Research Paper

Impact of Covid -19 Restrictions on Psycho-Social Behaviour of Adults

Prachi Sharma[1]*, Hiren Dave[2]

ABSTRACT

COVID-19 pandemic is caused by severe acute respiratory syndrome coronavirus-2. The world health organization (WHO) declared a public health emergency, first and latter, expressed as a pandemic. It is most contagious during the early three days after the onset of symptoms. In such severe conditions where people can get infected with Covid-19 by doing their routine task, to control its rapid inflammation, travel restrictions, lock-downs, workplace hazards controls, and facility closures was implemented worldwide forcely and suddenly by the authorities. It appeared likely that anxiety and depression, substance use, loneliness, and domestic violence was increased substantially. These various social and psychological issues, the researcher planned to understand the people's psychological state or condition in such a difficult time; how they delt with all this. The present study is conducted on 53 peoples (35 male and 18 female) from the central Gujarat part in India. Participants for this study were between 20 years to 53 years of age and from different occupations. A hedonic well-being rating scale has ten items -Impatient, Happy, Frustrated, Depressed, Hassled, Angry, Worried, Enjoying, criticized, and tired, were taken for this study. Data was collected through messages and E-mails due to the lock-down restrictions. The study result has shown that women found more tired as compared to men during the lock-down phase. The difference in responses to different age groups led to variations. The result also has shown that the variations in responses of different age group peoples were significantly very high at the enjoy domain. It is also found that during the lock-down period, homemakers are found comparatively significantly less depressed and angry than people in business and job people, respectively. Students were found with the least stress during this phase.

Following the global spread of a novel coronavirus (SARS-CoV-2), first identified in Wuhan, China, in December 2019, a pandemic of the disease, COVID-19, has resulted in India. In response to the rising numbers of cases and deaths, India, like every country, has implemented measures to control its spread. These large-scale non-clinical interventions include social distancing (such as banning large gatherings), school and office closures, isolating symptomatic individuals and their contacts, and a large-scale

---

[1]Faculty of Rehabilitation Psychology, B.M. Institute of Mental Health, Ahmedabad, India
[2]Psychiatric Social Worker, B.M. Institute of Mental Health, Ahmedabad, India
*Corresponding Author

lock-down of populations with all internal as well as international travel ban. Such massive scale calamities, whether traumatic, natural, or environmental, are almost always accompanied by increases in depression, post-traumatic stress disorder (PTSD), substance use disorder, a broad range of other mental and behavioral disorders, domestic violence, and child abuse (Galea et al., 2020). In the COVID-19 pandemic context, a similar substantial increase in anxiety and depression, substance use, loneliness, and domestic violence is likely to increase substantially. Also, there is a genuine possibility of an increase in child abuse cases due to school closures.

Coronavirus disease 2019 (COVID-19) has become a highly contagious and fatal respiratory pandemic that has an enormous negative impact on people's minds, which need to understand and treat before it worsens. For example, in sports, health authorities' recommendations, several national and international athletic events, including the 2020 Olympics, have been postponed or canceled in an attempt to limit the virus spread by attending crowds. These cancellations and wide-spread mandates for social distancing are negatively affecting athletes who are unable to continue regular training (World Health Organization, 2020a).

Research is done in Italy by Moccia et al. on Affective temperament, attachment style, and psychological impact of the COVID-19 outbreak, where they had taken five hundred samples. They found that 62 percent of people reported no likelihood of psychological distress, whereas 19.4 percent and 18.6 percent displayed mild and moderate-to-severe chance of psychological distress. It shown a relevant percentage of the Italian population might have experienced from mild to moderate-to-severe psychological distress symptoms during the early phase of the COVID-19 outbreak, and that both temperament and Adult Attachment Style (AAS features) may predict the extent of mental health burden.

Considering various social and psychological risk factors, understanding whether these interventions have had a significant impact on people's minds in such a difficult time is critical, given their short-term and long-term effects on well-being. The key aim of this study is to assess the fortitude of people in handling prolong challenges patiently.

MATERIALS AND METHODS
Participants
This study was conducted on 53 participants (35 male and 18 female) from India's central Gujarat region. These participants were aged between 20 to 53 years and were classified into four groups with different occupations: students, professionals, business-owner, and homemaker.

Measures
A subjective well-being assessment for survey research developed by Arthur A. Stone was used for this study. Hedonic/affective (subdivision + and -) well-being- A real-time data-seven-point rating scale was applied during this survey. This scale is part of the full subjective well-being scale and was directly related to the effects. The rating scale has ten items to rate the feelings of a person during a crisis. The items were based on personality characteristics, namely Impatient, Happy, Frustrated, Depressed, Hassled, Angry, Worried, Enjoying, Criticized, and Tired.

Procedure

The data was collected through messages and e-mails due to lock-down restrictions. The researchers and participants were in frequent contact, and the test/questionnaire was explained to the participants by phone. The scale was circulated in the group of pre-decided peoples, and they were told to contact the researcher for any item-related query. As the data collection process was done at the participant's home and distraction could not be controlled, it was decided to take their own time to answer the questions and return with the same conversation mode. All the participants gave their responses within a day; no difficulty was reported in the given task.

Statistical analysis

The raw data from 53 participants were collected by following the required protocol in the data collection process. The whole data was organized based on sociodemographic and psychometric characteristics, to perform statistical analysis using t-test and one-way ANOVA statistical techniques. These tests allowed seeing the significant difference and correlation between various variables in the scale items. Analysis of data was performed using SPSS statistical analysis software (SPSS Inc., Chicago, Illinois).

