

An Empirical study on the Impact of Lockdown on Lifestyle with special Reference to Hubli-Dharwad Region

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ABSTRACT

COVID – 19 Corona Virus Disease, the first case of corona virus pandemic in India was reported on January 30, 2020. Looking at the situation in china and some major countries like Italy, USA, France and Japan, Indian Government had taken the precautionary step of announcing the curfew and then a lockdown of 21 days, 19 days and 14 days respectively till May 17, 2020. Every citizen of the country was asked to stay inside the house and step out only for emergency by maintaining social distancing.

As this lockdown has forced everybody to stay inside the house, everyone has got ample time to utilize. The researcher has tried to study the current lifestyle during the outbreak of Covid-19. This study tries to analyze and explain the impact of COVID-19 and lockdown on Lifestyle of Hubli-Dharwad city. An invisible enemy has forced us to “change” in many ways, some of which we have always wished for but never dared to (or needed to). Covid-19 is not only claiming lives, but also changing them by exposing the world's resilience and adaptability.

It is pivotal to begin research studies to deal with the likelihood of impact of the coronavirus lockdown on human life. For instance, collecting data through web-based surveys is increasingly popular nowadays.

Data shows lockdown impacts on daily routines and habits of people. Sleeps, eating habits and consumption pattern have found significant differences. Majority of participants accepted to get affected by lockdown in their routines and habits.

Keywords: COVID-19, Pandemic, Lockdown, Social Distancing

INTRODUCTION

The worldwide spread of novel coronavirus disease is severely affecting life as per the recent updates; almost one-third to half of the global population is now under some form of lockdown. In the month of December 2019, in Wuhan Hubei Province, China, number of people suffered from severe respiratory illness. On 31st December 2019, China informed the World Health Organization (WHO) about the number of patients with symptoms of respiratory illness of unknown cause.

Recent studies suggesting that COVID-19 infection could be transmitted from people before they present the symptoms. Taking an example from China's experience and their bid to prevent further spread of the disease many countries have implemented serious imposition of restriction to prevent the spread of the disease and encouraging their citizens to work from home to promote social isolation.

On 25th March 2020 Prime Minister of India announced countrywide lockdown with social distancing restriction over the majority of commercial activities and mass gathering including educational and public institutions. In such an exceptional situation of the century, we are living in it is crucial to understand how people are adapting to the constraints imposed on by the government due to coronavirus lock-down and its impact on given population and their routines and habits.

The roads which were crowded with vehicles, stalls, hawkers, people; were now occupied by police. Boundaries of Major Districts, Cities and Villages were closed by either Govt. or local public. International and Domestic flights were stopped, Local and State Transport, Movement of people was on hold. People related to essential services only were allowed to travel.

Entire Nation was locked inside the home. #StayHome #StaySafe started trending across the Globe.

LITERATURE REVIEW

Pandemics diseases become widespread as a result of the spread of human-to-human infection. There have been many instances when such outbreaks and pandemics were recorded in history, including Spanish Flu, Hong Kong Flu, SARS, H7N9, Ebola, Zika (WHO, 2011b) (Rewar, Mirdha, & Rewar, 2015). *Harris (2000)* defined the globally accepted definition of Pandemic “an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people”. Some key features of pandemics were noted by *Rutherford & Chu (2017)* wide geographic extension, disease movement, novelty, severity, high attack rates and explosiveness, minimal population immunity, infectiousness and contagiousness.

According to *Srinivas Goli (2020)* TB, Malaria, HIV, and other diseases causes more deaths annually than of COVID-19. He further mentioned that all such infections have been around for a longer period in the country and have generally affected most of the lower-income groups, but COVID-19 is affecting everyone. He said that “There was no doubt that India had no choice other than the lockdown to avoid the colossal toll the virus could take on lives, this can at least provide more time to the country for preparation”. In his opinion, the lockdown was poorly conceived and declared without preparation. He further mentioned that the first case reported in China and the first case reported in India; there was enough time lag for preparation and the preparation could have been much better. Human beings are mortal, we cannot escape from the death, but we can try to delay it. The lockdown is one of such try by the governments of various countries (*Manfred, 2020*). Each small step taken by each citizen can make a big difference for the country at this time. The success of the lockdown depends on how people adhere to it and take the recommendations seriously. (COV-IND-19 Study Group, 2020).

Social Distancing

Indian government introduced a lockdown and ask the citizen to follow Social Distancing. Social Distancing, a never discussed word at least in India. India is country of 'we all'. Indians are always together for everything. The Indian Culture teaches to do so. Look at the Festivals, Rituals, Cultures, and Traditions and so on. Since our childhood we have been grown up with the people and amongst the people. We have been taught to come together in the crisis and help each other during the crisis but suddenly this social distancing and locking inside the home was introduced. It is hard to believe and hard to digest for Indians.

