

COVID-19 And Human Life – A Study with Reference to Different Aspects of Life

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ABSTRACT

The Covid-19 pandemic presents the greatest public health and economic crisis of our times which has made its impact on all the economies of the world. India being the second most populous country in the world, many experts opined that how India deals with the pandemic will have a its own impact on the world. In fact the country was locked down on 25th of March, despite the challenges India has gained the initial success. The major concern is health issues both physically and psychologically against ever deteriorating socio-economic conditions of the country. This unparalleled catastrophe may cause changes in the lifestyles and may lead to various disorders. COVID -19 has rapidly transformed the human life negatively and positively from now and many more days to come. In view of this, the present study has made an attempt to study how the people have adopted themselves to this unexpected calamity and what are the psychological and physical concerns exhibited by people. Study also attempted to explore its impact on the different segments of the society. It was found that the pandemic has definitely affected the people but there are mixed set of responses the study has generated.

Keywords: COVID-19, Lifestyle, Lockdown, Stress, Adaption, Habits

As the nation and the world is witnessing the disaster of COVID – 19 outbreak. The impossible things have happened on the mother earth, many borders across the globe have closed and nations went for lockdown and citizens opted for social distancing for their and everyone's safety. The first case of the COVID-19 pandemic in India was reported on 30 January 2020. India being the second largest country in the world, experts say that it's all depends on the way how India manages this pandemic will have a larger impact on the world. The only option left for WHO was lock down. Since then, the nation has gone through difficult phases. The citizens have undergone severe stress and there is sudden change of the life and lifestyle right from the way we eat, we do carryout the daily activities and even sleeping habits. The outbreak demanded the sudden change and modifications in the way we live on this mother earth now or may hence forth permanently. In order to study how people have adopted themselves to this unexpected and unexperienced

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Received: January 13, 2021; Revision Received: March 21, 2021; Accepted: March 31, 2021

situation, what kind of modifications that they have made to their life and what is the overall impact of this pandemic on different aspects of the society, Impact of lockdown on the student life, Psychological aspects of the lockdown, Issues related with work from home are studied in this paper. The people who live in Davanagere district are considered for the purpose of the study.

LITERATURE REVIEW

Novel COVID-19 posed the crises for the entire world of our times. What was unexpected that happened and many borders have closed and countries went on lock down and people are isolated. This pandemic will provide the opportunities for the disaster management companies to make the business and earn profits and at the same time it has impacted some industries severely (Steve Matthew man, 2020). It has changed and radically transformed several aspects of the life. Digitalisation and accelerated implementation of earlier trends have witnessed the significant aspect of this transformation. The “new normal” has become the order of the day in fields like work, education, healthcare, entertainment and leisure, and online commerce. (Stuart J. Barnes, 2020). The positive side of the pandemic is that it brought many aspects of human relations closer, for example many employees have learnt to conduct meetings virtually for the first time, and many parents lead their children for home schooling concept. It brought closeness physically and psychologically. The old age citizens felt the heat of digital and kept them away from online communications, shopping and opportunities to improve the mental health. But the children from the poor communities have been kept out of the school education.

The country was under lock down for almost four months and the major struggle is now between the health benefits and harmful social and economic effects of the prolonged lockdown which is literally the balance between life and livelihood. This calamity caused psychiatric disorders and changes in the life style of the people. It is also time to try new things (A. Mukherjee1, G. Bandopadhyay and S. S. Chatterjee, 2020). The pandemic will definitely lead to changes in the life style, hygiene and health consciousness, work from home, online teaching, digital shopping, changing internet habits and societal changes (Subhro Basu, Arijeet Karmakar et.al.,). The closure of the educational institutions across the nations has produced the problems of its own. During this critical period the teachers have been asked to continue the teaching through online platforms (Abidaaih, Hidaayaatullah, 2020). This online mode of teaching has posed discrimination among the poor and marginalised students. It also posed its own challenges to hearing impaired students (Manzoor, 2020). Hence the study is intended to explore the lifestyle and other changes that people have adopted during this period in district of Davanagere in Karnataka state.

Research questions

In view of the present situation the world is in to, the researcher tries to identify and understand what is happening. Hence the present study made an attempt to answer the questions like; what are the psychological barriers and stress the citizens are undergoing? How the youth is specially the graduate students are perceiving and working community? In order to answer these questions following objectives are formulated.

Objectives of the study

The study aims to investigate how the COVID -19 has made the life to change for many of us it was unexpected and unimaginable and moreover many of us thinking that it will not come to India. The objectives like; To know the psychological imbalance it had caused on

the different age segments, to explore perception of the student community on present situation and also to the working community were formulated for the purpose of the study.