RESULT

This study is done on a total of 53 samples (n=53), where the number of male participants is 35 (66 percent), whereas the number of female's participation is 18 (34 percent). Four sociodemographic variables- gender, age, profession, and area of living, were taken to determine differences in responses at different items rated in the given ten items list to collect responses from the participants. These are impatient, happy, frustrated, depressed, hassled, angry, worried, enjoying, criticized, and tired.

Differences of opinion at various domains based on their gender is found after conducting independent sample t-test, which is explained here:

Table 1: Level of significance of the difference between male and female responses at the impatience domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Impatient	Equal variance assumed	-.130	.315	51	-.414	Not significant
	Equal variance not assumed	-.130	.331	29.992	-.393	

The Independent sample t-test results shown in Table 1, where the t-score is -0.414 at equal variance assumed (EVA) and the t-score -0.393 at equal variance not assumed (EVNA), both are negative, and the calculated values are less than the table value, which is not significant. It shows that the male and female both were equally shown impatience during the lock-down period. The mean differences of responses given by males and females are shown in Fig. 1.

Table 2: Level of significance of the difference between male and female responses in the happiness domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Happiness	Equal variance assumed	-0.286	0.227	51	-1.261	Not significant
	Equal variance not assumed	-0.286	0.214	40.495	-1.338	

The Independent sample t-test result is shown in Table 2, where the t-score is -1.261 at equal variance assumed (EVA) and also the t-score -1.338 at equal variance not assumed (EVNA), both are showing negative value. Here the calculated values are less than the table value, which is not significant. It shows that there was no significant difference between male and female responses in the domain of happiness. The study result is projecting that the level of happiness in males and females during the lock-down period was equal, and they were responding in such a tough time in the same way. The mean differences of responses given by males and females are shown in Fig. 1.

Table 3: Level of significance of the difference between male and female responses at the frustration domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Frustration	Equal variance assumed	0.244	0.270	51	0.907	Not significant
	Equal variance not assumed	0.244	0.250	42.290	0.979	

The Independent sample t-test result is shown in Table 3, where the t-score is 0.907 at equal variance assumed (EVA) and also the t-score 0.979 at equal variance not assumed (EVNA), both are showing that the calculated values are less than the table value, and which is not found as significant. The study results again, proving that there was no significant difference between male and female responses at the frustration domain. This result shows that the feeling of frustration in both males and females was the same during the lock-down period, and they were an equal frustration level in dealing with the situation. The mean differences of responses given by males and females are shown in Fig. 1.

Table 4: Level of significance of the difference between male and female responses at the depression domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Depression	Equal variance assumed	0.383	0.245	51	1.560	Not significant
	Equal variance not assumed	0.383	0.274	25.955	1.397	

The Independent sample t-test result has shown in Table 4, where the t-score is 1.560 at equal variance assumed (EVA) and also t-score 1.397 at equal variance not assumed (EVNA). Both show that the calculated values are less than the table value, which is not found as significant. Again, the study results prove that there was no significant difference

between male and female responses in the depression domain. This result shows that the feeling of depression in both genders, male and female, is found the same during the lock-down period. They were showing symptoms of depression, equally in dealing with lock-down complications. The mean differences of responses given by males and females are shown in Fig. 1.

Table 5: Level of significance of the difference between male and female responses at the hassled domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Hassled	Equal variance assumed	-0.178	0.228	51	-0.780	Not significant
	Equal variance not assumed	-0.178	0.220	37.746	-0.806	

Independent sample t-test result shown in Table 5, where the t-score is -0.780 at equal variance assumed (EVA) and the t-score -0.806 at equal variance not assumed (EVNA), both are showing negative value. Here the calculated values are less than the table value, which is not significant. It shows that there is no significant difference between male and female responses at the hassled domain. The study results projected that the level of assuredness in males and females during the lock-down period was the same. They both showed some difficulty related to all restrictions imposed during the lock-down period. The mean differences of responses given by males and females are shown in Fig. 1.

Table 6: Level of significance of the difference between male and female responses at the angry domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Angry	Equal variance assumed	0.046	0.264	51	0.175	Not significant
	qual variance not assumed	0.046	0.299	25.040	0.154	

The Independent sample t-test result is shown in Table 6, where the t-score is 0.175 at equal variance assumed (EVA) and also the t-score 0.154 at equal variance not assumed (EVNA), both are showing that the calculated values are less than the table value, and which is not found as significant. The study results again, proving that there was no significant difference between male and female responses at the anger domain. This result shows that the feeling of anger in both- males and females is found the same during the lock-down period. They developed and shown an equal degree of anger in dealing with lock-down complications. The mean differences of responses given by males and females are shown in Fig. 1.

Table 7: Level of significance of the difference between male and female responses in the worried domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Worried	Equal variance assumed	-0.235	0.281	51	-0.837	Not significant
	qual variance not assumed	-0.235	0.277	35.655	-0.847	

The Independent sample t-test result is shown in Table 7. The t-score is -0.837 at equal variance assumed (EVA) and the t-score -0.847 at equal variance not assumed (EVNA), both are showing negative value. Here, the calculated values are less than the table value, which is not significant. It shows that there is no significant difference between male and female responses in the worried domain. The study result shows that the level of worriedness in males and females during the lock-down period was the same, and they both were found worried due to difficulties during the lock-down period. The mean differences of responses given by males and females are shown in Fig. 1.