Homo sapiens are first and foremost a social animal. Socially active people tend to have higher levels of physical and psychological wellbeing (*Manfred, 2020*). It is difficult to follow these guidelines and few cases have also been reported in various parts of the country.

PROBLEM STATEMENT AND RESEARCH GAP

While Many Reports, News, Articles, Experts and Researchers are explaining the Economic, Financial, Geo-Political impacts of COVID-19 and lockdown. Very few researchers were observed talking about the impact on lifestyle. In this research, researcher has tried to analyze and explain the impact of COVID-19 and lockdown on lifestyle of Hubli –Dharwad People. Researcher has tried to figure out the changes occurred due to the COVID-19 and lockdown in the routine life and has also tried to figure out, how are people coping with this COVID-19 and lockdown situation.

Objectives

1. To study the current lifestyle during the outbreak of Covid-19
2. To assess the Psychological pattern of consumption during the period of Lockdown
3. To find out the impact of COVID-19 on Lifestyle of Indians during a Lockdown period in India

Need of the study

The course of the pandemic in India is different in terms of mortality and spread of infection as compared to some other countries of the world at the present time. The social, economic and psychological impact of the pandemic is noticeable We think it's important to explore the ways, how people have found to cope with the pandemic situation one side with social isolation on the other side that might have never-seen-before .It is an opportunity to find how people are adjusting their routine and habits while staying inside their homes. There are lacunae of good research in the existing literature regarding the impact of corona virus imposed lockdown on daily life, which may need to be filled in overtime through the latest research.

Research Methodology:

“An Empirical study on the Impact of Lockdown on Lifestyle with special Reference to Hubli-Dharwad Region” is a research work based on the secondary and primary database. The main survey was across Hubli-Dharwad city from March 25 to May 10 in the year 2020.

Research Method:

Empirical research method is followed for in depth analysis of the multiple variables of the study. To get clear inferences descriptive research design is followed, which allows for proper investigation and helps in probing.

Secondary data sources: Research articles from internet, newspaper articles and journals etc.

Primary Data Sources: Using survey method, a structured questionnaire was drafted in Google form

Sampling Method: Simple random sampling method was used

Sample size: 221

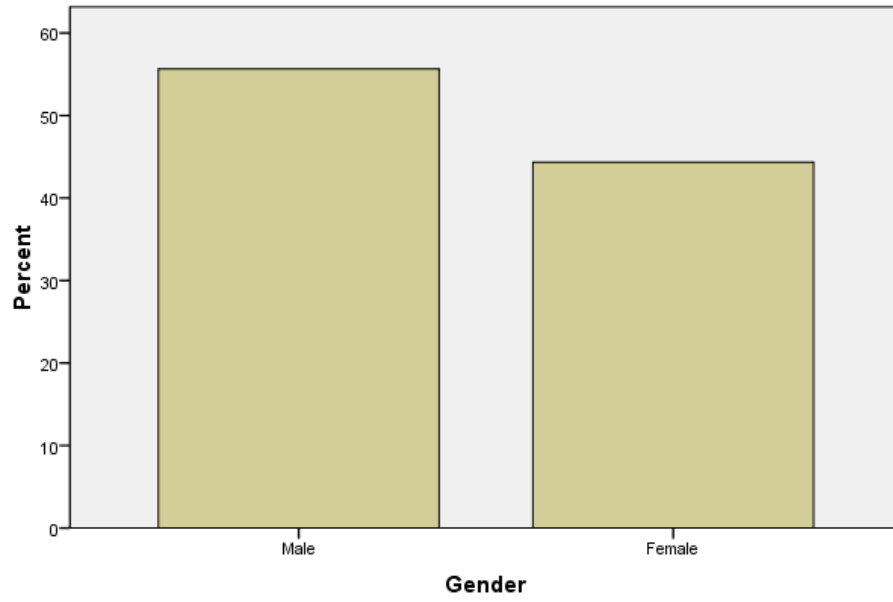
Sample extent: Restricted to Hubli –Dharwad city

Data Analysis tools: SPSS Software was used for data analysis. Statistical tools such as Cross Tabulation, Pie-Charts,Histogram, Normality Test

