# A Study on the Effect of COVID-19 on the Lifestyle & Mindset of People after Lockdown in Gujarat State

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## ABSTRACT

This study aimed to research the immediate impact of the COVID-19 pandemic on psychological state and quality of life among Gujarat resident's aged ≥18 years. a web survey was distributed through a social media platform from May 19, 2020 to May 22, 2020. Respondents completed a validated questionnaire that assessed the indications of mindset impacts, social and family support, and mental health-related lifestyle changes. a complete of 150 respondents (87 males and 63 females) completed the study Around 26% of the respondents believe that the lockdown 4.0 should be lifted fully. 56% prefer to stay at home even after lockdown lifted fully. Very few 5% around prefer to travel after lockdown 4.0. When there was a lockdown curfew, people were having different kind of stress. Majority of the people were having stress of getting corona virus. Some respondents were having stress related to their loss of job or pay cut. People tried to stay positive and did prayer to come out of the stress during lockdown period. 51% of the respondents said that they would like to prefer to go to the different public places after 3 months of lockdown 4.0. Majority of the respondents are having a positive attitude towards their lifestyle after COVID -19. People before COVID- 19 were very much socialized and not that much caring for their body. Now, people after COVID – 19 are more aware about their immunity, health, lifestyle and mental health as well. Of course, there is a change in everyone's lifestyle and thinking. And this will bring something positive. In conclusion, the COVID-19 pandemic was associated with mild stressful impact in our sample, even though the COVID-19 pandemic is still ongoing.

*Keywords--* COVID-19, Corona Virus, Mental Health, Life Style, Lockdown

## I. INTRODUCTION

There has been an upsurge of pneumonia of an abnormal condition that was first reported in Wuhan, China in December 2019. Following the outbreak, a novel corona virus, SARS-CoV-2, was identified as the causative virus for the pandemic in China and other parts of the world by the World Health Organization (WHO). COVID-19 has affected our day to day life, business, education, job, service etc. Identification of this disease was very hard in the early stage, and then gradually it has been speeded like a rabbit speed. Most of the countries has slowed down their production and manufacturing and industries are also affected. This is a pandemic situation now. The different sectors which are affected by this situation are like pharmaceutical industry, solar power sector, tourism, information and electronics industry. This virus has created significant knock – on effects on the daily life of citizens as well as the economy of the country.

Due to COVID- 19 there were different time period of lockdown in India. There was Janta Curfew in India on March 22, 2020 for 14 hrs. (07:00 AM to 09:00 PM). After a successful Janta Curfew the phases of lockdown were announced. Lockdown 1.0: March 25, 2020 to April 14, 2020 (21 Days). "Taali & Thaali Bajao" exercise was done by all the citizens of India on March 22, 2020 to support the Janta Curfew in the evening at 05:00 PM for 5 minutes."Diya Jalao" exercise was done by all the citizens of India on April 05, 2020.Citizens all over India cheered and showed unity with the health workers, police, and all those fighting the disease by turned off the electric lights at their homes for 9 minutes from 9:00 p.m. to 9:09 p.m. and observed lights from Diya, candle, torch and mobile flashes.

Lockdown 2.0: 19 days from April 15, 2020 to May 03, 2020

Lockdown 3.0:14 days from May 04, 2020 to May 17, 2020

Lockdown 4.0:14 days from May 18, 2020 to May 31, 2020

Unlock 1.0: June 01, 2020 to June 30, 2020

Unlock 2.0: July 01, 2020 to July 31, 2020

Unlock 3.0: August 01, 2020 to August 31, 2020

The lockdown control people from stepping out of their homes. All transport services were suspended excluding essential goods, fire, police and emergency. it has also affected educational institutions, industries and health sector. Especially food shops, petrol pumps, banks and ATMs were exempted.

## II.   METHODOLOGY

### A. These Objectives of the study

1. To study people's perception about COVID – 19 Lockdown 2020.
2. To study the mental impact on the people during COVID – 19 lockdown.
3. To study what people, want to do after COVID - 19 lock down.
4. To study the impact of COVID – 19 on people's mindset and lifestyle after lockdown.

