Research Paper

Psychological Distress and Life Satisfaction of Working People Due to Their Changed Economic Status During the Lockdown

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ABSTRACT

During the restriction period of the Covid 19 outbreak, India has suffered significant economic losses. The psychological and social effects of this are well established. As a result of their affected economic status, this study aims to determine to what extent working people have been affected by psychological distress and in terms of life satisfaction in lockdown because of their jobs and businesses. To test the hypothesis that people having business have more psychological distress and less satisfaction in life with an affected economy than people having jobs, an online survey was distributed based on DASS 21 and LISAT 11 to potential working people based across India. Two groups of respondents were surveyed. The first group is (People having jobs vs People having businesses) and the second group is (People with affected economic status vs non-affected economic status). Responses were analyzed using a multivariate test, MANOVA. The results showed a small effect in the opposite direction than hypothesized: people having business have the same level of psychological distress and comparatively higher life satisfaction than people having jobs with affected economic status. These results suggest that type of work doesn't determine the mental and social health of a person but their economic status does. On this basis, the concept of the economy should be considered when designing a psycho-socio model.

Keywords: *Economic Crisis, lockdown, Covid, working people, mental health, life satisfaction*

Recently, two major events, the movement of large numbers of workers and laborers between states and religious gathering in Delhi, have had an impact on India`s lockdown period and have contributed to an increase in cases in various states, causing emotional and social disruption (Gupta et al., 2020). People`s mental health, as well as their spouses` and relatives`, is at risk during times of economic uncertainty (Holland, 2016; Dohrenwend, 2000). Economic hardship, as shown in a study by Dirk Witteveena and Eva Velthorst (2020), can lead to negative psychological health outcomes such as stress, depression and anxiety about one's health. This is due to the positive correlation of economic uncertainty with ambiguity in work roles and disruption of self-identity; and the negative association with the psychological well-being. The economic impact, closure of workplaces and schools, inadequate resources for medical response and poor distribution of necessities of the pandemic has caused a widespread emotional trauma and increased the risk of psychiatric

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illnesses for both individuals and communities. negative emotions have distinct effects on developing a resilient mentality (Israelashvili, 2021).

The pandemic has had a significant psychological impact, including the negative effects of loneliness and self-isolation, particularly for older adults and those with multiple health conditions. Additionally, self-isolation can exacerbate existing adverse living conditions, such as domestic violence, closure of schools, workplaces, shops and recreational places, loss of employment, especially for those already in vulnerable occupations, the spread of misinformation, confusion, and frustration with government policies and the restrictions on freedom caused by public health measures. To simplify, they are termed as "People having jobs" and "People having businesses"

The research's objectives are to study the differences in how COVID-19 lockdowns have affected economic hardship and mental health among both kind of employed workers i.e. both jobbed and business people. It aims to increase understanding of how a single factor can have different socio-psychological effects on different individuals based on their circumstances.

Statement of the Problem
From the preceding discussion, it is clear that a two-fold problem exists, which serves as the foundation for this current research. The first issue is that the lockdown is beneficial to certain individuals while being detrimental to others. The National Lockdown has helped to reduce the rate of increase of infected patients in one way. According to Indian research by Gupta et al., 2020, The nationwide lockdown prevented the escalation of COVID-19 patients count, providing state and national authorities, as well as health workers, the opportunity to prepare for a potential increase in cases.

But on the other side, the lockdown has immediate consequences, such as probable loss of money, restricted opportunity to socialize, job losses, and diminished mobility. Furthermore, while local lockdowns can operate in regions where illnesses are confined in a small area, they are more likely to suffer from spill over infections from nearby areas in heavily inhabited areas (Basshuysen & White, 2021).

The second problem area is to examine the reasons behind the greater increase in mental health issues among workers during lockdown as compared to pre-lockdown situations. To begin, it is important to comprehend the pandemic`s influence, if any, on diverse mental health outcomes across society. This research has narrowed down and taken only workers into considerations.

