

## Impact of Covid-19 Pandemic on Lives of Adults During Lockdown in Andhra Pradesh

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### ABSTRACT

The corona virus pandemic has changed life as we know it. People across the world have been asked to stay in their homes to prevent the spread of the virus. There is great uncertainty around what the future looks like and for many, this can lead to stress, anxiety and feelings of loneliness. Keeping this in view, an attempt was made in this study to examine the impact of Covid-19 pandemic on lives of adults with age group of 60-80 years. The data was collected through the Google form and the link was shared to e-mails and what's app group. Google form consists of two parts-Part. A deal with different areas and Part. B deals with the health problems. The data was received from the 145 subjects. Results reveal that majority of the subjects are affected during Covid-19 pandemic. The obtained results were analyzed and discussed in the light of psychological implications.

**Keywords:** Covid-19 Pandemic, Lockdown, Andhra Pradesh

In January 2020 the World Health Organization (WHO) declared the outbreak of a new Carona virus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world? In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic? Older adults, especially in isolation and those with cognitive decline/dementia may become more anxious, angry, stressed, agitated and withdrawn during the outbreak or while in quarantine. Provide practical and emotional support through informal networks (families) and health Professionals (WHO, 2020).

The corona virus pandemic has changed life as we know it. People across the world have been asked to stay in their homes to prevent the spread of the virus. There is great uncertainty around what the future looks like and for many, this can lead to stress, anxiety and feelings of loneliness. These feelings may be exacerbated for older adults, who may be at higher risk for infection, especially those with severe underlying medical conditions like heart or lung disease. The good news is different strategies that include self-care and technology has been shown to be effective in improving mental health and wellbeing and

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may be of use in times of crisis (Haldrup et al., 2020; Huang, 2020). The COVID-19 pandemic has negative psychological effects on Spanish people. Those who suffer the most are women, young people, and those who consider themselves to be in the risk-population group (Rodriguez et al., 2020)

Indeed COVID-19 has impacted the mental health of the entire community in one or another manner. This has created an unprecedented mental health challenge in the face of limited specialist resources. This also means that we need to think beyond conventional strategies (Janardhan Reddy, & Jaisoorya, 2020). The corona virus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make individual free from stress. The use of digital technologies can bridge social distance, even while physical distancing measures are in place (Merchant & Lurie, 2020). International studies clearly indicated that the mental health of people is affected due to pandemic Covid-19 and mental health problems like stress, anxiety and depression are in rise indicating the mental health of older people. Serafini et al., (2020) review reveals that existing evidence suggest that the poor or inadequate information from public health authorities may be a significant stressor because it provides inappropriate guidelines concerning call for actions or leads to confusion about the purpose of quarantine or the importance of measures needed to interrupt the pandemic spread.

Indian studies show that COVID-19 is too big a problem for a health professional or a parent to solve on their own. A recent survey by the Indian Psychiatry Society (IPS) found that the number of mental illness cases had increased by 20% since the lockdown, and that at least one in five Indians were affected. The IPS warned that the loss of livelihood and increasing levels of economic hardship, isolation, as well as the rise in domestic abuse amid the pandemic could trigger a new mental health crisis in India and "may substantially increase the risk of suicide." (IPS, 2020) Since children and adolescents are at home with their parents, the following points are for parents (Preeti et al., 2020).

Rehabilitation is an ongoing process which requires periodic supervision and monitoring of progress. Psychiatric rehabilitation is a gradual process of helping persons with psychiatric disability (PwPD) function optimally and achieve desired life goals. Rehabilitation helps PwPD in activity scheduling, gainful engagement, socialization, skills training, boost of self-confidence, symptom stabilization and achieving desired life goals (Thanapal & Angothu, 2020). The transgender community is one segment of India's vast informal sector whose livelihood is entirely dependent on daily wages and gig jobs, including begging, street entertainment, and paid sex. Since a majority of transgender people are daily-earners, social distancing, the only way to get rid of the claws of the virus, has struck them. Consequently, lost livelihood opportunities during COVID-19 lockdown leave them vulnerable to unemployment and tragedy (Priyadarshini & Chandra swain, 2020). Varshney et al., (2020) survey is one of the first mental health related data from India, during the initial phase of COVID-19 pandemic and indicated that a significant proportion of them have had a psychological impact during the crisis. The factors that predicted higher impact were younger age, being female and having a known physical comorbidity. There is a need for considering mental health issues by the policy makers; while planning interventions to fight the pandemic.