### B. Research Methodology

For our study, we have implemented Descriptive research design. Descriptive research is used to explain characteristics of a mankind. If we want to know something about a group of people, maybe the individual is a would-be senator and wants to know who they're representing or a surveyor who is searching for program related to mental health. Descriptive research is essential for depicting the participants with good amount of accuracy. The present investigations will be descriptive in nature with survey will be used as the major research approach. There are three ways a researcher can go about doing a descriptive research project, and they are: For this study, we have implemented the survey method by interviewing respondents through Google Forms with duly tested structured questionnaire

### C. Scope of the Study

Scope of study was Gujarat State of India.

### D. The Sample

The actual user of specific service will constitute the sample of the study. Approximately, 150 respondents were chosen conveniently for survey from Gujarat State. Enough care was taken to make the sample proportionate and representative.

### E. The Tools

(a) For data collection: After reviewing the existing literature on the subject and interactions with experts and academicians, a self-developed measure was used to collect data from the respondents. Primary data was collected through structured questionnaire by the sending the Goggle Form to respondents from Gujarat State and Secondary data was also collected through Internet, related books, Newspapers, Journals, Magazines, Newspapers, and Articles etc.

(b) For data analysis: The collected data were subjected to suitable calculation using Microsoft Excel.

## III.   DATA ANALYSIS AND INTERPRETATION

### A. Demographic Information

The responses were collected from different cities like Ahmedabad, Anand, Vallabh Vidyanagar, Vadodara, Surat, Halol, Borsad, Bharuch, Rajkot, Gandhinagar, Khambhat, Kodinar, Junaghdh, Bakrol, Sojitra, Bhavnagar, Veraval, Vasad, Mehsana, Jambusar, Kanjari, Nadiad, Vyara, Patan, Petlad, Chanasma, and Kapdwanj of Gujarat State.

| Demography | Category | N | % |
|---|---|---|---|
| Gender | Male | 87 | 58% |
| | Female | 63 | 42% |
| Marital Status | Marries | 76 | 51% |
| | Single | 63 | 42% |
| | In Relationship | 11 | 7% |
| | Divorcee | - | - |
| | Other | - | - |

| Demography | Category | N | % |
|---|---|---|---|
| Age in Years | 16-25 | 65 | 43% |
| | 26-35 | 31 | 21% |
| | 36-45 | 25 | 17% |
| | 46-50 | 06 | 4% |
| | 51-60 | 21 | 14% |
| | Above 60 | 02 | 1% |
| Education | Up to SSC | 04 | 3% |
| | Up to HSC | 12 | 8% |
| | Graduation | 54 | 36% |
| | Post-graduation | 53 | 35% |
| | Ph.D | 27 | 18% |
| Occupation | Self Employed | 16 | 11% |
| | Government | 25 | 17% |
| | Private | 39 | 26% |
| | Student | 57 | 38% |
| | House Wife | 03 | 2% |
| | Professional | 10 | 7% |
| Family Income (p.a. in Rs.) | Up to 1.5 Lacs | 31 | 21% |
| | 1.5 to 3 Lacs | 30 | 20% |
| | 3 to 6 Lacs | 36 | 24% |
| | 6 to 10 Lacs | 30 | 20% |
| | Above 10 Lacs | 23 | 15% |

**Table 1:** Demographic Information
(Source: Primary Data)

|  |  | Frequency | Percentage | Valid Percentage | Cumulative Percentage |
|---|---|---|---|---|---|
| Valid | S A | 21 | 14 | 14 | 39.3 |
|  | A | 38 | 25.3 | 25.3 | 59.3 |
|  | N | 30 | 20 | 20 | 84 |
|  | D | 37 | 24.7 | 24.7 | 100.0 |
|  | S D | 24 | 16 | 16 |  |
|  | T otal | 150 | 100.0 | 100.0 |  |

**Table 2:** Lockdown 4.0 should lift fully
(Source: Primary Data)

From the above table: 2 it is clear that nearly 14% of the respondents strongly agree that the Lockdown 4.0 should lift fully after May 31, 2020. Whereas, nearly 24% are disagree and nearly 16% are strongly disagree that the Lockdown 4.0 should lift fully after May 31, 2020.

|  | Frequency | Percentage |
|---|---|---|
| Stay at Home | 84 | 56 |
| Go to school/ college to attend the lectures | 15 | 10 |
| Rush to the barber/ beauty saloon | 12 | 8 |
| Visit friends/ relatives | 22 | 15 |
| Go to restaurants/ malls/ shopping | 01 | 0.7 |
| Go to religious place | 09 | 6 |
| Go for travelling | 07 | 5 |
| Average | 21 | 14 |