REVIEW OF LITERATURE
It is noteworthy that research on the economic crisis and Covid-19 is not only limited to psychologists, but it is also an important topic for other fields such as economics and biomedical research, and has been widely studied by scholars in these fields. Focusing on the Indian population, Covid had not only affected the bio-psycho-social aspects of people. It also influenced those factors that could also disbalance the biopsychosocial health of a person Beginning the literature review with covid effects on India as a broader part. Then, narrowing it down by including only one factor which is mostly affected by the Covid and that is the economy. Finally, how economic uncertainty in India became a problem and how it further impacted people's mental health.

Impact of COVID-19 in India

A study conducted by Goel et al. in 2021 investigated India's epidemiological situation and its possible implications for policy and technology as the world's third-most affected country in June 2020. The paper examines the COVID-19 impact on a specific country, including an overview of the country and its health system, changes caused by the pandemic, and a classification of different areas within a city based on the severity of COVID-19 cases. It also includes statistical data on COVID-19 trends, such as the transparency and availability of data, deaths, cases, variation of COVID-19 by state, recovery rates, patterns of age & gender and so on. The study focuses on the economic and health impacts of the pandemic, including financial fluctuations and the human cost in terms of their lives lost because of COVID-19.

In another Indian study, Haleem, A., Javaid, M., & Vaishya, R. (2020) examined the impact of the COVID-19 pandemic on daily life. They highlighted that the COVID-19 impacts on daily life are widespread and have significant consequences. The study divided the impacts of COVID-19 into three categories:

- **Healthcare:** Challenges in diagnosing, quarantining, and treating suspected or confirmed cases; strain on the current medical system; neglect of patients with other illnesses; overworked healthcare professionals at risk; overwhelmed medical stores and high-level protection required; disruption to the medical supply chain.
- **Economic:** Reduced production of essential items; disruption to the product supply chain; widespread business losses; lack of cash flow; significant slowing of revenue growth.
- **Social:** Inadequate service delivery; cancellation or postponing of large-scale events and sports; reduction in international and cancellation of national travel and services, interruption of religious, cultural and festive events, increased stress among people, disconnection from friends and family, shut down of restaurants, hotels, religious centers, and entertainment places like cinemas, gyms, sports clubs and swimming pools, among others; postponing of exams (Haleem et al., 2020).

Another Indian study was proposed in 2021 by Anand et al., which attempted to find solely psychological variables that predicted suffering among Indians during the transmission of a new Coronavirus. This study concisely explains all the poor psychological well-being resulting from Covid-19. High distress, anxiety, increase in suicidal tendencies, poor family relationships and social dynamics, increasing domestic violence and alcohol abuse are being reported here. It is a quantitative study that accepted a cross-sectional survey approach to collect the data all over India. During data collection, important factors such as Intrapersonal, Socio-demographic, Community & Health-related risk factors were considered in this study. The results, displayed in a table, present a descriptive statistical analysis of psychological distress, independent variables, and the prediction of distress. The study examines the prevalent anxiety among Indian people during pandemic and delivers practical advice for managing stress at both macro and micro levels during an epidemic catastrophe.

Economic uncertainty

A study found that the government's lockdown, a form of social isolation, was an effective measure in preventing the spread of COVID-19 pandemic. This research provides initial evidence that lockdown can be used to curb the COVID-19 outbreak. The research also implies that lockdowns imposed by the government can have positive impacts on psychology, the environment, and the economy, in addition to its effect on controlling Covid-19 (Atalan, 2020). Governments, on the other hand, in response to the rising death toll, governments

quickly implemented lockdown measures, effectively activating emergency protocols. Was this the best decision the government could have made? This question is best answered in terms of lives saved against employment loss. (Gros et al., 2020).

A study by Khataee et al., (2021) explains that Implementing lockdown measures can help to curb the spread of a disease and shift the outbreak from an expanding phase to a diminishing phase in a community. The study used Gillespie stochastic simulation algorithm and found that even though a basic compartmental model predicts an immediate shift to epidemic decay when a lockdown is applied uniformly. The study found that when there are partially isolated active clusters present, it can result in a slower decline of the outbreak and a delay in the start of the decay phase. These active clusters can also have a significant impact on the overall number of people affected. Limiting the size of these active clusters can be an effective way to reduce their impact on the magnitude of the outbreak. The decay phase begins to slow down when active clusters make up at least 5% of the population.

