. Family adaptability and cohesion is greater in joint families comparing to nuclear families and no statistically significant relation between family communication and satisfaction based on family type. There is no significant difference between family adaptability and cohesion and family communication based on occupation status, where as family satisfaction is greater for employed. Family adaptability, cohesion and family satisfaction is more found in married people and there is no significant difference in family communication based on marital status. The findings can help families in the planning of a beneficial communication-interaction pattern among the members. In addition, the findings may also provide some information that will show some strategies that people can use to improve their relationship.

Keywords: Covid-19, Family Adaptability and Cohesion, Family Communication, Family Satisfaction, Lockdown

Currently, the people all over the globe are experiencing thoughts, emotions and situations that we have never undergone before. The novel corona virus disease that emerged at the end of 2019 shaken the world and began threatening to the lives of millions of people. This virus

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is highly contagious and can cause severe respiratory disease. So, the Government missionaries became alert and took immediate steps to prevent the outbreak of virus. Government responded by declaring a public health emergency of national concern. The lives of people have been significantly altered.

The severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) is a newly found virus identified in patients with pneumonia at China in December 2019. This virus mainly causes respiratory and digestive tract problems, with symptoms ranging from mild fever to severe pneumonia. The origin of corona virus disease 2019 (COVID-19) is mainly found in patients with SARS-CoV-2 infection. Infected persons may not show symptoms immediately. The source of infection is mainly through aerosols from the respiratory tract and also by direct contact. The infection mostly affects aged people with underlying other diseases. Children and infants are also at risk.

The first corona case in India was reported on 30 January 2020, originating from China. As of 25 April 2020, the health department of India revealed that there were a total of 23,452 cases, 4,814 recoveries and 723 deaths in the country. In India, the infection rate of COVID-19 is reported to be 1.7, which is significantly less than the worst affected countries in the world. The first case of Corona virus has been reported from Kerala where a student studying in China, confirmed with the deadly virus. According to government reports, there have been 450 confirmed cases, 331 recoveries and 3 deaths in the state on 24 April 2020.

The government of India announced a 14-hour voluntary public curfew on 22 March 2020. Further, on 24 March, the prime minister declared a nationwide lockdown for 21 days. On 14 April, the prime minister extended the lockdown till 3 May. This lockdown and social distancing can be psychologically distressing for many people. The social distancing and lockdown also led to many changes in day-to-day activities, such as extensive working from home, redistribution of home chores, financial stress, interpersonal strain and greater time spent with those living together. Reactions to lockdown can range from boredom and moodiness to anger, irritation, and frustration.

COVID 19 significantly affected individuals, families and countries. Authorities have to deal with consequences of the infection as well as measures taken to reduce the infection like home quarantines, social distancing and lockdowns. Social isolation, the closure of schools and workplaces are challenges that affect people's lives and this causes increased stress, anxiety, and loneliness at this time. Individuals face issues related to finances, health, and security concerns and these can affect their mental hygiene and their relationships. Lockdown has become a challenge to those who are in abusive relationships because they are confined to small spaces with the perpetrators and won't get timely helps. There are reports from international institutions that violence against women and children has been increased in the COVID 19 times.

The 21-day nationwide lockdown has led to changes in the family life of each individual because they started working from home and the time people spent with the inmates has been increased. But in India there is a rise in cases of domestic abuse and the divorce rates increased internationally. There began changes in the family relationships. Since lockdown is a change in the usual pattern of a persons living, there will be attempts to cope or adapt to the situation. Family adaptability is defined as the capacity of a family system to make changes in its power structure, relationship rules, and role relationship according to situational and developmental stress, (Olson, McCubbin, et al., 1983).

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Families with highest adaptability should be most able to change. There are four levels of family adaptability: rigid, structured, flexible, and chaotic (very high) of which there are two central levels: structured and flexible are the balanced levels of family adaptability and the other two extreme levels: rigid and chaotic, are the unbalanced levels of family adaptability. Family cohesion has been defined as the emotional bonding that family members show towards each other. As the emotional bonding with members increases the family support also increases. Similar to family adaptability, there are four levels of family cohesion: disengaged, separated, connected, and enmeshed with the two central levels: separated and connected, are considered to be the balanced levels of family cohesion and the two extreme levels: disengaged and enmeshed, are considered to be the unbalanced levels of family cohesion.