ANALYSIS AND INTERPRETATION

Gender

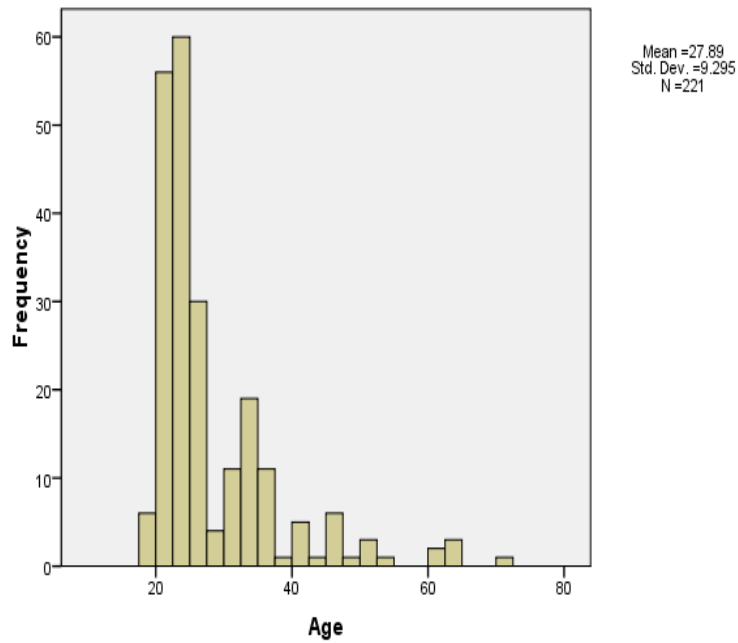
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	123	55.7	55.7	55.7
	Female	98	44.3	44.3	100.0
Total		221	100.0	100.0	



Age

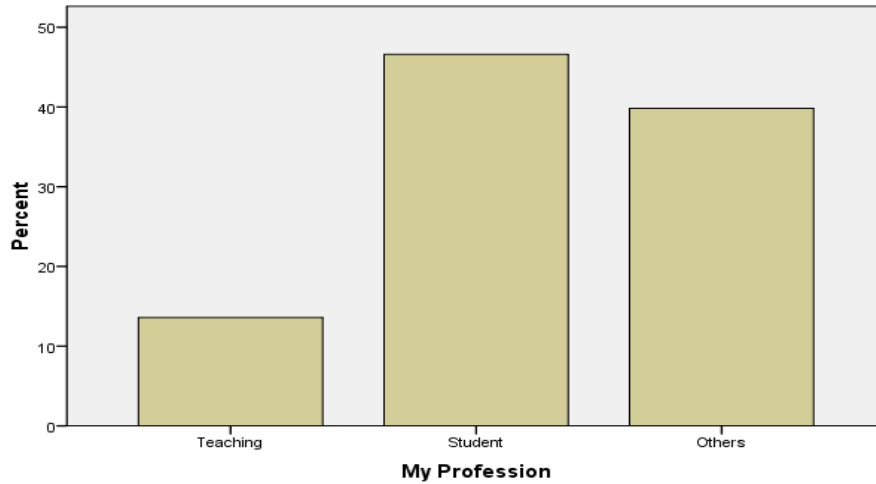
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	19	6	2.7	2.7	2.7
	20	4	1.8	1.8	4.5
	21	19	8.6	8.6	13.1
	22	33	14.9	14.9	28.1
	23	32	14.5	14.5	42.5
	24	28	12.7	12.7	55.2
	25	18	8.1	8.1	63.3
	26	8	3.6	3.6	67.0
	27	4	1.8	1.8	68.8
	28	3	1.4	1.4	70.1
	29	1	.5	.5	70.6
	30	5	2.3	2.3	72.9
	31	1	.5	.5	73.3
	32	5	2.3	2.3	75.6
	33	16	7.2	7.2	82.8
	34	3	1.4	1.4	84.2
	35	5	2.3	2.3	86.4
	36	6	2.7	2.7	89.1
	38	1	.5	.5	89.6
	40	4	1.8	1.8	91.4
	41	1	.5	.5	91.9
44	1	.5	.5	92.3	
45	5	2.3	2.3	94.6	
47	1	.5	.5	95.0	
49	1	.5	.5	95.5	
50	1	.5	.5	95.9	
52	2	.9	.9	96.8	
54	1	.5	.5	97.3	
60	1	.5	.5	97.7	

	61	1	.5	.5	98.2
	63	2	.9	.9	99.1
	64	1	.5	.5	99.5
	72	1	.5	.5	100.0
	Total	221	100.0	100.0	