A peer-reviewed study by B.N. Iyke (2020) analyzed the effect of the Covid-19 pandemic on Economic Policy Uncertainty (EPU) in five major economies in Asia: including India, Japan, China, Singapore and Korea. The study demonstrates the various ways in which the pandemic affected the economies, such as business performance, stock markets, oil markets, foreign exchange markets, global industry and insurance markets, and global politics. Using the most recent monthly EPU data available for each country, the study found that the COVID-19 epidemic had a statistically significant and positive impact on EPU in Korea and China. However, the study found no indication that the pandemic led to an increase in Economic Policy Uncertainty (EPU) in India, Singapore and Japan. The EPU regression estimates are presented in their results table.

Tejinder Singh (2020) published an Indian paper that explores the impact of COVID-19 on the Indian economy. The paper examines the negative effects of the ongoing pandemic on the overall GDP of India for the financial years 2019-2020 and 2020-2021. The study also references the situation in 2008-2009, when affected sectors made a strong recovery in the following year. The paper also highlights the reduction in global growth rates projected by leading rating agencies in both worst and best-case scenarios. It also discusses the relief measures implemented by the Government of India, such as the bailout package for the MSME sector and enhanced liquidity measures for the banking sector.

An Indian study by Chaudhary et al., (2020) centered specifically on evaluating the economic impact of the affected sectors in India due to the pandemic of COVID-19. The paper examines the sectoral implications of the pandemic in India, such as retail, capital markets, aviation, tourism, MSMEs, and oil, taking into account the GDP growth rate and the impact on migratory labor. The paper also delves into the policy and program implications, including fiscal and monetary measures, the impact on start-ups companies, small and medium-sized businesses, and micro-enterprises and economic inequality and the need for a re-evaluation of the developmental paradigm for India. The study concludes that the poor may not die from the virus but from hunger if the lockdown persists as the economy has been greatly impacted, particularly during periods of lockdown.

Global Mental Health Implications due to affected employment-
A study by the international journal of Innovation and Economic Development (Godinic et al., 2020) found that epidemics, financial crises and natural disasters can have detrimental

effects on mental well-being due to the uncertainty they cause. The study aligns with previous research (Wright et al., 2016) which have indicated that uncertainty can lead to disorders such as substance abuse, depression, anxiety, suicidal ideation and PTSD. The study's hypothesis were- Economic instability is correlated with a decline in psychological well-being; job uncertainty and social identity disruption - The results of their study support these hypotheses.

The negative impact of the financial crisis is not just limited to psychological health, it further impacted their social and personal relationships. A study by (Arenas-Arroyo et al.,2021), showed the outcomes of lockdown mental breakdown and economic instability on personal relationships. The impact of forced coexisting and economic hardship on intimate relationship violence is disentangled in this paper. The study, which employed an empirical approach, utilized an online survey data set consisting of an online Survey on the Female Homicides by Intimate Partners, Intimate Partner Violence and Effects on Non-Extreme Violence discovered a 23% rise in domestic violence during the lockdown period. The research found that the economic consequences are twice as severe as the restrictions imposed by lockdown. Additionally, it observed a significant rise in domestic violence when a man's relative position deteriorates, particularly in situations where that positions were already vulnerable. The results of the study were well-presented as being consistent with masculine backlash and emotional cue effects.

Another study by Witteveena and Velthorst in 2020 titled "Economic hardship and mental health complaints during COVID-19" focused on the financial and psychological health impacts of COVID-19 lockdowns on individuals. The study found two interrelated layers of rapidly worsening disparities and discovered that occupational status is a strong predictor of various immediate economic hardships, such as reduced workload and income loss. Further analysis in the study indicates that these economic difficulties lead to a much higher prevalence of negative mental health outcomes, including stress, anxiety and depression. The study also emphasizes the importance of labor force survey data in understanding how workers' mental health issues developed.