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In India, the first and foremost responses to the pandemic have been fear and a sense of clear and imminent danger. Health is the major concern of the people across the globe from the last five months. Personal health refers to a person's beliefs and actions regarding their health and well-being. Personal health is very important because personal benefits include having better health and self-esteem. We can prevent illness by being clean and feel better about ourselves when we are taking care of our bodies. Good personal hygiene benefits you socially because it improves the perception that others have of you. Good mental health is not just the absence of mental health problems. Depression, anxiety, psychological distress, sexual violence, violence and escalating rates of substance use have an effect on ladies than men across totally countries and different settings. Pressures created by their multiple roles, gender discrimination and associated factors of poorness, hunger, deficiency disease, overwork, violence, and sexual abuse; mix to account for women's poor mental state. Fears have ranged from those based on facts to unfounded fears based on information/misinformation circulating in the media, particularly social media. *The above scenario clearly indicates that no systematic studies carried out on the selected topic and found lacunae in the research related psychological issues and covid-19 pandemic. Keeping the above in view, the present investigation is planned with the following objectives:*

- To study the impact of Covid-19 pandemic on different areas of life of the subjects.
- To examine Health problems reported by the subjects during Covid-19 pandemic.
- To identify the most affected areas by the subjects during Covid-19 pandemic by the subjects.
- To assess the positive aspects observed by the subjects during Covid-19 Pandemic lockdown.

### METHODOLOGY

#### Sample of the study

Table I: Socio-Demographic details of the sample (Total N=145)

Sl. No	SUB-GROUPS	N	PERCENTAGE
1.	AGE (in yrs.)		
	20-30	56	38.60
	30-40	28	19.30
	40-50	47	32.40
	50-60	14	9.70
2.	GENDER		
	Male	77	53.10
	Female	68	46.90
3.	EDUCATION		
	Under graduate	35	24.15
	Post-graduate	67	46.20
	Doctorate	43	29.65

The sample distribution is presented in Table .1. The total sample consists of 145 subjects of which 38.60 percent are from the age group of 20-30 years. 19.3 percent are from 30-40 years and 32.40 are from the age group of 40-50 years and 9.7 percent belongs to 50-60 yrs. The simple random sampling was used to collect the data. The sample includes 53.10 percent male and 46.90 percent female subjects. All the subjects are educated as follows: 24.15% undergraduate, 46.20 Post graduate and 29.65 with Doctoral degrees.

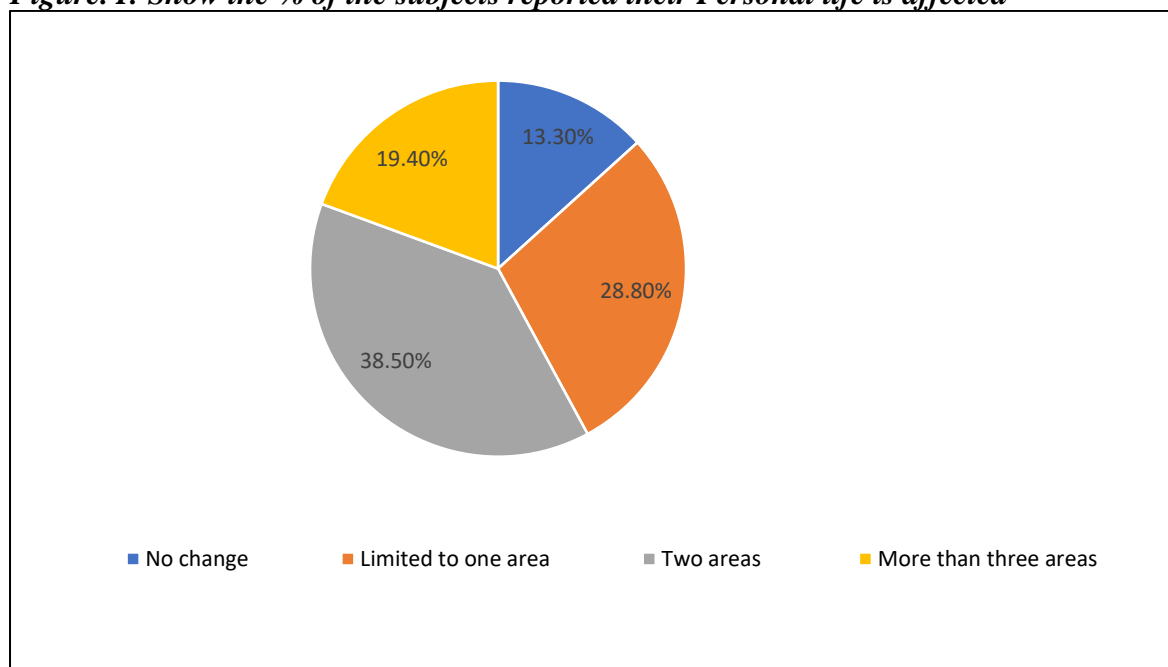
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**Tools and Testing:** The data was collected by using Google form with the structured interview schedule. The form consists of information related to personal data with two Parts. Part –A deals with 6 statements related to impact of Covid-19 on different areas of life like Personal (Daily & work life), Health care needs, Family, Financial and Social areas and 1 open statement which says any positive aspects experienced during Lockdown. Part-B includes 8 statements which include primary physical and psychological distress. The Google form was prepared and sent to different groups through e-mail and what's app. The researcher requested the subjects for their willingness to participate in the study. The subjects are given 15 days' time to respond (From 10-5-2020 to 25-5-2020). Total 145 subjects submitted their form and the obtained data were analyzed.