**Table 3:** People's choice after Lockdown 4.0
(Source: Primary Data)

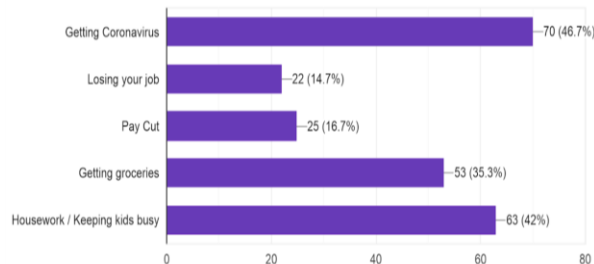Table 3 shows that maximum 84 (56%) people prefer to stay at home even after lockdown 4.0 fully lifted.



**Figure 1:** Stress during the lockdown
(Source: Primary Data)

From the above Figure: 1, we believe that out of 150 respondents, the majority 70 (47%) people were having stress for getting Corona virus. From this one can say that people are more afraid from the virus. As there is effect on the economy also, out of 150 respondents, 22 and 25 were having stress about their loss of job and pay cut respectively.
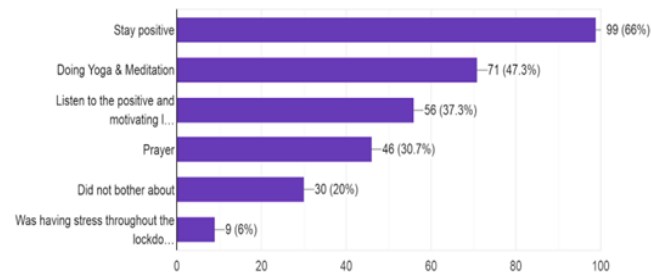


**Figure 2:** Developing positive mindset during the lockdown
(Source: Primary Data)

When a person is in stress, he or she always finds some solutions. The CVID -19 Pandemic situations is also stressful. People of Gujarat were asked what solution they found to come out of the stressful condition from the above Figure: 2, it has been observed that Out of 150 respondents, the maximum 99 (66%) were trying to stay positive during this period, 30 (20%) did not bother about the situation at all, whereas 9 (6%) were having stress throughout the lockdown period.

|  | Frequency | Percentage |
|---|---|---|
| As soon as they open | 08 | 5 |
| Not for three months | 76 | 51 |
| Not for six months | 42 | 28 |
| Not for a year | 24 | 16 |
| Max | 76 | 51 |
| Min | 08 | 5 |

**Table 4:** People's reference to visit public places
(Source: Primary Data)

Table: 4 shows that maximum 76 (51%) people prefer to visit public places not for three months and minimum 08 (5%) people prefer to visit public places as soon as they open even after lockdown 4.0 fully lifted.
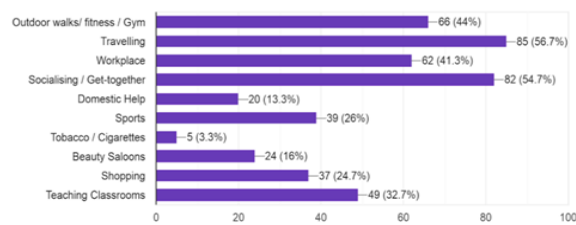


**Figure 3:** What did people miss during the lockdown?
(Source: Primary Data)

The following Figure: 3 shows that what people missed during the lockdown period. We can analyze that majority of the people in Gujarat are fond of travelling and socializing. Out of 150, the maximum number 85 and 82 missed travelling and socializing respectively during lockdown 4.0 in Gujarat.

The respondents of Gujarat were asked about their health and fitness during the time of Lockdown 4.0. Out of 150 respondents, 89 (59%) said that their body stayed the same, 33 (22%) said that their body got fitter, and 28 (19%) said that their body got fatter during the Lockdown 4.0.

|  | Frequency | Percentage |
|---|---|---|
| Career Development | 31 | 21 |
| Household work | 30 | 20 |
| Learned new things | 38 | 25 |
| Used Social Media | 21 | 14 |
| Watched Television | 12 | 8 |
| Max. | 38 | 25 |
| Min. | 12 | 8 |

**Table 5:** Respondents' activities during lockdown
(Source: Primary Data)

Out of 150 in Gujarat, remaining 18 respondents did other activities like watching Netflix, office work, Binge watching, reading Hindu holy books, helping to mother, cooking, playing cricket, participation in different educational webinar, etc.