In 2020, Debanjan Banerjee and Prama Bhattacharya proposed another study on the Covid-19 impacts on mental health in India. In their problem statement, they briefly give the information about 'the infection curve which has reportedly slowed down due to the extension of lockdown. However, it also had a significant impact on the economy, psychological and social well-being of a country of 1.3 billion people.". Along with this, the study also conveys the implications of psychosocial support included segments of The Mental Health Needs, Forward way to tackle the pandemic crisis, health & media collaboration, and 'marginalized' protection. The study also illustrates 'The Kerala Model' as an example that shows Kerala's impressive battle with COVID-19 and the principles which are primarily based on principles of transparency, decentralized governance, self-sufficiency, equality, civil rights, public trust, and accountability of government.

Concluding Remarks
After reviewing the literature with a focus on the Indian population, I learned that the Indian economy has a distinct structure. Half of Indian households still rely on small jobs such as manual labor and agriculture to sustain their livelihoods, either directly or indirectly. Those working in the subsistence sector do not receive unemployment benefits as they are not covered by the social security system. This has led to a debate over whether to lift the

lockdown and allow Indian workers to return to work, as it is challenging to balance protecting people's health with that of the economy.

Finally, the gaps I found by composing all the papers are –
There is no clear-cut statement about which health should be more prioritized either physical or psychological. Because in the Covid pandemic, the people could only afford one. If they follow lockdown rules to keep themselves safe from the virus then it will be difficult for them to work or get resources to earn a livelihood. And it will further lead to bad mental health like anxiety, frustration, depression, stress, and in severe cases, people committed suicide.

The research papers did not compare the mental health of people. They generally mentioned the factors and the general impact on people's mental health. But which factor is more responsible for impacting bad mental health, and should be resolved first to get a healthy and positive state of mind, is absent.

METHODOLOGY

Research Objectives
The research aims to - Assess the emotional and mental well-being of workers during the lockdown; Investigate the changes in the economic status of workers with jobs and business employees; Analyze the connection between the economy and emotional and mental health; Examine the prevalence of common mental health issues, such as anxiety, depression, and stress, among individuals with jobs and businesses; Evaluate the quality of life and satisfaction of workers during the lockdown.

Sample
Sample size and description
Total sample size has been divided into two major categories, where the first major category is type of working people (job and business) and the second major category is perceived economic status (people with affected economic status and with unaffected economic status) during the lockdown, respectively. They were equally represented in the sampling design; the ideal ratio is 1:1 between job ones and business ones with perceived economic status. Looking into the fact that there is a prevalence of anxiety disorders, presence of errors, not getting consent, etc., a minimum of 100 persons from both categories have been taken to compose the sample. Total sample size is 200.

Sampling technique
The sampling follows the non-probability sampling techniques. The participants are recruited for the study especially through volunteer sampling (participants who voluntarily want to respond to the google form) and through snowball sampling (participants who have participated can help bring in their friends into the sample).

Inclusion criteria - The inclusion criteria are people must be working people, their age must have above 18, their nationality should be Indian, and people of any gender.
Exclusion criteria - The exclusion criteria are people who were unemployed during the lockdown period, their age is less than 18, and people of any foreign nationality.

Measuring Tools
- **DASS 21** - This study uses the Depression Anxiety and Stress Scale (DASS- 21) to evaluate the level of stress, depression and anxiety among business and employed

workers in India. The DASS is a well-established tool utilized to assess psychological disruption in both clinical and non-clinical groups (Lovibond PF, 1995).

This methodological tool is a score-based Likert Scale, where the scoring of DASS 21 follows:

0 - Did not apply to me at all, 1 - Applied to me somewhat or occasionally, 2 - Applied to me to a significant extent or frequently, 3 - Applied to me greatly or almost always.