Table 8: Level of significance of the difference between male and female responses at an enjoyed domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Enjoyed	Equal variance assumed	-0.211	0.316	51	-0.667	Not significant
	qual variance not assumed	-0.211	0.339	28.743	-0.623	

The Independent sample t-test result is shown in Table 8. The t-score is -0.667 at equal variance assumed (EVA) and the t-score -0.623 at equal variance not assumed (EVNA), both are showing negative value. Here, the calculated values are less than the table value, which is not significant. It shows no significant difference between male and female responses at the enjoy domain, also. The study result shows that the level of enjoyment during the lock-down period was found the same in both- males and females. The mean differences of responses given by males and females are shown in Fig. 1.

Table 9: Level of significance of the difference between male and female responses at the criticized domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Criticized	Equal variance assumed	0.017	0.311	51	0.056	Not significant
	qual variance not assumed	0.017	0.289	41.633	0.060	

The Independent sample t-test result is shown in Table 9, where the t-score is 0.056 at equal variance assumed (EVA) and the t-score 0.060 at equal variance not assumed (EVNA). Both show that the calculated values are less than the table value, which is not found as significant. The study result proves that there was no significant difference between male and female responses in the criticized domain. This result shows that the tendency to blame the situations and restrictions was seen in both- males and females equally during the lock-down period. The mean differences of responses given by males and females are shown in Fig. 1.

Table 10: Level of significance of the difference between male and female responses at the criticized domain.

Domain	Variance	Mean difference	Std. error difference	Df	t-score	Level of Sig.
Tired	Equal variance assumed	-0.535	0.238	51	-2.249	Significant at 0.05 level of significance
	qual variance not assumed	-0.535	0.217	43.708	-2.460	

The Independent sample t-test result is shown in Table 10. The t-score is -2.249 at equal variance assumed (EVA) and the t-score -2.460 at equal variance not assumed (EVNA), both are showing negative value. Here, the calculated values are greater than the table value, which is significant at the 0.05 level. It shows that there is a significant difference between male and female responses in the tired domain. The study result shows that the level of tiredness during the lock-down period was more female than males. The mean differences of responses given by male and female are shown in Fig. 1.

Figure 1: Mean scores of male and female participants for different domains, projecting differences based on gender.

Fig.1 shows that the level of impatience is more in females than males during the lock-down period, but at the same time, females are found happier than males. The level of frustration is found more in males than females; depression is also found higher in males. At the hassled domain, females score percentage found higher than males. In the anger and criticized domain, the response scores were equal in both- males and females. Females were found more worried during the lock-down period as compared to males. Females also found tired during the lock-down, but in contrast, females were also enjoying the moment during the lock-down period.

In this study, all 53 samples (n=53) were divided into four different age groups and tried to see the differences of responses between each age group. Here gender was not considered during calculation and analysis. To know the level of significance of the differences of responses. The significance level indicates the age-based statistical difference between the groups, which is obtained using a one-way ANOVA statistical method. The result at each domain are:

Table 11: The scores with their statistical significance level between and within-group for the impatient domain

Domains		Sum of square	Df	Mean square	F	Sig.
Impatient	Between Groups	22.572	21	1.075	0.886	Not significant
	Within Groups	37.617	31	1.213		
	Total	60.189	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 11, where the obtained F- value is 0.886, which is much lesser than the table value. The calculated score shows that the people from each age group found about equally impatient during the lock-down phase at the impatience domain. There is no significant difference found in their responses. The mean score difference between the responses given by the different age levels people at the impatient domain is shown in Fig. 2A.

Table 12: The scores with their statistical significance level between and within-group for the happiness domain

Domains		Sum of square	Df	Mean square	F	Sig.
Happiness	Between Groups	15.413	21	0.734	1.362	Not significant
	Within Groups	16.700	31	0.539		
	Total	32.113	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 12, where the obtained F- value is 1.362, which is lesser than the table value. The calculated score depicted that the people from each age group found about equally happy during the lock-down phase at the happiness domain. There is no significant difference found in their responses at the happiness domain in the scale. The mean score difference between the responses given by the different age levels people at the happiness domain is shown in Fig. 2B.

Table 13: The scores with their statistical significance level between and within-group for the frustrated domain

Domains		Sum of square	Df	Mean square	F	Sig.
Frustrated	Between Groups	15.038	21	0.716	0.747	Not significant
	Within Groups	29.717	31	0.959		
	Total	44.755	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 13, where the obtained F- value is 0.747, which is lesser than the table value. The calculated score shows that the people from each age group were found to have an equal level of frustration during the lock-down phase at the frustrated domain. There is no significant difference found in their responses at the frustration domain in the scale. The mean score difference

between the responses given by the different age levels people at the frustrated domain is shown in Fig. 2C.

Table 14: The scores with their statistical significance level between and within-group for the depressed domain

Domains		Sum of square	Df	Mean square	F	Sig.
Depressed	Between Groups	14.622	21	0.696	0.916	Not significant
	Within Groups	23.567	31	0.760		
	Total	38.189	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 14, where the obtained F- value is 0.916, which is lesser than the table value. The calculated score shows that in the depressed domain, the people from each age group were found to have an equal level of depression during the lock-down phase. There is no significant difference found in their responses at the depression domain on the scale. The mean score difference between the responses given by the different age levels of people in the depression domain is shown in Fig. 2D.