METHODOLOGY

The study is descriptive in nature where it is trying to describe the phenomenon with the help of the variables. The population of the research was all the citizens of Davanagere district. The structured questionnaire was designed and the same is administered for the respective category of the respondents. Since it was lockdown the online mode of data collection were used. The platforms like google form and survey monkey are used to collect the data. Respondents above 18 years and below 50 years are considered for the data collection and respondents who have not shown the interest in answering and above 50 years of age are excluded from the survey. The researcher has taken care to reach the target population of the study by more than one method of sampling. The population is divided based on the age and occupation by using stratified sampling and the exact respondent is reached and data was collected by judgemental sampling. The data was collected by sending the link to the selected contacts. The responses which were not correctly filled and improperly ticked are eliminated from the sample in order to ensure the relevance and correctness of the study.

RESULTS AND DISCUSSIONS

The collected data was analysed in the following paragraphs which is categorised in to descriptive and statistical analysis. Each topic is considered for the discussion in the following paragraphs.

Perception of graduating students

A sample of 150 graduate students have been considered for the survey ranging from the age group of 18 years to 25 years. The sample consists of 56% of PG students and 44% UG students. Majority of them have expressed that the online classes is a new experience for them. 75% of the colleges have started the online classes for their students. 37 % of the students feel that spending one hour in online class is effective and 33% respondents are happy with the 2hours of online classes and 22% prefer 4hours of online classes per day. Around 70% of the students prefer the online classes to be held in the morning and only 11% of the students prefer the afternoon sessions. 77 % of the students faced the connectivity problems during the classes and 28% of the students expressed their difficulty in understanding the solution to the problems. 80% of the students are finding it difficult to understand practical and problematic subjects, while 20% faces the difficulty in understanding even the theoretical subjects and 9% of them facing explanation problem.

More than 50% of the students spend their major part of their day on either watching TV or on social media (16%), only 18% of the students spend their major time on academic related activities like attending the classes, doing online certification courses and updating their knowledge. It is been observed that youths are more inclined towards passing the time rather than utilizing the lockdown period for their career development. There is mixed set of responses regarding their experience of online classes compared to on campus classes, the ratio is 60:40 towards satisfied and not satisfied. Overall, it is evident that students are finding it slightly difficult to adjust to the new mode of learning.

The researcher made an attempt to find out how many hours on an average spend their time in chatting with their friends. All of them involve at least one hour in chatting with their friends but it goes up to maximum of four hours (27%) and around 29% of the students

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spend at least two hours per day on chatting with the friends. Research made an attempt to know the activities during this lockdown period and the study reveals that 18% of the students involved in playing indoors games and equal percentage of students are engaging themselves in doing some creative activity work. Its good move that we find around 43% of the students are involved in helping their parents. 40% of them are involved in watching TV. The most preferred activity during this period is cooking and least preferred is art. We can observe that it's very less percentage of students who have registered for online courses or any other modes of learning. The findings of the study were in tune with (Upadhyay et al. 2020), reveals that closing down the schools have brought underprivileged children being deprived of their midday meals but the government has made alternate arrangements to address the issue. Postponement of the exams of UG and PG students made students to feel insecure about their future.

Hypothesis: The perception about the online classes may vary from undergraduate to post graduate students because of their maturity levels and the acceptability of the change. The study attempted to investigate the fact that is there exists a significant difference between the perception about the online classes.

Ho: There is no significant difference between the perceptions about the online classes among undergraduate and post graduate students.

To test this hypothesis independent sample t-test was conducted and the results of the study is depicted in the following table.

| | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
|-----------------------------|---|------|------------------------------|-------|-----------------|-----------|------------|---|--------|
| | F | Sig. | T | Df | Sig. (2-tailed) | Mean Diff | Std. Error | 95% Confidence Interval of the Difference | |
| | | | | | | | | Lower | Upper |
| Role model | | | | | | | | | |
| Equal Variances not assumed | 7.268 | .007 | 1.298 | 76 | .181 | .09624 | .07339 | -.05016 | .23668 |
| Equal Variances assumed | | | 1.282 | 56.94 | .199 | .09624 | .07554 | -.05509 | .24281 |

The results shows that at 95% confidence level the calculated critical value is 0.181, which is more than “p” value that is 0.05. This tells that there is no significant difference among both the graduating students about their perceptions about the online classes. The perception may be about the learning difficulties, number of hours of the classes, the explanation of the faculty members and the timings of the classes etc, there is no significant differences.