- **LISAT 11** - In addition to the DASS, the study also includes the use of the Life satisfaction questionnaire- 11 (LISAT-11), which is used to evaluate the level of life satisfaction among individuals aged 18 to 64, taking into account factors such as status, age, gender, partnership and socioeconomic level.

  The scoring of LISAT 11 is as -

  1 = extremely unsatisfying, 2 = unsatisfying, 3 = somewhat unsatisfying, 4 = somewhat satisfying, 5 = satisfying, 6 = extremely satisfying. Thus, the scores assigned are the same as the numbering demonstrated.

  A section of demographic profile (Age, Gender, and Employment) was added in the questionnaire aka google form and it has randomly circulated among the entire population of India aged 18 to 60 + (who are the source of income for their family) in the month of December 2021.

Data collection method
In the study proposed the method for collecting the data is through a survey which includes a questionnaire for the participants. The questionnaire has been drawn up based on two scales: Depression Anxiety and Stress Scale (DASS- 21) and Life satisfaction questionnaire- 11 (LISAT-11).

These instruments are thought to be apt to be used as a tool since it focuses on the 2 aspects of life i.e., mental health with or without any psychological disorders such as anxiety, depression, stress, and social health i.e., life satisfaction in life. The participants have been given a questionnaire focusing on all the aspects comprising a total of 32 items that have to be answered using a 5-point Likert Scale. Since the research was conducted during the lockdown period, Google forms were used to contact respondents. Rather than having to observe their behavior, this study uses a survey method in order to collect quantitative data about opinions (Pajarianto et al., 2020).

Data Analysis
One type of analysis was proposed for this study in terms of the quantitative data collected. Begin calculating the total scores and then interpreting them based on a present score, i.e., the present norm of the DASS-21 and LISAT-11; using its manual.

The overall scores of this sample can then be assessed and generalized for the entire population. This also gives us a brief idea about regional differences due to the demographic details considered during the study, along with the mental and social health differences of working people.

After getting the results, the MANOVA has been run to administer the interactional significant differences between the two groups that are "type of working" and "people with affected economic status or not" on two dependent variables that are psychological distress and life satisfaction.

For analyzing the results, after getting the scores, first, I checked the reliability of my scales to make sure that my scales are reliable enough to take part in the study. Secondly, I checked normality to ensure whether my data is normally distributed or not. And at last, I run MANOVA to find out the statistical differences of both the groups (type of working) and (affected economic status) with psychological distress and life satisfaction to compare their mental and social health during the lockdown period of the Covid situation.

RESULTS & DISCUSSION

In our study, we used two-way multivariate analysis of variance (two-way MANOVA) to investigate the relationship between two independent variables and two dependent variables. Two-way MANOVA is often used as an extension of two-way ANOVA when there are multiple dependent variables.

In order to determine whether there are differences in psychological distresses and quality of life among people based on their type of work and their affected economic status, we used a two-way MANOVA (i.e., the two dependent variables are "psychological distresses" that has three sub-variables and "quality of life" that has eleven sub-variables, amongst the two independent variables are "type of working", which has two groups – "Having Job", "Having Business", and "Affected Economic Status", which has two groups: "Yes" and "No").

Multivariate Tests[a]

Effect		Value	F	Hypothesis df	Error df	Sig.
Intercept	Pillai's Trace	.718	164.474[b]	3.000	194.000	.000
	Wilks' Lambda	.282	164.474[b]	3.000	194.000	.000
	Hotelling's Trace	2.543	164.474[b]	3.000	194.000	.000
	Roy's Largest Root	2.543	164.474[b]	3.000	194.000	.000
Type of working during lockdown	Pillai's Trace	.044	2.992[b]	3.000	194.000	.032
	Wilks' Lambda	.956	2.992[b]	3.000	194.000	.032
	Hotelling's Trace	.046	2.992[b]	3.000	194.000	.032
	Roy's Largest Root	.046	2.992[b]	3.000	194.000	.032
Did your economic status affected during the lockdown period	Pillai's Trace	.056	3.870[b]	3.000	194.000	.010
	Wilks' Lambda	.944	3.870[b]	3.000	194.000	.010
	Hotelling's Trace	.060	3.870[b]	3.000	194.000	.010
	Roy's Largest Root	.060	3.870[b]	3.000	194.000	.010
Type of working during lockdown * Did your economic status affected during the lockdown period	Pillai's Trace	.019	1.243[b]	3.000	194.000	.295
	Wilks' Lambda	.981	1.243[b]	3.000	194.000	.295
	Hotelling's Trace	.019	1.243[b]	3.000	194.000	.295
	Roy's Largest Root	.019	1.243[b]	3.000	194.000	.295