Table 15: The scores with their statistical significance level between and within-group for the hassled domain

Domains		Sum of square	Df	Mean square	F	Sig.
Hassled	Between Groups	9.470	21	0.451	0.624	Not significant
	Within Groups	22.417	31	0.723		
	Total	31.887	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 15, where the obtained F- value is 0.624, which is lesser than the table value. The calculated score shows that at the hassled domain, the people from each age group found as equally hassled during the lock-down phase. There is no significant difference found in their responses at the hassled domain on the scale. The mean score difference between the responses given by the different age levels people at a hassled domain is shown in Fig. 2E.

Table 16: The scores with their statistical significance level between and within-group for the angry domain

Domains		Sum of square	Df	Mean square	F	Sig.
Angry	Between Groups	20.539	21	0.987	1.400	Not significant
	Within Groups	21.650	31	0.698		
	Total	42.189	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 16, where the obtained F- value is 1.400, which is lesser than the table value. The calculated score showed that people from each age group felt similar anger levels due to restrictions during the lock-down period. There is no significant difference found in their responses at the anger domain on the scale. The mean score difference between the responses given by the different age levels people at the angry domain is shown in Fig. 2F.

Table 17: The scores with their statistical significance level between and within-group for the worried domain

| Domains		Sum of square	Df	Mean square	F	Sig.
Worried	Between Groups	20.053	21	0.955	1.042	Not significant
	Within Groups	28.400	31	0.916		
	Total	48.453	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 17, where the obtained F- value is 1.042, which is lesser than the table value. The calculated score shows that people from each age group were equally worried during the lock-down period due to future insecurity, whether they are young or adult. There is no significant difference found in their responses at the worried domain in the scale at each age. The mean score difference between the responses given by the different age levels people at the worried domain is shown in Fig. 2G.

Table 18: The scores with their statistical significance level between and within-group for the enjoyed domain

Domains		Sum of square	Df	Mean square	F	Sig.
Enjoyed	Between Groups	36.591	21	1.742	2.194**	Significant at 0.01 level of significance
	Within Groups	24.617	31	0.794		
	Total	61.208	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 18. The obtained F- value is 2.194, which is more than the table value, which is significant at 0.01 level of significance. The calculated score shows a significant difference found between different age groups in the enjoyment domain. The study result shows that young adults, especially around the age of 25- 30, enjoyed the lock-down period compared to other age groups. They found more relaxed than others. The mean score difference between the responses given by the different age levels people at enjoy domain is shown in Fig. 2H.

Table 19: The scores with their statistical significance level between and within-group for the criticized domain

Domains		Sum of square	Df	Mean square	F	Sig.
Criticized	Between Groups	22.936	21	1.092	0.953	Not significant
	Within Groups	35.157	31	1.146		
	Total	58.453	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 19, where the obtained F- value is 0.953, which is lesser than the table value. The calculated value on the criticized domain shows that people from each age group had an equal tendency to criticize the lock-down period's restrictions. The mean score difference between the responses given by the different age levels of people at the criticized domain is shown in Fig. 2I.

Table 20: The scores with their statistical significance level between and within-group for the tired domain