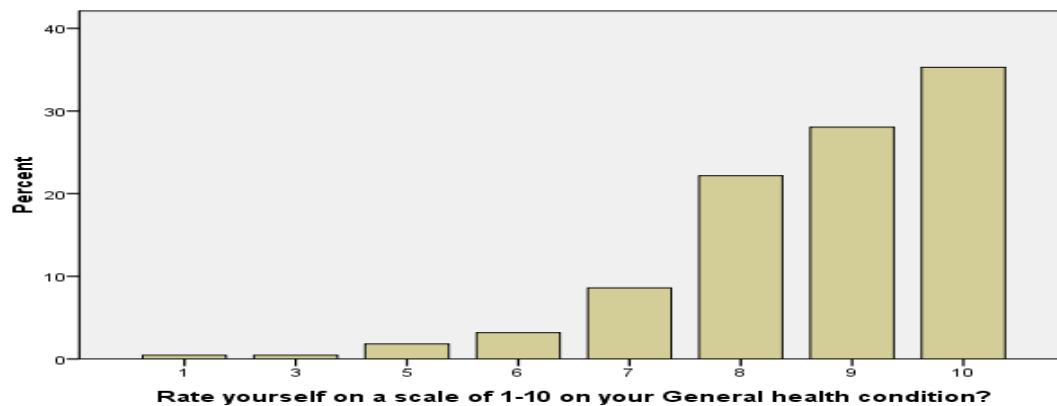
My Profession

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Teaching	30	13.6	13.6	13.6
	Student	103	46.6	46.6	60.2
	Others	88	39.8	39.8	100.0
	Total	221	100.0	100.0	



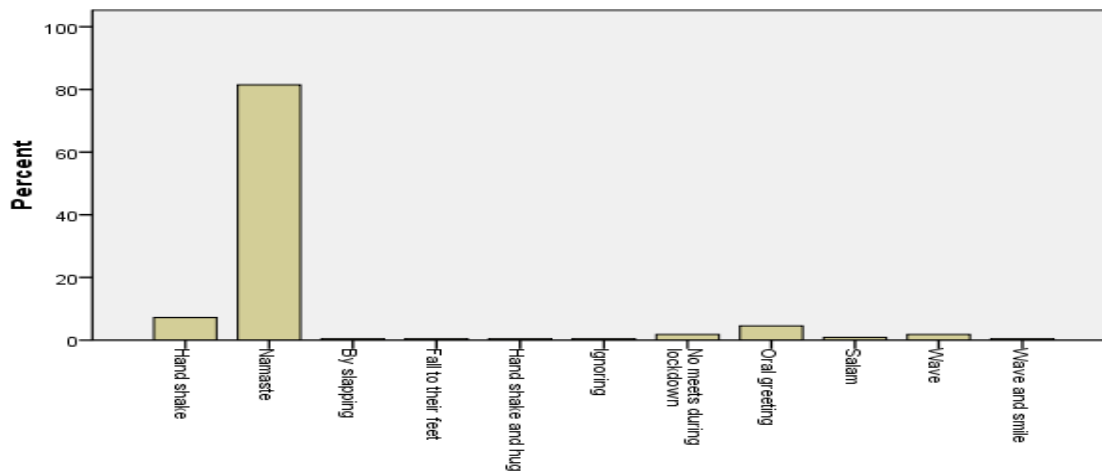
Rate yourself on a scale of 1-10 on your General health condition?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1	1	.5	.5	.5
3	1	.5	.5	.9
5	4	1.8	1.8	2.7
6	7	3.2	3.2	5.9
7	19	8.6	8.6	14.5
8	49	22.2	22.2	36.7
9	62	28.1	28.1	64.7
10	78	35.3	35.3	100.0
Total	221	100.0	100.0	



How do you greet your relatives and friends when you meet them?

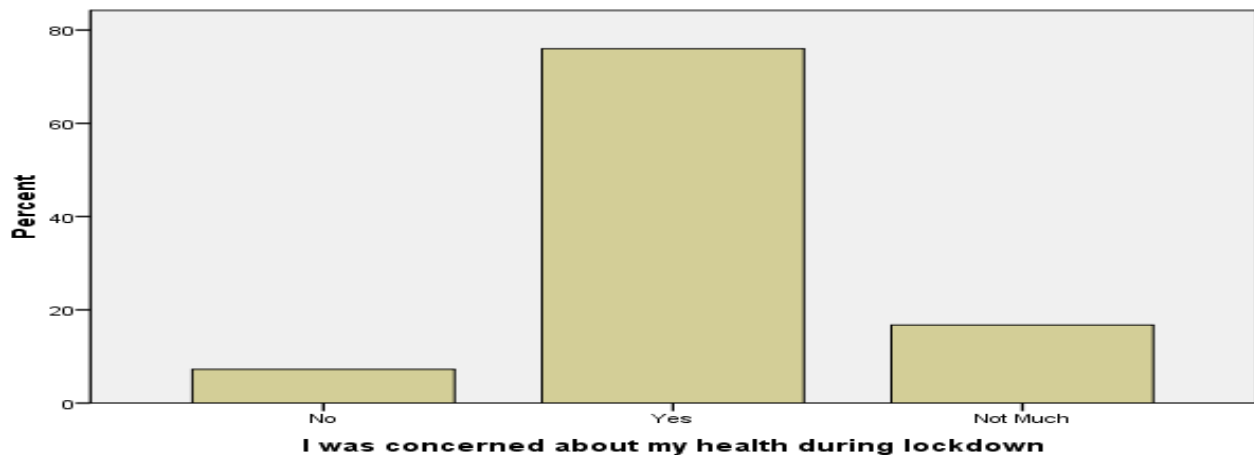
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Hand shake	16	7.2	7.2	7.2
	Namaste	180	81.4	81.4	88.7
	By slapping	1	.5	.5	89.1
	Fall to their feet	1	.5	.5	89.6
	Hand shake and hug	1	.5	.5	90.0
	Ignoring	1	.5	.5	90.5
	No meets during lockdown	4	1.8	1.8	92.3
	Oral greeting	10	4.5	4.5	96.8
	Salam	2	.9	.9	97.7
	Wave	4	1.8	1.8	99.5
	Wave and smile	1	.5	.5	100.0
	Total	221	100.0	100.0	