a. *Design: Intercept + Type of working during lockdown + Did your economic status affected during the lockdown period + Type of working during lockdown * Did your economic status affected during the lockdown period*
b. Exact statistic

Table 3 (a)

From Table 3 (a) we can see that p = .295, it implies that there is not a statistically significant interaction effect between our independent variables. This means that people's economic status gets affected irrespective of their type of work. Hence, we have to report the main effects of our independent variables on psychological distress and life satisfaction.

If we see them independently, we can see that the group means of "Type of working" group and "Affected economic status" group are statistically significantly different because their values in the "Sig. (2-tailed)" row are 0.032 and 0.010 respectively which are lesser than 0.05.

Descriptive Statistics

	Type of working during lockdown	Did your economic status affected during the lockdown period	Mean	Std. Deviation	N
Stress	Business	No	8.0000	4.81318	13
		Yes	10.3448	4.71225	87
		Total	10.0400	4.76714	100
	Jobs	No	8.6364	5.29043	33
		Yes	10.9552	4.28681	67
		Total	10.1900	4.74330	100
	Total	No	8.4565	5.11515	46
		Yes	10.6104	4.52778	154
		Total	10.1150	4.74387	200
Anxiety	Business	No	6.6154	5.10781	13
		Yes	7.5862	4.89792	87
		Total	7.4600	4.91014	100
	Jobs	No	6.0606	4.51345	33
		Yes	7.8507	4.58341	67
		Total	7.2600	4.61578	100
	Total	No	6.2174	4.63759	46
		Yes	7.7013	4.75014	154
		Total	7.3600	4.75431	200
Depression	Business	No	5.3077	4.46065	13
		Yes	8.5747	5.05236	87
		Total	8.1500	5.07992	100
	Jobs	No	7.3939	4.99962	33
		Yes	9.4030	4.82437	67
		Total	8.7400	4.94948	100
	Total	No	6.8043	4.89725	46
		Yes	8.9351	4.95559	154
		Total	8.4450	5.01124	200
Life as a whole	Business	No	4.54	1.127	13
		Yes	3.71	1.302	87
		Total	3.82	1.306	100
	Jobs	No	4.70	.684	33

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		Yes	3.73	1.038	67
		Total	4.05	1.038	100
	Total	No	4.65	.822	46
		Yes	3.72	1.191	154
		Total	3.93	1.182	200
Self Care	Business	No	4.00	1.000	13
		Yes	2.82	1.506	87
		Total	2.97	1.501	100
	Jobs	No	4.64	1.220	33
		Yes	2.75	1.318	67
		Total	3.37	1.561	100
	Total	No	4.46	1.187	46
		Yes	2.79	1.423	154
		Total	3.17	1.540	200
Vocational Situation	Business	No	4.54	1.761	13
		Yes	3.59	1.491	87
		Total	3.71	1.552	100
	Jobs	No	4.70	1.334	33
		Yes	3.28	1.070	67
		Total	3.75	1.336	100
	Total	No	4.65	1.449	46
		Yes	3.45	1.329	154
		Total	3.73	1.445	200
Financial Situation	Business	No	4.31	1.251	13
		Yes	3.70	1.440	87
		Total	3.78	1.425	100
	Jobs	No	4.30	1.287	33
		Yes	3.42	1.372	67
		Total	3.71	1.402	100
	Total	No	4.30	1.263	46
		Yes	3.58	1.413	154
		Total	3.75	1.411	200
Liesure Situation	Business	No	4.15	1.214	13
		Yes	3.89	1.521	87
		Total	3.92	1.482	100
	Jobs	No	4.58	1.226	33
		Yes	3.78	1.584	67
		Total	4.04	1.517	100
	Total	No	4.46	1.224	46
		Yes	3.84	1.544	154
		Total	3.98	1.497	200
Sexual Life	Business	No	3.23	1.691	13
		Yes	3.34	1.810	87
		Total	3.33	1.787	100
	Jobs	No	3.55	1.641	33
		Yes	3.06	1.757	67