Domains		Sum of square	Df	Mean square	F	Sig.
Tired	Between Groups	17.831	21	0.849	1.325	Not significant
	Within Groups	19.867	31	0.641		
	Total	37.698	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 13, where the obtained F- value is 1.325, which is lesser than the table value. The calculated score shows that the people from each age group were found as equally tired during the lock-down period at the tired domain. There is no significant difference found in their responses at the tired domain in the scale. The mean score difference between the answers given by the different age levels people at the tired domain is shown in Fig. 2J.
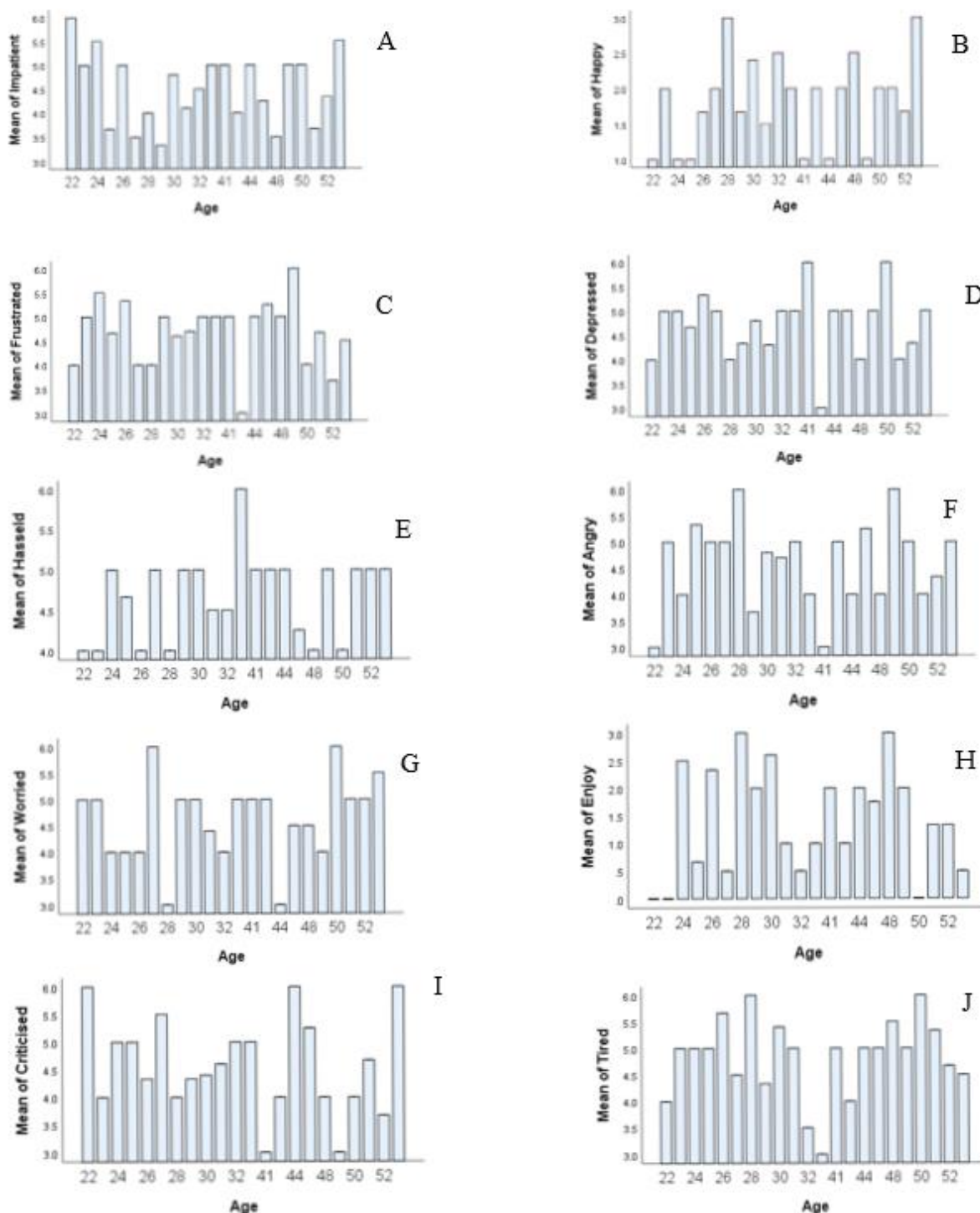
Figures 2: Mean differences of responses between different age levels for various domains. The results show evident variation in every field based on participant age (participants were divided into three age groups: >=20 to <=30, >30 to <=40, and >40 and more).

All 53 samples (n=53) were divided into four different groups based on the client's occupation and tried to see the people's differences in different professions- students, professionals, business-owner, and homemakers. Here, age and gender were not considered during calculation and analysis of the data to know the significance level. The significance

level indicates the occupation-based statistical difference between the groups, which is obtained using a one-way ANOVA statistical method. The result at each domain is below mentioned.

Table 21: The scores of the participants from different occupations with their statistical significance level between and within-group for the impatient domain

Domains		Sum of square	Df	Mean square	F	Sig.
Impatient	Between Groups	3.852	3	1.284	1.117	Not significant
	Within Groups	56.337	49	1.150		
	Total	60.189	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 21, where the obtained F- value is 1.117, which is lesser than the table value. The calculated score shows that at the impatient domain, the people from different professions have not much difference. Their responses were found more or less similar at the impatient domain. This result shows no significant difference between all four groups from different professions; their impatience levels were found equal at the impatient domain. The mean score difference between the people's responses from every four professions in an inpatient environment is shown in Fig. 3A.

Table 22: The scores of the participants from different occupations with their statistical significance level between and within-group for the happiness domain

Domains		Sum of square	Df	Mean square	F	Sig.
Happiness	Between Groups	0.884	3	0.295	0.462	Not significant
	Within Groups	31.230	49	0.637		
	Total	32.113	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 22, where the obtained F- value is 0.462, which is lesser than the table value. The calculated score shows that in the happiness domain, the people from different professions did show much difference. Their responses were found more or less similar in the happiness domain. This result indicates no significant difference between all four groups from different professions; their levels of happiness are found equal in all groups. The mean score difference between the responses given by the people from every four disciplines on the happiness domain is shown in Fig. 3B.

Table 23: The scores of the participants from different occupations with their statistical significance level between and within-group for the frustrated domain

Domains		Sum of square	Df	Mean square	F	Sig.
Frustrated	Between Groups	1.455	3	0.485	0.549	Not significant
	Within Groups	43.299	49	0.884		
	Total	44.755	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 23, where the obtained F- value is 0.549, which is lesser than the table value. The calculated score

shows that the people from different professions found showing equally frustrated at the frustrated domain. Their responses were found at a similar level in the frustrating field. This result indicates no significant difference between all four groups from different professions; their stories of frustration are found equal in all groups. The mean score difference between the responses given by the people from every four disciplines on the frustrated domain is shown in Fig. 3C.

Table 24: The scores of the participants from different occupations with their statistical significance level between and within-group for the depressed domain

Domains		Sum of square	Df	Mean square	F	Sig.
Depressed	Between Groups	3.659	3	1.220	1.731	Significant at 0.05 level
	Within Groups	34.530	49	0.705		
	Total	38.189	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 24, where the obtained F- value is 1.731, which is greater than the table value. The calculated score shows that in the depressed domain, the people from different professions show differences in the depression domain. It shows that there is a significant difference found in the score in the depressed domain. This result shows a significant difference between the responses of all four groups, which significant at 0.05 level of significance. The mean score difference between the answers given by the people from every four professions on the depression domain is shown in Fig. 3D.