How do you greet your relatives and friends when you meet them?

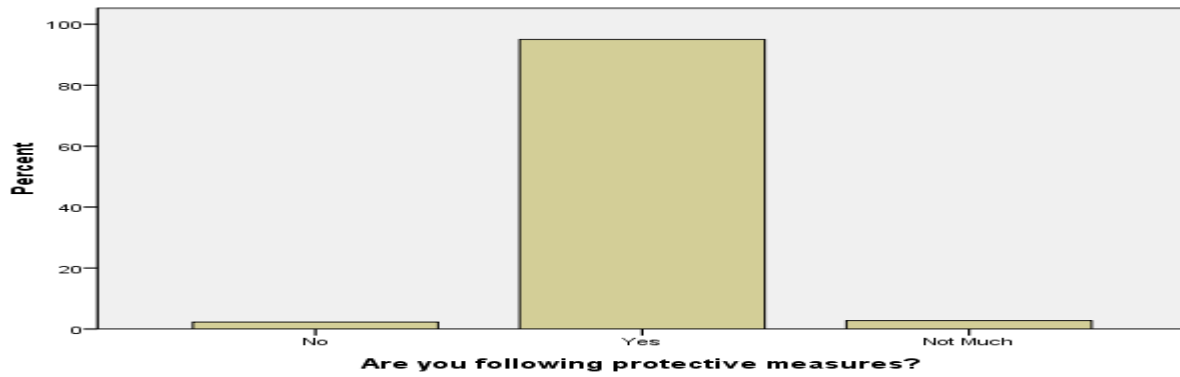
I was concerned about my health during lockdown

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	16	7.2	7.2	7.2
	Yes	168	76.0	76.0	83.3
	Not Much	37	16.7	16.7	100.0
	Total	221	100.0	100.0	



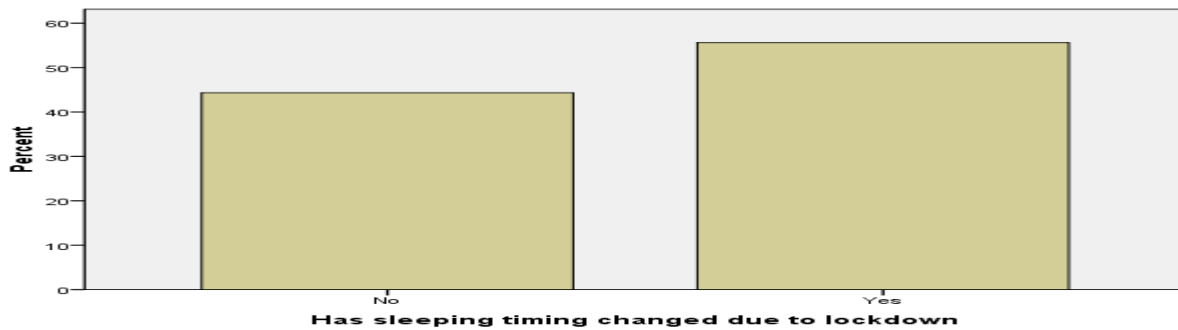
Are you following protective measures?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	5	2.3	2.3	2.3
	Yes	210	95.0	95.0	97.3
	Not Much	6	2.7	2.7	100.0
	Total	221	100.0	100.0	



Has sleeping timing changed due to lockdown

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	98	44.3	44.3	44.3
	Yes	123	55.7	55.7	100.0
	Total	221	100.0	100.0	



Have you ever followed a modified diet to manage a health condition?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	95	43.0	43.0	43.0
	Yes	85	38.5	38.5	81.4
	Not Much	41	18.6	18.6	100.0
	Total	221	100.0	100.0	



In lockdown have you changed your eating habits

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	82	37.1	37.1	37.1
	Yes	109	49.3	49.3	86.4
	Not Much	30	13.6	13.6	100.0
	Total	221	100.0	100.0	