Psychological Distress and Life Satisfaction of Working People Due to Their Changed Economic Status During the Lockdown

		Total	3.22	1.727	100
	Total	No	3.46	1.643	46
		Yes	3.22	1.787	154
		Total	3.27	1.753	200
Partner Relations	Business	No	4.31	1.653	13
		Yes	4.10	1.373	87
		Total	4.13	1.405	100
	Jobs	No	4.79	1.139	33
		Yes	4.21	1.377	67
		Total	4.40	1.326	100
	Total	No	4.65	1.303	46
		Yes	4.15	1.371	154
		Total	4.26	1.369	200
Family Life	Business	No	4.62	1.609	13
		Yes	4.63	1.313	87
		Total	4.63	1.346	100
	Jobs	No	4.61	1.560	33
		Yes	4.61	1.507	67
		Total	4.61	1.517	100
	Total	No	4.61	1.556	46
		Yes	4.62	1.396	154
		Total	4.62	1.430	200
Contact with Friends	Business	No	3.77	2.315	13
		Yes	3.30	2.242	87
		Total	3.36	2.245	100
	Jobs	No	3.24	2.463	33
		Yes	2.72	2.347	67
		Total	2.89	2.386	100
	Total	No	3.39	2.408	46
		Yes	3.05	2.299	154
		Total	3.12	2.323	200
Physical Health	Business	No	4.69	1.251	13
		Yes	3.94	1.297	87
		Total	4.04	1.310	100
	Jobs	No	4.91	.723	33
		Yes	4.48	1.185	67
		Total	4.62	1.071	100
	Total	No	4.85	.894	46
		Yes	4.18	1.274	154
		Total	4.33	1.228	200
Psychological Health	Business	No	4.08	1.605	13
		Yes	3.40	1.482	87
		Total	3.49	1.508	100
	Jobs	No	4.52	.939	33
		Yes	3.57	1.282	67
		Total	3.88	1.258	100

Total	No	4.39	1.164	46
	Yes	3.47	1.397	154
	Total	3.68	1.398	200

Table 3 (b)

Table 3 (b) focuses on the psychological distress for both groups. Here, the mean values of stress, depression and anxiety represent the level of these distresses. In this table, according to Lovibond, S.H. & Lovibond, P.F. (1995), we can conclude that -
People having business with affected economic status had moderate stress (20.6), severe anxiety (15.0), and moderate depression (17.0); (b) People having businesses with non-affected economic status had mild stress (16.0), moderate anxiety (13.2), and mild depression (10.6); (c) People having jobs with affected economic status had moderate stress (21.8), severe anxiety (15.6) and moderate depression (18.8); and (d) People having jobs with non-affected economic status had mild stress (17.2), moderate anxiety (12.0), and moderate depression (14.6).

Table 3.2 (b) also focuses on the quality of life for both groups. It includes all the domains of life, besides physical and psychological health. The greater the number, the greater would be the satisfaction for each domain. (Post et al. 2012) In this table, we can see that -
(a)People having businesses with non-affected economic status had comparatively more satisfaction in terms of all the domains except two (i.e., Family life and sexual life) than people having businesses with affected economic status; (b) People having jobs with non- affected economic status also had comparatively more satisfactions in terms of all the domains except one (i.e., Family life which is quite same in both groups) than people having jobs with affected economic status; (c) If we compare the means of job ones and business ones, then people having jobs with non-affected economic status have comparatively more satisfaction in most of the domains excluding family life, financial situation & contact with friends, than people having businesses with non-affected economic status.