Table 25: The scores of the participants from different occupations with their statistical significance level between and within-group for the hassled domain

Domains		Sum of square	Df	Mean square	F	Sig.
Hassled	Between Groups	3.463	3	1.154	1.990	Significant at 0.01 level
	Within Groups	28.424	49	0.580		
	Total	31.887	52			

The calculated value obtained through One-way ANOVA is mentioned in Table 25, where the obtained F- value is 1.990, which is greater than the table value. The calculated score shows that at the hassled domain, the people from different professions showed different responses. There are significant differences between the person from other disciplines has found on this domain, which is significant at 0.01 level of significance. The mean score difference between the responses given by the people from every four professions on the hassled domain is shown in Fig. 3E.

Table 26: The scores of the participants from different occupations with their statistical significance level between and within-group for the angry domain

Domains		Sum of square	Df	Mean square	F	Sig.
Angry	Between Groups	5.122	3	1.707	2.257	Significant at 0.01 level
	Within Groups	37.067	49	0.756		
	Total	42.189	52			

The calculated value obtained through the One-way ANOVA method is mentioned in Table 26, where the obtained F- value is 2.257, which is greater than the table value. The calculated score shows that in the angry domain, the people from different professions are given different responses. There is significant differences have been found between the person from different professions, which is significant at 0.01 level of significance. The mean score difference between the people's responses from every four professions on the angry domain is shown in Fig. 3F.

Table 27: The scores of the participants from different occupations with their statistical significance level between and within-group for the worried domain

Domains		Sum of square	Df	Mean square	F	Sig.
Worried	Between Groups	6.487	3	2.162	2.525	Significant at 0.01 level
	Within Groups	41.966	49	0.856		
	Total	48.453	52			

The calculated value obtained through the One-way ANOVA method, mentioned in Table 27, where the obtained F- value is 2.525, is greater than the table value. The calculated score shows that people from different professions have given different responses in the worried domain. They have shown significant differences in their opinion at this domain, which is significant at 0.01 level of significance. The mean score difference between the people's responses from each of four professions on the worried domain is shown in Fig. 3G.

Table 28: The scores of the participants from different occupations with their statistical significance level between and within-group for the enjoy domain

Domains		Sum of square	Df	Mean square	F	Sig.
Enjoy	Between Groups	0.253	3	0.84	0.068	Not significant
	Within Groups	60.955	49	1.244		
	Total	61.208	52			

The calculated value obtained using the One-way ANOVA method is mentioned in Table 28, where the obtained F- value is 0.068, which is less than the table value. The calculated score shows that the people from different professions have given similar responses at the enjoy domain. The scores of people from every four professions are mostly the same. It shows no significant difference in the enjoy domain in the responses given by every four categories of professionals. The mean score difference between the people's responses from each of four professions on the enjoy domain is shown in Fig. 3H.

Table 29: The scores of the participants from different occupations with their statistical significance level between and within-group for the criticized domain

Domains		Sum of square	Df	Mean square	F	Sig.
Criticism	Between Groups	1.450	3	0.483	0.415	Not significant
	Within Groups	57.003	49	1.163		
	Total	58.453	52			

The calculated value obtained through the One-way ANOVA method, mentioned in Table 29, where the obtained F-value is 0.415, is less than the table value. The calculated score

shows that people from different professions have given similar responses in the criticism domain. The scores of people from every four professions are mostly the same. It shows no significant difference in the criticism domain in the responses given by every four categories of professionals. The mean score difference between the responses given by the people from every four professions on the criticism domain is shown in Fig. 3I.

Table 30: The scores of the participants from different occupations with their statistical significance level between and within-group for the tired domain

Domains		Sum of square	Df	Mean square	F	Sig.
Tired	Between Groups	0.500	3	0.167	0.220	Not significant
	Within Groups	37.198	49	0.759		
	Total	37.698	52			

The calculated value obtained through the One-way ANOVA method is mentioned in Table 30, where the obtained F- value is 0.220, which is less than the table value. The calculated score shows that people from different professions have given similar responses in the tired domain. The scores of the people from four different professions are mostly found as same. It shows no significant difference in people working in different professions, in the tired domain. The mean score difference between the responses given by the people from every four professions on the tired domain are shown in Fig. 3J.