### RESULTS AND DISCUSSION

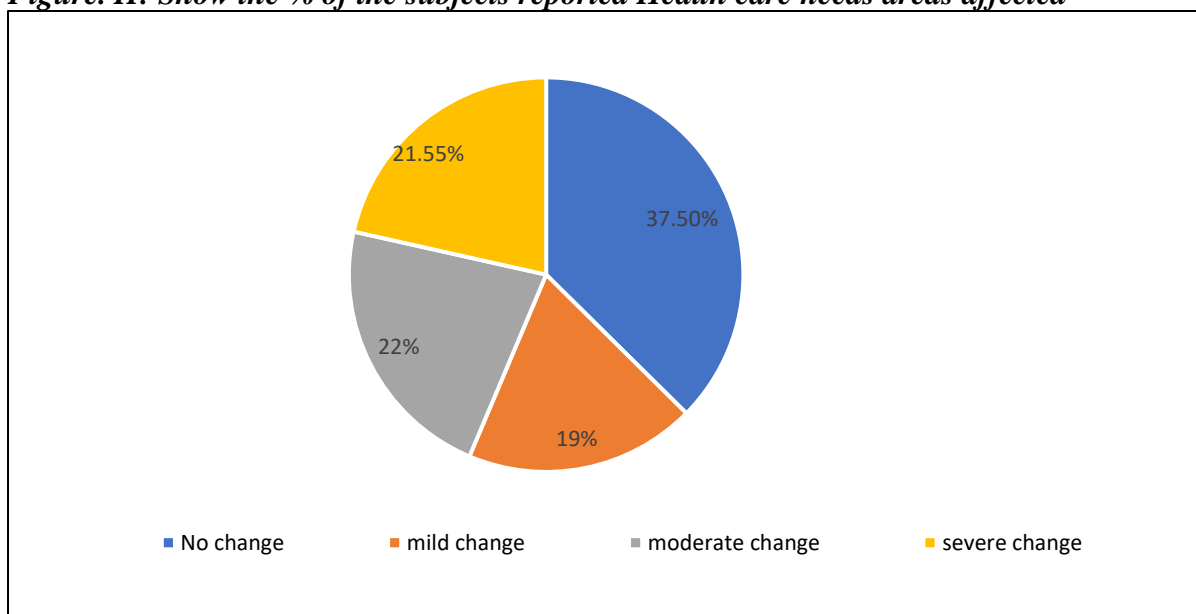
The obtained data from the subjects were analyzed and the data was analyzed as follows: Firstly, different areas affected by Covid-19 pandemic. The level of impact on different areas of life was given to the subjects. From the data of Figure. I, it is clear that in the personal life which includes work life area which shows that 13.3 percent reported no change 28.8 percent reported impact of Covid-19 pandemic on one area a 38.5 percent reported two areas are affected and 19.6 reported more than three areas are affected. From the above data it is clear that approximately 87 percent experienced impact on their personal life.