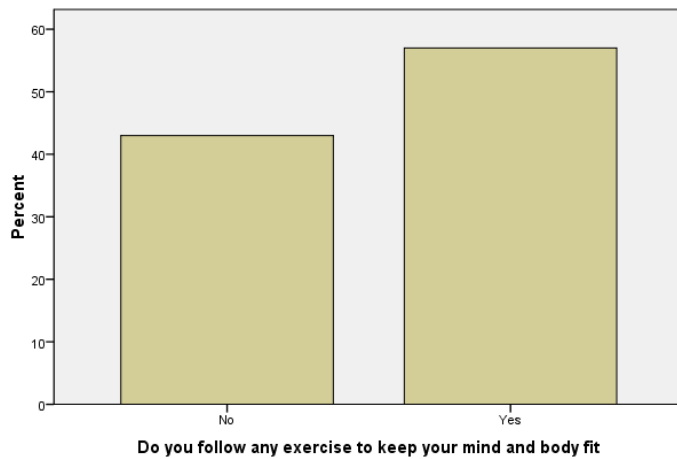


Do you follow any exercise to keep your mind and body fit

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	95	43.0	43.0	43.0
	Yes	126	57.0	57.0	100.0

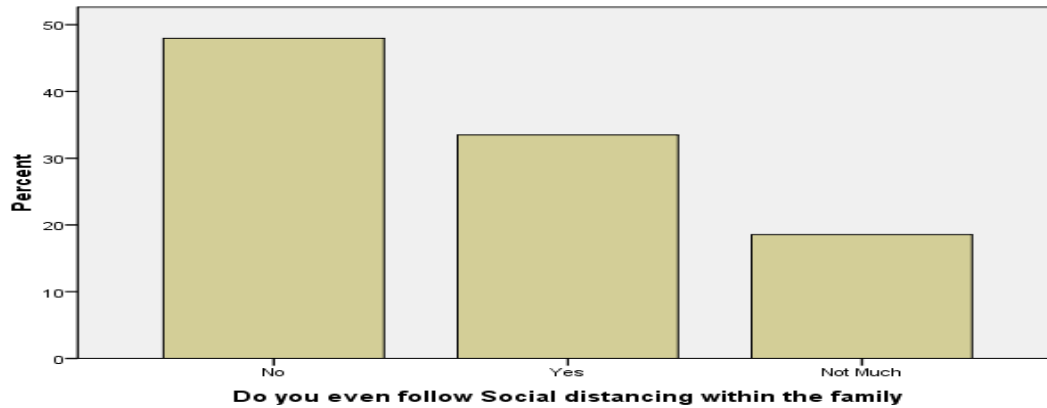
Do you follow any exercise to keep your mind and body fit

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	95	43.0	43.0	43.0
	Yes	126	57.0	57.0	100.0
	Total	221	100.0	100.0	



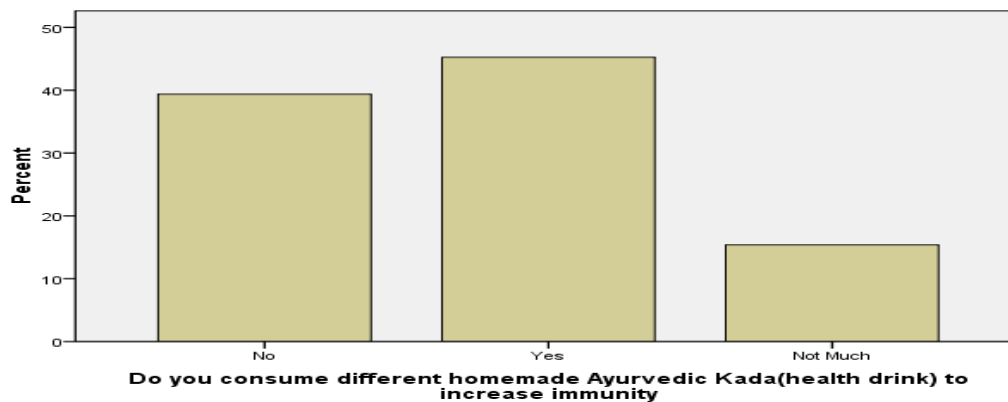
Do you even follow Social distancing within the family

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	106	48.0	48.0	48.0
	Yes	74	33.5	33.5	81.4
	Not Much	41	18.6	18.6	100.0
	Total	221	100.0	100.0	



Do you consume different homemade Ayurvedic Kada(health drink) to increase immunity

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	87	39.4	39.4	39.4
	Yes	100	45.2	45.2	84.6
	Not Much	34	15.4	15.4	100.0
	Total	221	100.0	100.0	