Impact of Covid -19 Restrictions on Psycho-Social Behaviour of Adults
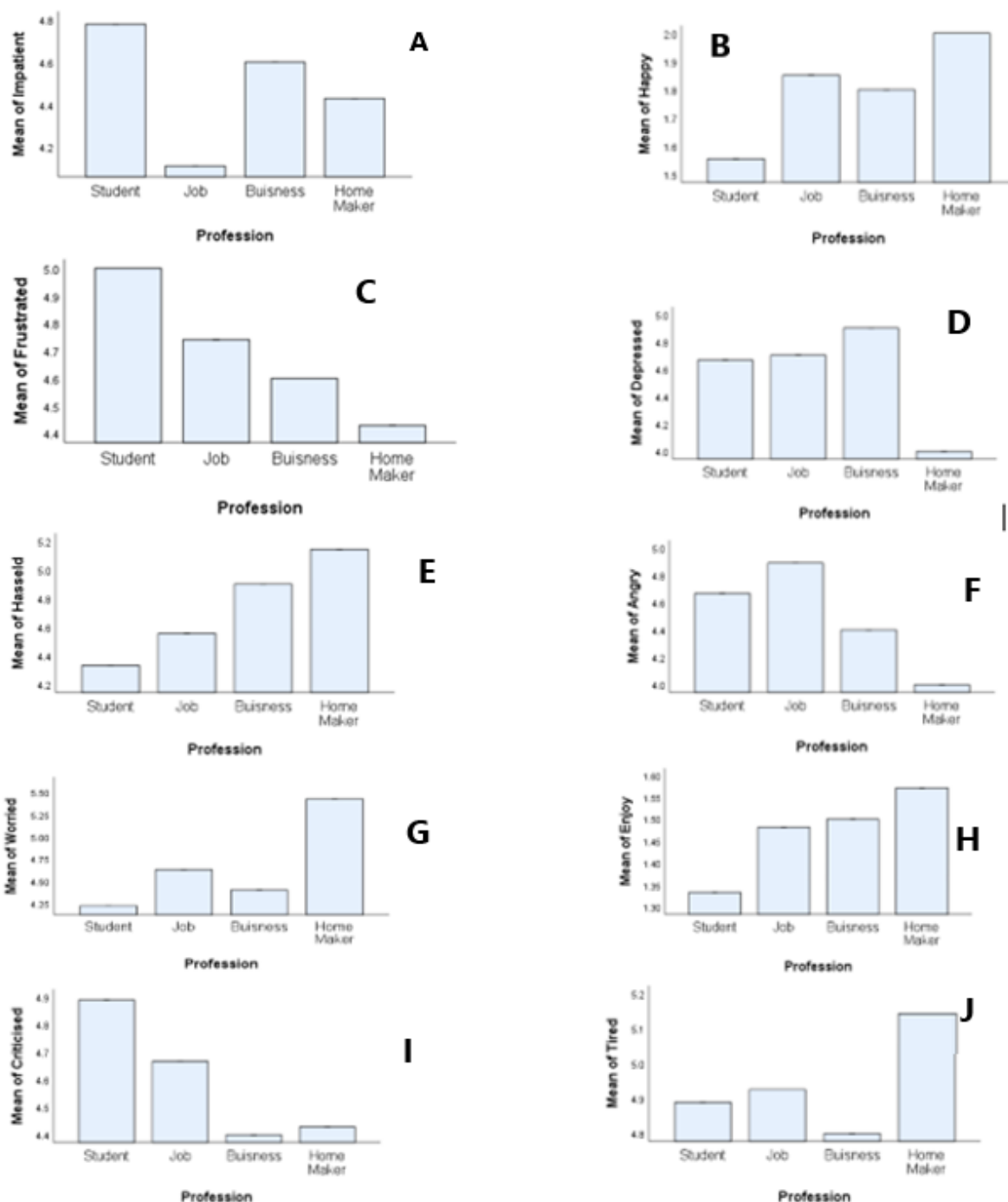

Figure 3: Mean differences in responses of participants from different professions. During the lock-down period, researchers tried to know the difference in opinion of those who live in urban areas from those who live in rural areas. An independent t-test was performed based on "Area of Living" to see the differences between them.

Based on the participants' scores, the calculated t-test score at every ten domains, which is impatient, happy, frustrated, depressed, hassled, angry, worried, criticized, and tired is statistically not significant at any point/ domain. The finding indicates that the area of living affects people's minds and lifestyles. People from rural areas or urban areas have found equally worried or depressed or even happy and joyful during the lock-down period. No statically significant difference could be seen in their responses. The response percentage found to similar at each domain assessed using a checklist.

DISCUSSION

This research is done to study the hedonic well-being in the people during the pandemic time, especially during the lock-down of how peoples from a different age, gender, professions, and different living areas were reacting to the situations forced on them. Uncertainty due to suddenly forced control and possibly financial, health, and the most important thing, the food crisis, put the people in a painful condition. No one was ready to face this crisis, but all were helpless due to the fear of pandemic. Due to the feeling of helplessness, mostly people react negatively and show a tendency to develop some neurotic symptoms. Peterson & Seligman defined the learned helplessness as the 'emotional numbing and maladaptive passivity sometimes the following victimization.' It refers to a mental state of helplessness, which has been induced through repeated attempts to escape a harmful situation-they have learned that their fate is out of their control. However, the development of learned helplessness may be dependent on our next move, the trust' openness to the humanity of the individual circumstances of the trainees. (Shaw, 2020).

By doing this study, we could observe the difference between responses given by males and females on the provided rating scale and found that a significant difference was present at the "tired" domain.

It shows that females showed more tiredness during the lock-down period than males (figure1). Hence, it can be asserted that due to the lock-down, either no outside work reduced the male tiredness significantly compared to female or in the presence of everyone all day at home due to the "homemaker" profile – the female tiredness increased more than the regular days.

In the study, total participants were classified into three age groups– between >= 20 years and <= 30 years, >30 years to <=40 years, and > 40 years of age. The results show that except for one enjoy domain, at the other all domains- impatience, happy, frustrated, depressed, hassled, angry, worried, criticized. In the tired, no significant difference was observed between different age groups. It shows that people are different age groups and are equally affected due to the COVID-19 lock-down phase. However, for the domain enjoy, a highly significant difference was observed (significance level of 0.01). It can be seen in table 18 and figure 2H. A supporting finding was there in a study, whose general mission was to examine the meaning of psychological well-being from the lay perspective. The premise was that those who are living through the experience of growing old have much to offer in articulating the meaning of successful aging. Their view of positive functioning illuminates the standards middle-aged and older adults may use to evaluate their own lives and, at the same time, provide avenues for challenging and extending research conceptions of well-being. From this inquiry, a central message was that the right relationship with others is essential in the lay formulations of positive functioning (Ryff, 1989).