**Figure. I: Show the % of the subjects reported their Personal life is affected**



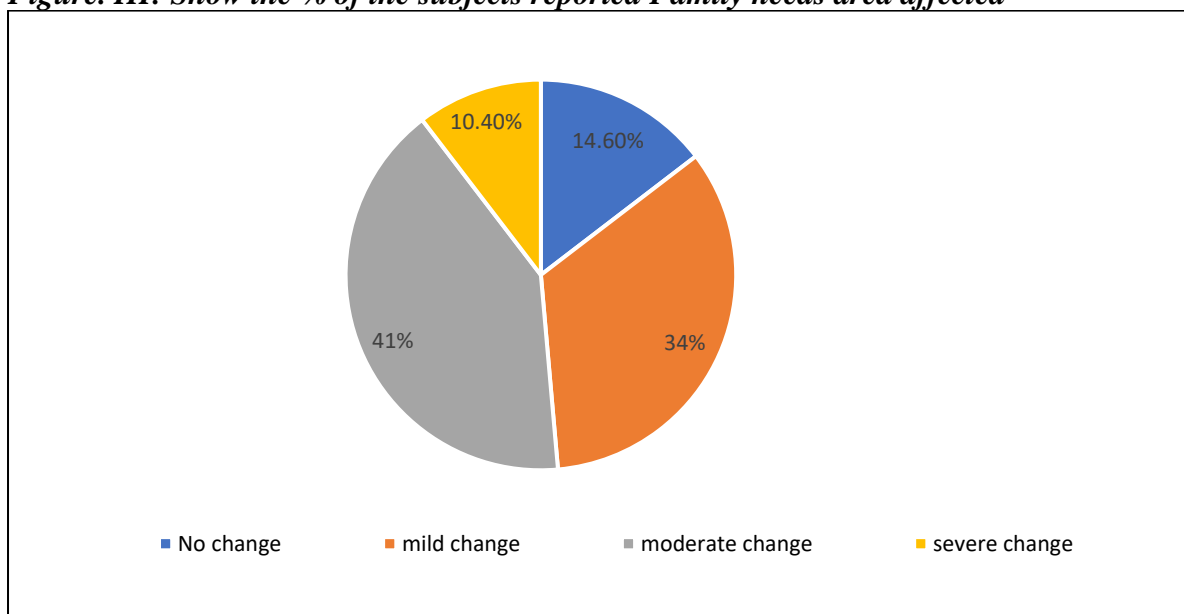
From the Figure II shows the data related to health needs area, it shows 37.50 reported no change on health, 19 percent reported mild change which shows that able to meet all the health needs on priority basis, 22 percent reported moderate change and responses indicate that they managed with tele-medicine and by using Government helplines where as 21.05 % percent reported severe change, which shows that they cancelled and postponed their health checkups. The above data clearly shows that nearly 63 percent experienced health care needs which includes, dietary needs are affected.

**Figure. II: Show the % of the subjects reported Health care needs areas affected**



From the Figure III shows the data related to family needs area, it shows only 14.60 reported no change on family needs, 20 percent reported mild change indicates that they are able to meet all the needs on priority, 43 percent reported moderate change indicate they managed family with minimum available funds where as 12% percent reported severe change shows unable to manage basic also. The above data clearly shows that nearly 86 percent experienced family needs are affected.

**Figure. III: Show the % of the subjects reported Family needs area affected**



From the Figure IV shows the data related to financial needs area, it shows only 25% reported no change on financial needs, 20 percent reported mild change means basic requirements are managed, 43 percent reported moderate change shows they postponed money transactions and managed with savings where as 12% percent reported severe change indicates payment of emergencies also affected. The above data clearly shows that nearly 86 percent experienced financial needs are affected.