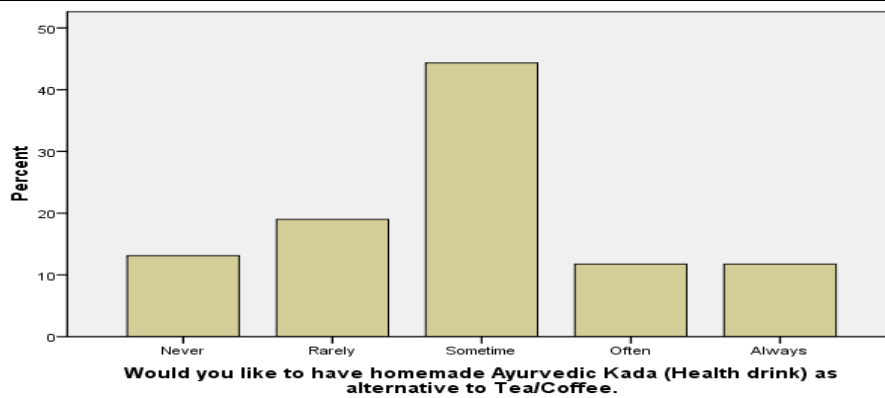
I started consuming immunity booster food items due to lockdown

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	115	52.0	52.0	52.0
	Yes	106	48.0	48.0	100.0
	Total	221	100.0	100.0	



Would you like to have homemade Ayurvedic Kada (Health drink) as alternative to Tea/Coffee?

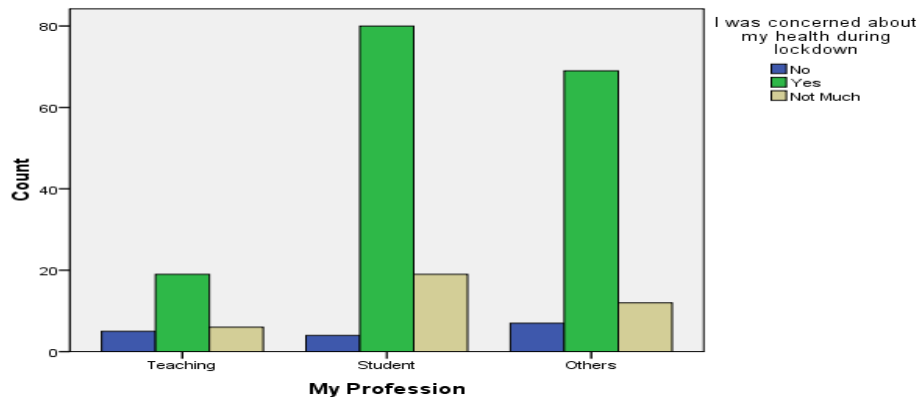
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	29	13.1	13.1	13.1
	Rarely	42	19.0	19.0	32.1
	Sometime	98	44.3	44.3	76.5
	Often	26	11.8	11.8	88.2
	Always	26	11.8	11.8	100.0
	Total	221	100.0	100.0	



My Profession * I was concerned about my health during lockdown Crosstabulation

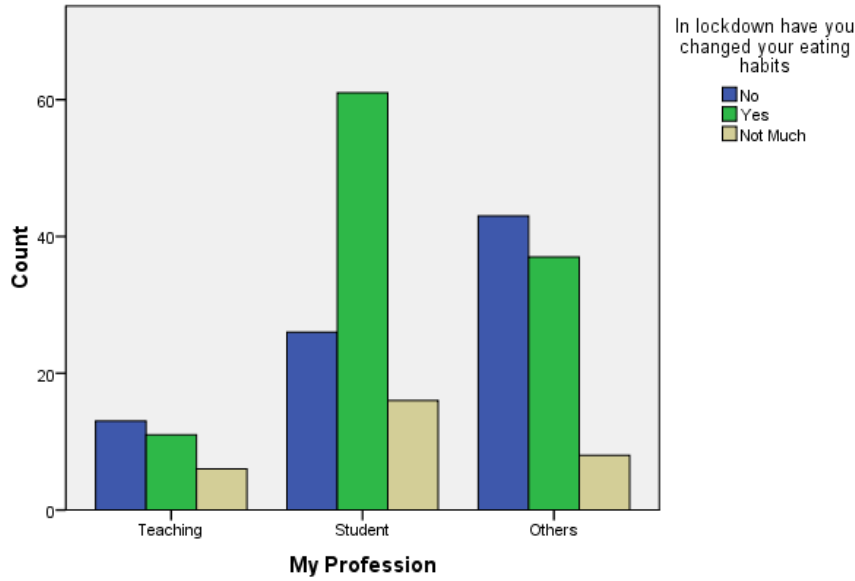
Count	I was concerned about my health during lockdown			Total
	No	Yes	Not Much	

My Profession	Teaching	5	19	6	30
	Student	4	80	19	103
	Others	7	69	12	88
Total		16	168	37	221



My Profession * In lockdown have you changed your eating habits Crosstabulation

Count		In lockdown have you changed your eating habits			Total
		No	Yes	Not Much	
My Profession	Teaching	13	11	6	30
	Student	26	61	16	103
	Others	43	37	8	88
Total		82	109	30	221



RESULT AND DISCUSSION

In this research it is observed that 66% of population surveyed consumes Health drink Ayurvedic kada were used as major immunity boosters.