SUMMARY

For this study, almost two hundred people participated and agreed to be a part of this. These participants are working professionals either having jobs or their own businesses. As we discussed in our previous chapters these were divided into two groups based on their "type of work" and "does their economic status got affected or not". The participants filled out questionnaires based which was based on their psychological distress and their satisfaction with life during the lockdown period. The research objective was to enquire which group was having more psychological distress and life satisfaction due to their affected economic status during the lockdown period.

Discussion of Findings

This discussion of findings is organised into three subsections, drawing on the questions, hypothesis and findings presented in the introduction, review of the literature and results chapter.

Whose economic status got more affected?

From the descriptive statistics table, we can see that out of 200 participants, 154 participants' economic status got affected, of which 87 were having business and 67 were having jobs. It

was primarily hypothesized that people having businesses have faced more economic fluctuations than people with jobs which means our hypothesis again got accepted.

Psychological distress of participants based on their "type of work" with "affected and non-affected economic status": It was hypothesized that people having their own businesses had more psychological distress during the lockdown period than the job ones due to economic recession. The findings in MANOVA suggest that the people of both groups do not have any significant interaction between both categories but independently have significant differences in their level of psychological distress. Both groups had a considerately same level of moderate stress, severe anxiety, and moderate depression irrespective of the type of work they were doing. Hence, my hypothesis got rejected.

It was also hypothesized that people having businesses with non-affected economic status will have less psychological distress than job ones because those were probably some big business owners who have enough resources to maintain their physical and psychological wellness. The result findings in MANOVA also indicate that people owning businesses with non-affected economic status had a comparatively lower level of stress, anxiety and depression than people having jobs with non-affected economic status during the lockdown period. Hence, my hypothesis got accepted.

Life satisfaction of participants based on their "type of work" with "affected and non- affected economic status.": Regarding people's quality of life, it was hypothesized that people having businesses with affected economic status had been less satisfied in their life than people having jobs with affected economic status during the lockdown period as they do not have access to work from home. But the findings in MANOVA show that there is no statistical difference in the group of people based on their type of work but there is a statistically significant difference in the group of people with affected economic status and non-affected economic status. Also, it says that people having businesses had more satisfaction in terms of their life than people having jobs as they lead 7 domains out of 11 domains which determines the quality of life. Hence, again my hypothesis got rejected in this area.

It was also hypothesized in the initial chapter that people's life satisfaction is based on their level of economic status. If it is unaffected then there will be a high satisfaction level in life irrespective of whether a person is having a job or business. But again, the findings in MANOVA show that the people having jobs with non-affected economic status have comparatively more satisfaction in most of the domains excluding financial situation, family life, and contact with friends, than people having businesses with non-affected economic status. It concluded that our hypothesis again got rejected.

Overall, we could say, out of five hypotheses of our study, two of them have been accepted and the rest three have been rejected.

CONCLUSION

The covid 19 pandemic hit people very hard. Especially it affected people's economy and other related factors to it which affected people's psychological life. Drawing on these practical problems, this dissertation focused on working people's psychological distresses and quality of life. The main thrust of this thesis is to find out the psychological distress and quality of life between working people and people with affected economic status during the lockdown period. They were categorized into two groups. The first group is people having jobs and

people having businesses and the second group is people with affected economic status and people with non-affected economic status.

This research successfully demonstrates the applicability of statistical tools and finds out the results. From the findings, in terms of both of our variables i.e., psychological distress and life satisfaction, we did not find any statistically significant difference between people having jobs or businesses but there is a statistically significant difference in people with affected economic status and non-affected economic status.

Therefore, we can conclude from the findings that it does not matter whether a person was having a job or owning a business in their lockdown. Their psychological distress and their quality of life or life satisfaction were not based on that. These things are based on whether their economic status got affected during the lockdown period or not, irrespective of their type of work.

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Conflict of Interest
The author(s) declared no conflict of interest.

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