**Figure. IV: Show the % of the subjects reported Financial Needs affected**

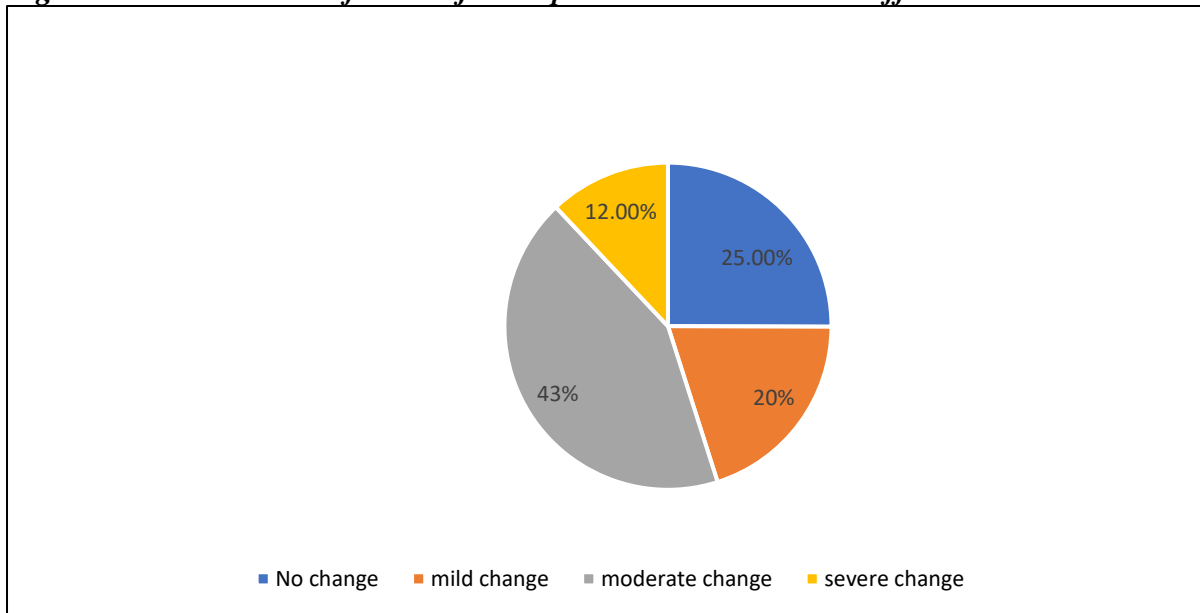


Figure V indicates percentage of the subjects reported their social life is affected. From the Figure V, it is evident that 37.50 reported no change in their social life. 40 percent reported mild change in their life and they managed with social distance 18 percent reported moderate change in their social life and stated that they depended on social media (Chat & Video) and nearly 5% reported severe change shows that their primary social contact are affected which includes elder care and child care issues and attending deaths in their social life. The above data clearly indicate that nearly 63 % reported their social life is affected.

**Figure V: Show the % of the subjects of Social area is affected**

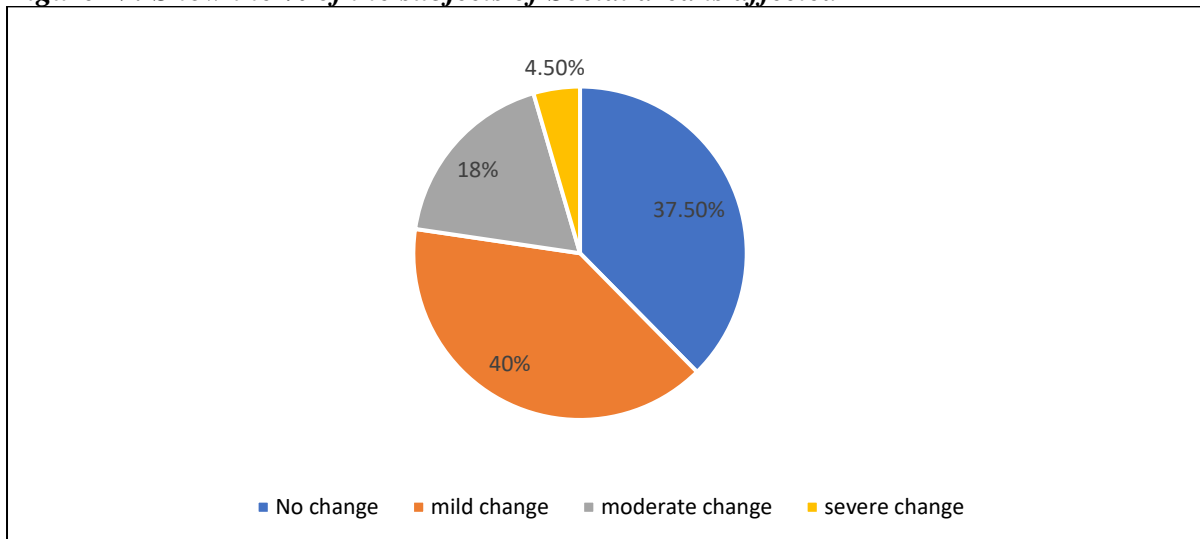
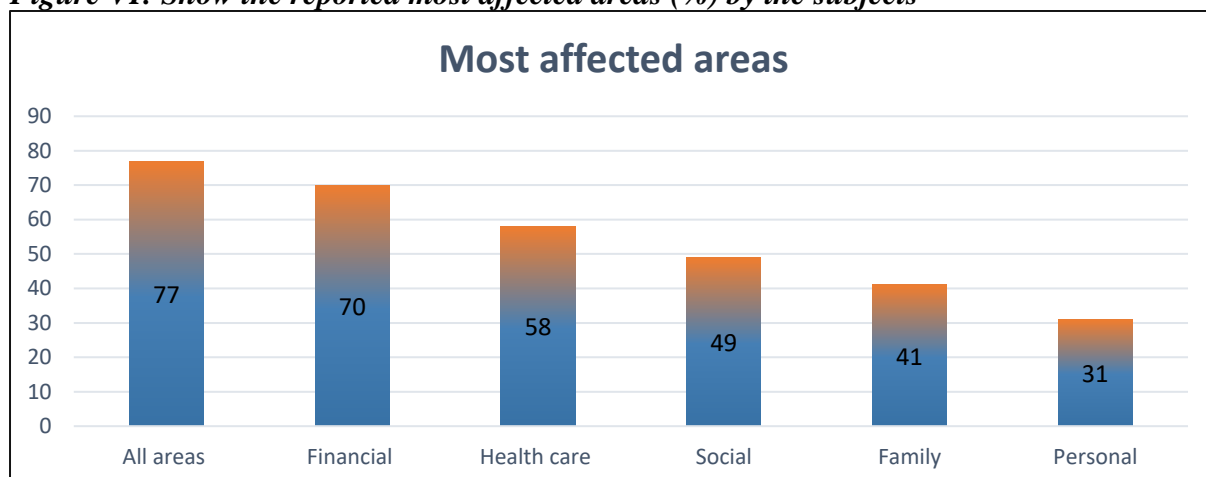