Cohesion and adaptability among families depends on many factors including family leisure activities, communication with one another, and family satisfaction. Family communication refers to the way in which verbal and non-verbal information's are transferred between family members (Epstein, Bishop, Ryan, Miller, & Keitner, 1993). Communication is an important factor in family because it helps members to express their needs, wants, and concerns to each other. Degree of satisfaction that the family members receive from the overall activities and communication with the family is called family satisfaction. There may be differences in family adaptability, family communication and family satisfaction based on age, gender, family type, occupation status, marital status etc.

Each family is different and therefore, we cannot say that whether the corona virus lockdown actually lead to strengthening or worsening of relationships. Family is the fundamental unit of society and each individual perceive family in different ways. For some people, families have an important role in mental health while for some others it is source of deeply abusive relationships. Thus, this lockdown becomes dangerous for such individuals. On the other hand, while it is a change to stay at home and get rid of their busy schedules. For a working person it is very hard to be surrounded by people all the time. But the comfort and safety that one's house and parents provide is primary to none.

NEED AND SIGNIFICANCE OF STUDY

This study intends to examine family adaptability and cohesion among the families during lockdown based on some socio demographic variables such as age, gender, family type, occupation status, and marital status. Family is a mixture of many common social and ethical disciplines, which is interrelated with society. Due to this lockdown families have to face many challenges in the regular routine. In the present scenario certain families experiences greater financial stress, changes in the family routine and leisure, poor social interaction, and adverse effects on their physical and mental health comparing to their normal life. This study gains its importance because modification of the people's family will in turn help family as well as each individual to live in a positive environment during this period.

It is noteworthy that individuals' attitude towards family influence that family's health and this in turn influences society's health. Accordingly, this study examines the factors that can affect one's attitude towards his or her family such as cohesion, flexibility and communication. Based on family system theory and Circumplex model, these components are perceived as the major factors for the improvement of family health. Hence, the study may help families in planning a better communication pattern among the members. In

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addition, the findings may also provide information about some strategies that people can use to improve their relationship.

The present study concentrates on the debated issue. The study is expected to provide some applicable knowledge for families how to handle present situation and how to use the time creatively for better mingling in families. Furthermore, this study has made an attempt to identify how different socio demographic variables are related to family adaptability and cohesion. Moreover, by understanding each individual experiences, better suggestions can be given to certain aspects of their families and this will contribute to that individuals' satisfaction. The study may result in presenting a way to improve the people's wellbeing during this lockdown. In other words, by investigating the interaction processes of the mentioned variables, it will be possible to understand individuals' state which helps to improve their level of satisfaction and, consequently, to enhance family functions during this lockdown period.

METHOD

Objectives

- To examine the influence of different socio demographic variables (age, gender, family type, occupation status and marital status) on family adaptability and cohesion during the period of COVID 19
- To find out the influence of different socio demographic variables (age, gender, family type, occupation status and marital status) on family communication during the period of COVID 19
- To understand the influence of different socio demographic variables (age, gender, family type, occupation status and marital status) on family satisfaction during the period of COVID 19

Hypotheses

- There is no significant difference in family adaptability and cohesion based on age
- There is no significant difference in family communication based on age
- There is no significant difference in family satisfaction based on age
- There is no significant difference in family adaptability and cohesion based on gender
- There is no significant difference in family communication based on gender
- There is no significant difference in family satisfaction based on gender
- There is no significant difference in family adaptability and cohesion based on family type
- There is no significant difference in family communication based on family type
- There is no significant difference in family satisfaction based on family type
- There is no significant difference in family adaptability and cohesion based on occupation status
- There is no significant difference in family communication based on occupation status
- There is no significant difference in family satisfaction based on occupation status
- There is no significant difference in family adaptability and cohesion based on marital status
- There is no significant difference in family communication based on marital status
- There is no significant difference in family satisfaction based on marital status

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Sample

A Sample is finest part of population whose properties are studied to gain information about the whole. Sample is the subset of population selected to participate in the research study. The present study was comprised of 145 people within the age group between 19-80 years from different districts in Kerala. In the present study, purposive sampling method was used for selecting samples from various districts in Kerala. The questionnaires were distributed to samples by way of Google form. The selected sample contains men and women from all communities. Inclusion Criteria for selecting the samples were they must have age above 19, residing with family during lockdown, people belonging to different age groups, married and unmarried samples are selected, sample from nuclear and joint families are selected and happy to participate in study. Exclusion Criteria were age won't be above 80, medical professionals and non cooperative samples were excluded.