In these research responses were given by the peoples involved in different occupations was also valued and appropriately examined. All the participants were classified into four major groups: students, professionals, businessmen, and homemakers. The study result shows that at the domains - impatient, happy, frustrated, enjoy, criticized, and tired, no significant difference in responses of the people from all four groups was observed despite their work. However, the results also show that for depressed, hassled, angry, and worried, a significant difference was observed, showing that the peoples from different work natures are affected during the lock-down phase. However, they are showing significant variations in the degree/ level. In the depressed domain, the study results show a significant difference, which is at

0.05 level of significance, between all four groups(figure 3D). At the domain hassled, angry and worried, the study results show that peoples from all four groups are showing significantly high different patterns from each other (figure 3E,3F & 3G). This study result shows that the homemakers are comparatively significantly less depressed in the lock-down period, while business people are found as profoundly depressed during the phase(3D). The depression level in students and job peoples are also present. However, it can only be said to be more than usual. The Significant growth in the hassled domain, where it is observed that students are comparatively showing significantly less stress or hassled feeling while the job peoples are showing a feeling of hassled more than the student but less than the other two groups. Business people are showing a feeling of hassle. However, this study result shows that the homemakers feel more hassled compared to all the other three groups. It can be seen in figure 3E, which is showing a staircase form. It is also seen in the result that the homemakers are comparatively showing very little anger during the lock-down period while here, the peoples in the job are showing more anger than the other two groups. A significant gap between all four groups can be seen in the plot. It also found that the homemakers are comparatively very worried in the lock-down phase while students show the least worry during this time. Similarly, professionals and business people are not so worried as homemakers. Here, again a clear difference can be seen in Figure 3G.

The study result shows that at all the domains- impatience, happy, frustrated, depressed, hassled, angry, worried, enjoy, criticized, and tired, there is no significant difference between the people's responses in rural and urban areas.

CONCLUSION

This study shows that people show a significant change in their behavior during the lock-down phase, especially during any pandemic. It can be related to individuals' personality, to an extent but also with the environmental factors sometimes, which may dominate and affect their life significantly- can be positive, negative, or sometimes both. The study result showed that women were more tired compared to men during the lock-down phase. The difference in responses at different age groups showed that - for enjoy domain, a high variation in responses of different age peoples was observed. It also found that homemakers are comparatively less depressed and angry during the lock-down period than people in business and professionals. Students were found with the least stress during this phase. A study was done on COVID- pandemic, and related crisis argued that the Covid-19 pandemic could be considered a career shock that will significantly impact people's work and careers. In the study, experimenters set out to achieve two goals: offering ways of understanding this impact through recent insight from the career shock literature. The second was to help guide future research based on these insights. They argued that the impact would be the consequence of the dynamic interplay between contextual and individual factors, which will differ for people across career and life stages. It also argued that there might be differences between short-term and long-term consequences, for example, that even though the pandemic is negative career shock, it may have long-term positive implications for few(Akkermans et al., 2020).

Suggestions and Limitations of the study
1. Further study is advised to go in detail to determine the reason/s behind that during the lock-down period why women felt more tired than males while they were also found happier.

2. Further study can be done on the same age people (mentioned in the discussion) by following their personality factors to go in more depth to find out the result with more accuracy.
3. The sample size can be increased to include participants from the other parts of Gujarat.
4. Another research can be done on a large scale by using a full assessment scale in the future.

REFERENCES

Akkermans, J., Richardson, J., & Kraimer, M. L. (2020). The Covid-19 crisis as a career shock: Implications for careers and vocational behavior. *Journal of Vocational Behavior*, *119*(May), 1–5. https://doi.org/10.1016/j.jvb.2020.103434

Galea, S., Merchant, R. M., & Lurie, N. (2020). The Mental Health Consequences of COVID-19 and Physical Distancing. *JAMA Internal Medicine*, *180*(6), 817. https://doi.org/10.1001/jamainternmed.2020.1562

Ryff, C. D. (1989). In the eye of the beholder: Views of psychological well-being among middle-aged and older adults. *Psychology and Aging*, *4*(2), 195–210. https://doi.org/10.1037/0882-7974.4.2.195

Shaw, S. C. K. (2020). Hopelessness, helplessness, and resilience: The importance of safeguarding our trainees' mental well-being during the COVID-19 pandemic. *Nurse Education in Practice*, *44*(March), 102780. https://doi.org/10.1016/j.nepr.2020.102780

World Health Organization. (, 2020). Naming the coronavirus disease (COVID-19) and the virus that causes it.

Galea, S., Merchant, R. M., & Lurie, N. (2020). The mental health consequences of COVID-19 and physical distancing: The need for prevention and early intervention. *JAMA internal medicine*, *180*(6), 817-818.

How to cite this article: Sharma P. & Dave H. (2022). Impact of Covid -19 Restrictions on Psycho-Social Behaviour of Adults. *International Journal of Indian Psychology*, *10*(1), 164-183. DIP:18.01.016.20221001, DOI:10.25215/1001.016