Figure VI indicates the most affected areas as reported by the subjects. From the data, it is clear that 77% percent of the sample clearly indicated that all the areas are affected. 70% reported financial area is affected, 58 percent reported their health care needs are affected, 49 % reported social life is affected and 41 percent reported Family life is affected. The above data indicates that majority of the subjects experienced disturbance in life because of lockdown and Covid-19 pandemic.

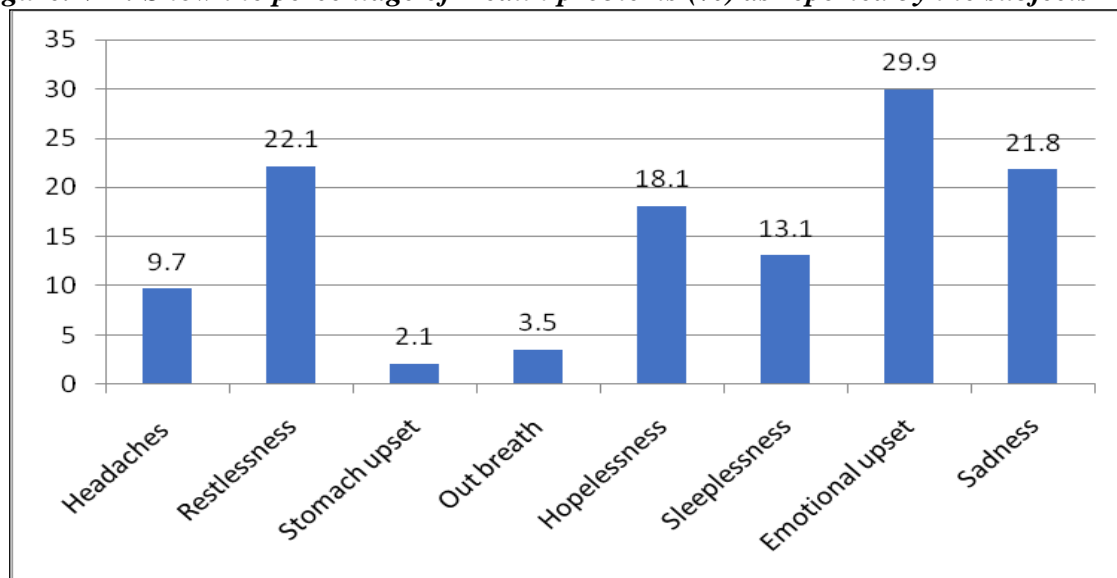
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**Figure VI: Show the reported most affected areas (%) by the subjects**