Instruments

Family adaptability and cohesion evaluation scale (FACE-IV)

Olson et. Al, (2008, 2010) developed a new questionnaire FACE –IV, which includes six scales two scales are balanced and four scales unbalanced, to check both cohesion and flexibility (42 items), a family communication scale (10 item) and family satisfaction scale (10 items). The items are in a 5 item Likert format. Responses range from strongly disagree-1, generally disagree-2, undecided-3, generally agree-4, strongly agree-5. For satisfaction responses ranges from very dissatisfied-1, generally satisfied-2, somewhat dissatisfied-3, very satisfied-4, extremely satisfied-5. Cronbach's alpha was used to asses' reliability for Cohesion, flexibility, disengagement, enmeshment, rigidity, chaos, communication, satisfaction the scores are 0.78, 0.72, 0.69, 0.70, 0.73, 0.75, 0.90, 0.91 respectively.

RESULT

This section describes the major objectives of the study. The socio demographic variables have an important role in the psychological development of an individual. The influence of socio demographic variables like age, gender, family type, occupation status and marital status on family adaptability, family cohesion, family communication and family satisfaction are analyzed in this section.

Table 1: ANOVA results of family adaptability and cohesion between groups based on their age (young, middle and old aged)

Variable	Young aged (71)		Middle aged (33)		Old aged (36)		F value	Significance level
	Mean	SD	Mean	SD	Mean	SD		
Family adaptability and cohesion	134.76	21.52	146.69	21.55	151.72	18.82	9.010*	.000

* Significant at 0.05 level

Table 1 indicates the ANOVA results of family adaptability and cohesion based on age among the sample. The F value for family adaptability and cohesion according to age is 9.01, this indicates that there is significant difference in family adaptability and cohesion with respect to age (young, middle, old). Therefore the hypothesis that 'there is no significant difference in family adaptability and cohesion based on age' is rejected.

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Table 2: ANOVA results of family communication between groups based on their age (young, middle and old aged)

Variable	Young aged (71)		Middle aged (33)		Old aged (36)		F value	Significance level
	Mean	SD	Mean	SD	Mean	SD		
Family communication	37.16	7.93	32.54	9.003	38.30	6.81	5.26*	.006

* Significant at 0.05 level

It is understood from table 2 that the F value for family communication according to age is 5.26. This shows that there is significant difference in family communication with respect to age (young, middle, old). So the hypothesis that ‘there is no significant difference in family communication based on age’ is rejected.

Table 3: ANOVA results of family satisfaction between groups based on their age (young, middle and old aged)

Variable	Young aged (71)		Middle aged (33)		Old aged (36)		F value	Significance level
	Mean	SD	Mean	SD	Mean	SD		
Family satisfaction	34.98	8.55	36.00	8.82	40.66	8.35	5.38*	.006

* Significant at 0.05 level

Table 3 indicates the ANOVA results of family satisfaction based on age among the sample. The F value for family satisfaction according to age is 5.38, this indicates that there is significant difference in family satisfaction with respect to age (young, middle, old). Therefore the hypothesis that ‘there is no significant difference in family satisfaction based on age’ is rejected.

Table 4: Mean, SD and t-scores of family adaptability and cohesion based on gender

Variables	Male (70)		Female (70)		t value
	Mean	SD	Mean	SD	
family adaptability and cohesion	146.94	20.92	136.92	22.14	2.75**

* Significant at 0.01 level

Table 4 shows mean, SD and t-scores of family adaptability and cohesion based on gender. The mean score of males for family adaptability and cohesion is 146.94. The mean score of women for family adaptability and cohesion is 136.92. The t-value for family adaptability and cohesion based on gender is 2.75. The t-value show significant difference between men and women in family adaptability and cohesion. Therefore, the hypothesis that ‘there is no significant difference between family adaptability and cohesion based on gender’ is rejected.

Table 5: Mean, SD and t-scores of family communication based on gender

Variables	Male (70)		Female (70)		t value
	Mean	SD	Mean	SD	
family communication	35.68	9.11	37.05	7.11	.992

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The mean score of males for family communication is 35.68. The mean score of women for family communication is 35.05. The t-value for family communication based on gender is .992. The t- value doesn't show significant difference between men and women in family communication. Therefore, the hypothesis that 'there is no significant difference between family communication based on gender' is accepted.