Work from home: As we know that majority of the organizations have put their employees on work from home. For many employees that this is the longest duration of work from home and for some it is the first-time experience. Hence the effort is being made to understand their feelings and difficulties faced by them. Total sample of 100 is taken and out of which we were able to receive 93 responses. The results of the survey revealed that, 63% of the employees have spent their break time with their family and rest used the time to do

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some creative activity. 42% of the employees are very happy that they have time now to spend with their families. 62% of the people are self-motivated and can work without the supervision and rest of them need some supervision. Similar percentage of the respondents are very much comfortable while working from home. 37 % of the employees are facing salary related issues during this period.

Psychological aspects: As we know that the lockdown made everybody to restrict to their homes and that had an effect on the physical and mental health of the people. (Errenet, ai., 2020) and social isolation may cause a depression, loneliness and anxiety (Zhou, 2020). As the lockdown was a sudden and to all the today's generation it is the first time that they are undergoing process. 87% of them feels the difference in their lifestyle where as 5% of them are not finding the difference. In this lockdown 44% of people are feeling Sad, 30 % people are happy about the lockdown and 26% people are feeling stressed. Lockdown is to avoid spreading of COVID-19, by maintaining social distance and to take the precautionary measures. In order to follow this 67% people are staying in home only, 27% of them sometimes go outside when it is necessary and only 6% are irresponsible and freely roaming whenever they want. 55% of the respondents are missing their friends and happy time spent with them, 25% of the respondents are happy in carrying out their work at home and 17% of the respondents are feeling stressed due to missing favorite outside food. To cope up with the stress 27% of the spending time with their family, and 6% stay connected with people through social media and watching TV, and most of that is 67 % people are carrying out all the three activities to cope up with stress. Along with the above said activities 46% prefer keeping themselves busy in some sort of works, 32% prefer to do yoga and 22% prefer exercises. About 63% of people are not finding themselves excessively checking for symptoms, in them or self or others, 15% are finding themselves excessively checking for symptoms and 22% are in confusion. Also, the lockdown has resulted in to depressive symptomatology in both the working class and the students. The symptomatology has increased from 1.97% to 14.77% in office going executives and 1.07 % to 30.88 % in the students. (Majumdar, Ankita & Subhashis Sahu)

More than 60% of the elderly people had a stress related problem in coping with pandemic. The social media updates about the corona virus is causing 26% of people to feel worried and depressed 53% of people are worried, 21% are not feeling any worry and depression. Their exposure to tv and other channels about the increasing numbers of the cases and deaths across the globe, compounded by the speculation made by the various medias of communication increased their anxiety and worry. The findings of the study were supported by (Chatterjee et al. 2020) says that mental health problems are related to increase in stress aggression, anger sleep disturbance and other psychological problems. Even if the normal cough and fever made them to fear about virus infection and death. The study also says that 44% of the people feel that it's very boring and 17 % feel that they will become lazy, where as 39 % of them are involved themselves in learning new things.

Family issues: Children are finding it more difficult to cope as they were denied of their friends and school and the social life. It was very much talked about the family bindings during the lockdown and many have expressed that lockdown will help to bring the family members closer and creates the strong bonding. The attempt is made to know this aspect and it revealed an interesting finding that around 54% of the people felt that there is no difference in the relationships it is the as before and 46 % feels that it helped to improve the bonding's and relationships. The families where the parents are supportive and having a financial stability, we can notice less stress and children are happy. People with Attention

Deficit Hyperactivity Disorder (ADHD) and Autism are noticed with having problem with online support by teachers. Abuse and dysfunctional family dynamics are the challenges in some families (Raj Kumar et al., 2020).

CONCLUSION

In a nutshell the pandemic has created a panic among the citizens and we should learn to live with the present situation till the vaccine for pandemic is found out. The present study has made an effort to consider the various aspects of citizen's life during COVID-19 pandemic. All the segments of the society are facing it difficult but it's true that we have to live with this at least for the near future. The major segment which got affected is the daily wage labours and the students from SSLC to postgraduate students. Majority of the students worried about their examinations. Many students are finding it difficult to cope with the problematic subjects in online mode of learning and may need to find out the ways to overcome this. The present situation made them to become bit lazy in their approach and at the same time it has given a scope for more creative work. The working segment has a mixed reaction of adjusting with work from home. Half of the working community feels that the lockdown made no difference to their emotional bindings with the family members, whereas others expressed the change in their relationships. It was also evident that significant percentage of them are undergoing stress and involved in different activities from yoga, spending time with the family, watching TV, involved in social media. The worrying part is that majority of the students are spending much of their time either in social media or chat with the friends.

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Acknowledgement

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Alalageri P.S. & Tribhuvananda Swamy H V (2021). COVID-19 And Human Life – A Study with Reference to Different Aspects of Life. *International Journal of Indian Psychology*, 9(1), 1361-1367. DIP:18.01.141/20210901, DOI:10.25215/0901.141