It is observed that majority (81%) of respondents greet their friends and relatives through Namaste.

It is found that 76% of respondents were concerned about health during lockdown and 17% were not concerned much about their health during lockdown.

It is observed that majority (95%) of Respondents follow the protective measure such as social distancing, wearing mask, and hand sanitization to protect from COVID -19.

It is observed that 56% of respondents agree that their sleeping time has changed because of lockdown and 44 % of respondents say their sleeping timings has not affected because of pandemic.

It is observed that 39% of respondents followed modified diet to manage a health condition.

It is observed 49% of respondents changed eating habits during lockdown to improve immunity, 37% said that their eating habits have not changed.

Facts in the study indicated that Majority of respondents (57%) do exercise to keep mind and body fit.

It is found that,34% maintain social distancing within the family, but majority of respondents said that they maintain social distancing with others when they go outside but not with family members.

Study revealed that Majority (60%) of respondents consume different homemade ayurvedic kada (health drink) to increase immunity.

CONCLUSION

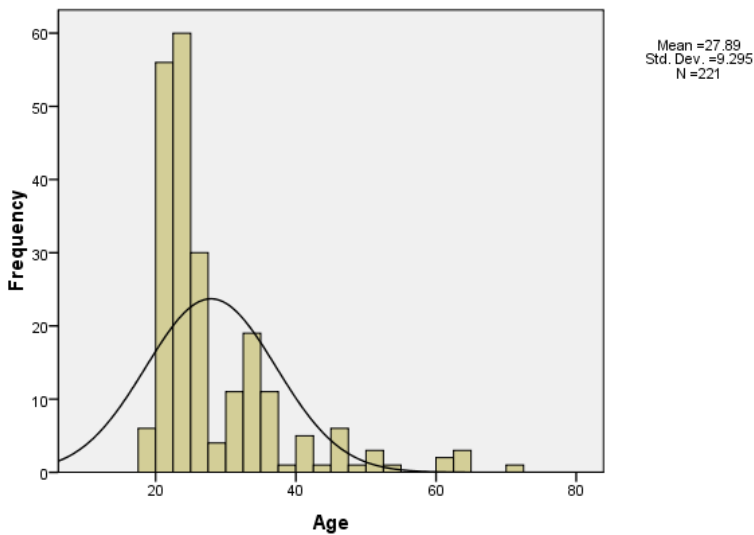
COVID – 19 Corona Virus Disease, has paused the entire world. At initial stage this viral disease was found outside the India and Indians were thinking that this will not impact to us at all. Considering that the lockdown is likely to continue for weeks, there is a pressing need to monitor the usual habits and well-being of the population and to gather research data to develop evidence-driven strategies to reduce adverse effect of lockdown implementation and impacts caused by these unprecedented changes in people's daily lives.

Considering that the lockdown is likely to continue for weeks, there is a pressing need to monitor and gather research data to develop evidence-driven strategies to assess the impacts caused by these unprecedented changes in people's daily lives.

This study was directed towards identifying the impact COVID -19 and lockdown on a lifestyle of Indians during the lockdown period. The study has revealed some interesting facts about the daily livelihood of Indians. It is observed that this pandemic and lockdown has impacted everybody's life. At one side some negative impacts were observed and at another side some positive aspects were identified. People are buying grocery and food item from local vendors and visiting such shop only twice a week during this lockdown period. While this lockdown has impacted negative on Income and expenses, Workload, Going out for movies, parties,

hangouts, Nature walk, restaurants and etc., at same time it has impacted positively on climate, quality time spent with family members, social networking, use of digital platform and etc.

NORMALITYTEST



RELIABILITYTEST

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.519	.500	8

Item Statistics

	Mean	Std. Deviation	N
I was concerned about my health during lockdown	1.10	.481	221
Are you following protective measures?	1.00	.224	221
Has sleeping timing changed due to lockdown	.56	.498	221
Have you ever followed a modified diet to manage a health condition?	.76	.747	221

In lockdown have you changed your eating habits	.76	.673	221
Do you follow any exercise to keep your mind and body fit	.57	.496	221
Do you even follow Social distancing within the family	.71	.762	221
Do you consume different homemade Ayurvedic Kada(health drink) to increase immunity	.76	.702	221

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