Table 6: Mean, SD and t-scores of family satisfaction based on gender

Variables	Male (70)		Female (70)		t value
	Mean	SD	Mean	SD	
family satisfaction	43.02	4.77	30.34	7.26	12.20**

* *Significant at 0.01 level*

Table 6 shows mean, Standard Deviations and corresponding t-scores of family satisfaction among males and females. The mean score of family satisfaction of men (43.02) is greater than mean score of women (30.34); and significant at 0.01 level. Therefore, the hypothesis that 'there is no significant difference between family satisfaction based on gender' is rejected.

Table 7: Mean, SD and t-scores of family adaptability and cohesion based on family type

Variables	Joint family (63)		Nuclear family (77)		t value
	Mean	SD	Mean	SD	
Family adaptability and cohesion	152.58	22.18	133.22	17.78	5.73**

* *Significant at 0.01 level*

Table 7 shows mean, SD and t-scores of family adaptability and cohesion based on family type. The mean score of joint family for family adaptability and cohesion is 152.58. The mean score of nuclear family for family adaptability and cohesion is 133.22. The t-value for family adaptability and cohesion based on family type is 5.73. The t- value show significant difference between joint and nuclear families in family adaptability and cohesion. Therefore, the hypothesis that 'there is no significant difference between family adaptability and cohesion based on family type' is rejected.

Table 8: Mean, SD and t-scores of family communication based on family type

Variables	Joint family (63)		Nuclear family (77)		t value
	Mean	SD	Mean	SD	
family communication	35.34	9.011	37.20	7.381	1.34

Table 8 shows means, Standard Deviations and corresponding t-scores of family communication based on family type. The mean score of family communication of joint family is 35.34 and nuclear family is 37.20. Even though the mean score of nuclear family is greater, it is not statistically significant. There is no significant difference between joint and nuclear families in family communication. Therefore, the hypothesis that 'there is no significant difference between family communication based on family type' is accepted.

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Table 9: Mean, SD and t-scores of family satisfaction based on family type

Variables	Joint family (63)		Nuclear family (77)		t value
	Mean	SD	Mean	SD	
family satisfaction	37.41	9.761	36.09	8.013	.880

Table 9 shows means, Standard Deviations and corresponding t-scores of family satisfaction based on family type. The mean score of family satisfaction of joint family is 37.41 and nuclear family is 36.09. The t- value between the groups is .880. There is no significant difference between joint and nuclear families in family satisfaction. Therefore, the hypothesis that ‘there is no significant difference between family satisfaction based on family type’ is accepted.

Table 10: Mean, SD and t-scores of family adaptability and cohesion based on occupation status

Variables	Employed (44)		Unemployed (96)		t value
	Mean	SD	Mean	SD	
family adaptability and cohesion	145.09	17.99	140.48	23.61	1.14

Table 10 shows mean, SD and t-scores of family adaptability and cohesion based on occupation status. The mean score of employed for family adaptability and cohesion 145.09. The mean score of unemployed for family adaptability and cohesion is 140.48. The t-value for family adaptability and cohesion based on occupation status is 1.14. The t- value doesn’t show significant difference between employed and unemployed in family adaptability and cohesion. Therefore, the hypothesis that ‘there is no significant difference between family adaptability and cohesion based on occupation status is accepted.

Table 11: Mean, SD and t-scores of family communication based on occupation status

Variables	Employed (44)		Unemployed (96)		t value
	Mean	SD	Mean	SD	
family communication	37.36	8.283	35.91	8.13	.97

Table 11 shows mean, SD and t-scores of family communication based on occupation status. The mean score of employed for family communication is 37.36. The mean score of unemployed for family communication is 35.91. The t-value for family communication based on occupation status is .97. The t- value doesn’t show significant difference between employed and unemployed in family communication. Therefore, the hypothesis that ‘there is no significant difference between family communication based on occupation status is accepted.