Nextly, Health problems as experienced by the subjects were recorded (vide Figure. VII). From the figure VII, from the physical health problems, it is clear that 9.7 percent reported headaches, 22.1 percent experienced restlessness, 2.1 percent reported stomach upset and 3.5 percent experienced out breath. And if we look into psychological health problems 18.1 percent reported hopelessness and 13.1 percent reported sleeplessness and 29.9 percent reported emotional upset and 2.8 percent reported sadness. From the above results, it can interpret that though majority of the sample are educated and employees then also they are experiencing physical and psychological health problems indicates the impact of Covid-19 on Health status.

**Figure. VII: Show the percentage of Health problems (%) as reported by the subjects**

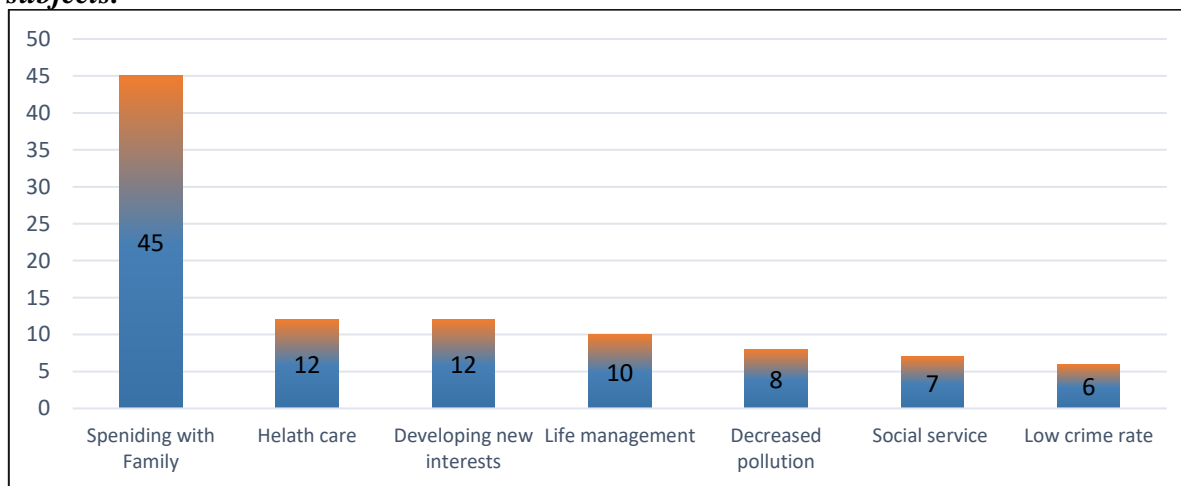


Finally, some positive aspects as reported by the subjects were analysed (Fig. VII). From the responses from the subjects it is clear that 45 percent of the subjects reported that they are spending quality of time with their families. Their responses also reveal that they are spending good time with their family members and also attending long pending family commitments. The second positive aspect is health care which was reported by 12 % of the subjects, they said they are concentrating on health habits and life style issues, and trying to improve their immunity levels taking proper diet. And 12 percent reported that they are

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developing new interests during their free time and they are fulfilling long pending wishes. Life management was revealed by 10 percent of the subjects and they replied that they are learning social and family adjustment and they are learning to come from adverse conditions. 8 percent reported decreased pollution and 7 percent reported interest in social service and 6 percent reported low crime rate, which is good for society.

**Figure. VIII.** Shows % aspects occurred during Covid-19 pandemic as reported by the subjects.



The above data clearly indicates that Covid-19 pandemic affected majority of the public. The present sample is with education and majority of the subjects are employed which indirectly indicates that the common man and marginalized people suffered a lot during this health crisis.

### **Implications:**

This is a new area of research and to explore the contribution of impact of Covid-19 pandemic on mental health variables at health crisis are essential to plan interventions to manage post Covid-19 pandemic situation. The study reveals that majority of the public affected due to lockdown and Covid-19 pandemic. The study indicates more standardized tools are necessary to carry out further investigation in this area. As this is a basic study, the results can't be generalized. Further research needs to be encouraged by the Government to plan tailor specific strategies to handle the situation successfully.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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