When respondents were asked that if they are single then when they will date after lockdown fully lifted. In Gujarat out of 150 respondents, 7 (5%) are said that they will date but with fear of COVID- 19, 28 (19%) said that they will date with social distancing, whereas 14 (9%) preferred to date next year.

| Statements | SA | A | N | D | SD |
|---|---|---|---|---|---|
| a: After lockdown also, people should keep wearing the mask wherever they go. | 117 (78%) | 26 (17%) | 06 (4%) | 01 (1%) | - |
| b: After lockdown, people should try to avoid socializing or social get together. | 83 (56%) | 50 (33%) | 08 (5%) | 07 (4%) | 02 (2%) |
| c: People | 101 | 39 | 05 | 05 | - |

| Statements | SA | A | N | D | SD |
|---|---|---|---|---|---|
| should maintain social distancing at public place after COVID - 19. | (67%) | (27%) | (3%) | (3%) |  |
| d: People should maintain physical fitness and improve immunity power. | 111 (74%) | 29 (19%) | 08 (5%) | 02 (2%) | - |
| e: People should sanitize and disinfect the places they live. | 102 (68%) | 35 (23%) | 10 (7%) | 03 (2%) | - |
| f: People should prefer online shopping rather than visiting the malls, shops and grocery stores. | 61 (41%) | 42 (28%) | 25 (17%) | 17 (11%) | 05 (3%) |
| g: People should not travel more. | 57 (38%) | 56 (37%) | 22 (15%) | 12 (8%) | 03 (2%) |
| h: People should not visit their respective religious places often. | 43 (29%) | 42 (28%) | 46 (31%) | 14 (9%) | 05 (3%) |
| i: After lockdown, educational sector should adapt online teaching learning system. | 55 (37%) | 44 (29%) | 32 (21%) | 15 (10%) | 04 (3%) |

**Table 6:** Respondents' point of view regarding COVID 19
(Source: Primary Data)

From the above Table: 6 it is clear that nearly maximum respondents strongly agree that after lockdown lift fully, people should take care about their lifestyle. People in Gujarat have changed their mindset and beliefs for their lifestyle due to COVID – 19 Pandemic.

Here are some points of view about India before and after COVID- 19 of the respondents from Gujarat:

1. After COVID 19 public have great awareness about social distancing , people are more aware about cleanliness , people know the importance of family rather than social family , no matter currently the economy of is India is low but December onwards there is huge hike in economy , share market , and many more industries are going to invest in India which is will create a lot employment and which affect the GDP a lot people are also focusing now on self-dependent compare to importing ready things from China and other European country.

2. New opportunities will be created as start-up and health consciousness has reached to adequate level.

3. Before: India was not much aware and underestimated the effect of COVID'19 and had ignorance for the same. After: When cases of COVID'19 emerged, steps were taken like Lockdown, WFH, awareness program, etc in short people started becoming cautious of the situation. But still few people do not follow the guidelines and rules. Adequate steps still need to be taken, but govt. has done the best till date. Still more no of testing need to be done. As this virus will not go very easily.

4. People in India will become more conscious about sanitation and personal hygiene after COVID -19. Unemployment and poverty would be the main problems and so it will take much time to overcome economic decline which occurred due to COVID-19

## IV. CONCLUSION

A stressful impact was observed during COVID 19 Pandemic lockdown in Gujarat. Since the COVID-19 pandemic is still ongoing, these finding need to be confirmed and investigated in future for larger population studies. In our study, total 150 respondents were taken from different regions of Gujarat state. The respondents were asked about their lifestyle and beliefs/ mindset after COVID – 19 lockdown. The significant results show that 56% of people prefer to stay at home even after lockdown 4.0fully lifted. Maximum 51% prefer to visit public places not for three months. 47% were having stress for getting Corona virus. 78% of the respondents believe that people should wear the mask wherever they go. 56% prefer to maintain social distancing. 68% are more aware for disinfection and sanitization more. 37% are saying that the education must be online after lockdown. 55% do not prefer outside food. Hence, we conclude here that the people in Gujarat have become more health conscious during Lockdown. They have adopted a new lifestyle and

they are ready to develop a positive mindset. It is now a *"New Normal"* trend after COVID – 19 Lockdown.

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