Table 12: Mean, SD and t-scores of family satisfaction based on occupation status

Variables	Employed (44)		Unemployed (96)		t value
	Mean	SD	Mean	SD	
family satisfaction	40.18	7.54	35.08	8.95	3.27**

*** Significant at 0.01 level**

Table 12 shows mean, SD and t-scores of family satisfaction based on occupation status. The mean score of employed for family satisfaction is 40.18. The mean score of unemployed for

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family satisfaction is 35.08. The t-value for family satisfaction based on occupation status is 3.27. The t-value shows significant difference between employed and unemployed in family satisfaction. Therefore, the hypothesis that ‘there is no significant difference between family satisfaction based on occupation status is rejected.

Table 13: Mean, SD and t-scores of family adaptability and cohesion based on marital status

Variables	Married (74)		Unmarried (66)		t value
	Mean	SD	Mean	SD	
family adaptability and cohesion	149.58	20.27	133.36	20.88	4.65**

* *Significant at 0.01 level*

Table 13 shows mean, SD and t-scores of family adaptability and cohesion based on marital status. The mean score of married for family adaptability and cohesion is 149.58. The mean score of unmarried for family adaptability and cohesion is 133.36. The t-value for family adaptability and cohesion based on marital status is 4.65. The t-value shows significant difference between married and unmarried samples in family adaptability and cohesion. Therefore, the hypothesis that ‘there is no significant difference between family adaptability and cohesion based on marital status’ is rejected.

Table 14: Mean, SD and t-scores of family communication based on marital status

Variables	Married (74)		Unmarried (66)		t value
	Mean	SD	Mean	SD	
family communication	35.17	8.763	37.71	7.29	1.84

Table 14 shows mean, SD and t-scores of family communication based on marital status. The mean score of married for family communication is 35.17. The mean score of unmarried for family communication is 37.71. The t-value for family communication based on marital status is 1.84. The t-value doesn't show significant difference between married and unmarried in family communication. Therefore, the hypothesis that ‘there is no significant difference between family communication based on marital status is accepted.

Table 15: Mean, SD and t-scores of family satisfaction based on marital status

Variables	Married (74)		Unmarried (66)		t value
	Mean	SD	Mean	SD	
family satisfaction	38.16	9.01	35.03	8.38	2.12*

* *Significant at 0.05 level*

Table 15 shows mean, SD and t-scores of family satisfaction based on marital status. The mean score of married for family satisfaction is 38.16. The mean score of unmarried for family satisfaction is 35.03. The t-value for family satisfaction based on marital status is 2.12. The t-value shows significant difference between married and unmarried samples in family satisfaction. Therefore, the hypothesis that ‘there is no significant difference between family satisfaction based on marital status is rejected.

DISCUSSION

During lockdown period the time spent with those living together is increased and there began changes in the family life of each individual, such as the degree to which family members are adaptive and attached to their family. An earlier study by Noller and Callan (1986) among young people and their parents about perception of family cohesion and adaptability, and found that young aged showed high levels of family cohesion; they desire changes to power and roles in the family system, but still want a relatively cohesive and supportive family environment. Hess and Waring (1978) research on changing patterns of aging and family bonds in later life suggests that a transition from relationships maintained by aged parents and their adult offspring. This leads to lack of family satisfaction among aged. To some certain extent this lockdown period has helped the old aged to share more time with their children and grand children who otherwise do not had much time due to their hectic schedule. On the contrary young generation find it difficult to spend their time in and around their homes as they are not experienced it before. This leads to increased family adaptability and cohesion, family communication, and family satisfaction among old aged. The result also indicates that the youth has decreased family adaptability, cohesion and satisfaction during lockdown.

The results indicate that Family adaptability, cohesion and family satisfaction is more found in males during this lockdown period, which means females has decreased family adaptability, cohesion and satisfaction during lockdown. Consistent with results there are reports that rates of increased violence against women and children in the COVID-19 times. Women are traditionally more involved in family life, while men are the breadwinners of the family, which mean that the family is an important factor to women's happiness level and men usually focus on their jobs. Allen, Herst, Bruck, and Sutton (2000) have argued that conflict between work-family has very bad effects on an individual's work life, home life, and general well-being and health. So during lockdown a change occurred in the usual patterns of men's living like to stay at home and not to travel for their job, so they are able to quickly adapt to the situation. In a study by Mahee Gilbert ouimet, Chantal Brisson and Michel Vezina (2019) found that high family responsibilities did not increase women's psychological distress levels. However, being exposed to either job stress or imbalance in effort reward led to a higher prevalence of psychological distress. Being simultaneous exposed to these psychosocial stressors and high family responsibilities also increased the psychological distress levels. Also a study by Jackson, Dunham, and Kidwell (1990) and found that gender proved to be a major variable, with females perceiving more cohesion in their families. During lockdown the responsibilities of women in family life has increased. This made it difficult for females to adapt to the situation and decreased family satisfaction.

It can be understood from the results that family adaptability and cohesion is greater in joint families comparing to nuclear families. Family is an important unit of individuals seeking experiences together during free times. In a joint family, members equally shares expenses, works and other things with each other so there is no work burden felt by any single person. All children get equal amount of love, guidance, care and education by the grandparents so that they never miss anything in their life. In a study by Xinran Lehto (2011) provides empirical evidences for the proposition that vacation activities are valuable contributors to family cohesion. So in joint family system family members never are alone, everything is shared and hence there is more cohesion. The results doesn't show a significant difference between joint and nuclear families in family communication and satisfaction because during

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this lockdown nuclear families also get chance to spent time with each other and to take care of their children which has been put aside due to their busy schedule.

From the results we can understand that employed people has high family satisfaction during lockdown than unemployed. Job stress interacts with the quality of worker's home and family life and affects life satisfaction. Work-family conflict occurs when a person's domains of work and family clashes over one another and cause problems for the individual (Kahn, Wolfe, Quinn, Snoek, & Rosenthal, 1964). Work-family conflict goes in both ways, from home to work and from work to home (Netemeyer, Boles, & McMurrin, 1996). At home, work strain causes family relations to become harmed. In the end, the individual experience increased stress because of this job strain and conflict in family. An employed person got an opportunity to relax during this lockdown time. Hence the family satisfaction of employed increased. Whereas there is no statistically significant relationship between family adaptability, cohesion and communication among employed and unemployed.

Results indicate that a family adaptability, cohesion and family satisfaction is more found in married people. There is no significant difference in family communication based on marital status. Relationship quality is very important for family satisfaction than the mere existence of relationships. Earlier study of Lucas and Clark (2006) found no support for the idea that happiness increases after marriage. Instead, participants who got married reported short-term increases followed by complete adaptation back to baseline levels of well-being. Results confirm that individuals do not get a lasting boost in life satisfaction following marriage. Also in a study by Addai, Agyeman and Amanfu (2016) the major finding is that marriage has a negative association with subjective well-being among Ghanaians. The results confirm that marriage undermines happiness and life satisfaction. Consistent with findings a study by Gove, Hughes and style (1983) suggests that family now functions to provide personal private satisfactions that make a person's life meaningful and rewarding for those who live in families. Marriage provide these reward in terms of mental wellbeing, life satisfaction etc. A study conducted by Campbell and Snow (1992) revealed that men who have lower levels of marital satisfaction have lower levels of family cohesion.

IMPLICATION

The study helped to expand knowledge about family life during COVID 19 lockdown period. The findings of the study may help families in planning new interaction strategies among members. Also, the findings may provide information that will show some strategies that people can use to improve their relationship. The study help to identify that there are differences among people in different aspects of life.

CONCLUSION AND LIMITATION

In the current scenario, COVID 19 turns to be a major stressor in people all over the globe. To prevent the spread of virus lockdown has been initiated. Lockdown has led to families rediscovering pleasure in spending time with each other. Family members began to spend more time with each other than usual this can lead to unhealthy conflicts if not handled well. The study was conducted to understand the changes in family adaptability and cohesion, family communication and family satisfaction based on age, gender, family type, occupation status and marital status of people residing in Kerala. There is no significant relationship in family adaptability and cohesion based on occupation status, where as old aged people, males, joint families, and married people has more family adaptability and cohesion during this lockdown. There is no significant relationship in family communication based on gender,

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family type, occupation status and marital status, but in this lockdown more family communication is found in old aged people. There is no significant relationship in family satisfaction based on family type, on the other hand more family satisfied people are old aged, males, employed and married people. The study has some limitations; this study is restricted to only Kerala population, study included only 19 to 80 years old people, the study makes use of only one main variable and the other two are its subcategories, more variables could have been added for a better understanding of the sample and the sample size was only 145. This investigation was an attempt to make the society aware of the status of family life during COVID 19 lockdown. The project is submitted hoping that it will create new studies in this field.

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Conflict of Interest

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