

Impact of Lockdown on Psychological, Socio-Economical Life of People in Bangalore

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ABSTRACT

The 2019 corona virus disease (COVID-19) epidemic is a public health emergency of international concern and poses a challenge to psychological resilience, economy and social life of people. Research data are needed to develop evidence-driven strategies to reduce adverse psychological impacts, economic recession and disturbance of social life during the epidemic. The aim of this study was to survey the general public in Bangalore to better understand their levels of psychological impact, anxiety, depression and stress along with the economic downfall disturbing the social life of people during the initial stage of the COVID-19 outbreak. The results of our study revealed that 76.5% respondents believe that lockdown is the temporary solution to prevent the spread of COVID-19 infection it can result in many new problems such as psychological problems, social problems, economic problems, academic problems if COVID-19 lockdown continues. There are no therapeutics and vaccines available and there is presumably no pre-existing immunity in the population. The symptoms of COVID-19 range from no symptoms (asymptomatic) to severe pneumonia and can lead to death. The evidence from analyses of cases to date is that COVID-19 infection causes mild disease (i.e., non-pneumonia or mild pneumonia) in about 80% of cases and most cases recover, 14 % have more severe disease and 6% experience critical illness.

Keywords: anxiety; corona virus; depression; epidemic; precaution; psychological impact; respiratory symptoms; stress, Bangalore

INTRODUCTION

The new virus, a global threat (Wang, 2020) caused by a novel corona virus first detected in December 2019 around a seafood market in the Chinese city of Wuhan Hubei Province

(Nishiura, 2020) is by far the largest outbreak of atypical pneumonia since the severe acute respiratory syndrome (SARS) outbreak in 2003. The new virus with symptoms of infection including fever, chills, cough, coryza, sore throat, breathing difficulty, myalgia, nausea, vomiting, and diarrhea was named as Severe Acute Respiratory Syndrome –Corona Virus (SARS-CoV2) or novel Coronavirus (2019-nCoV), was designated by the World Health Organization (WHO) on 11th February 2020 as coronavirus disease –19 (abbreviated “COVID-19”) and officially declared it as a pandemic on 11th March 2020 (WHO, 2020). The total number of cases and deaths caused by COVID-19 exceeded those of SARS within weeks of its initial outbreak (Hawryluck, 2004). It is reported that COVID-19, like SARS, is a beta-coronavirus that can be spread to humans through intermediate hosts such as bats (Paules, et al. 2020), though the actual route of transmission is still debatable worldwide. It has been also reported that Human-to- human spread has been observed via virus- laden respiratory droplets, as a growing number of patients reportedly did not have animal market exposure, and cases have also been found in health care workers (Huang, 2020). Transmissibility of COVID- 19 as shown by its reproductive number has been estimated at 4.08 (Cao, 2020), signifying that on average, every case of COVID-19 will create up to 4 new cases. The reporting rate after 17 January 2020 has been measured to have increased 21-fold in comparison to the condition in the first half

It is reported that older men with medical commodities are more likely to get infected and that too with worse outcomes (Chen, 2020). Severe cases can even lead to cardiac injury, respiratory failure, acute respiratory distress syndrome and death as well (Holshue, 2020). The provisional case fatality rate by WHO is around 2%, but some researchers also estimates the rate to range from 0.3% to 0.6% (Nishiura, 2020). People experiencing homelessness live in those surroundings that are conducive to a disease epidemic. Many people experiencing homelessness live in congregate living settings- be it formal (i.e., shelters or halfway houses) or even informal (i.e., encampments or abandoned buildings)- and might not have regular access to basic hygiene supplies, all of which could facilitate virus transmission. Many such people experiencing homelessness have found to have chronic mental and physical conditions (Tsai, 2019), engage in high rates of substance abuse including sharing of needles (Maremmani et al., 2017), People experiencing homelessness are a susceptible group, and their potential exposure to COVID-19 might negatively affect their ability to be housed as well as their mental and physical health. Such kind of people aged younger than 65 years have all-cause mortality that is 5-10 times

higher than that of the general population (Baggett, et al) busy in physical activities, religious activities and social work.

The Coronavirus disease-2019 (COVID-19) has currently affected over 200 countries. Containment measures, including lockdown, employed in various countries have led to drastic changes in the day-to-day lives of people. Although these changes are requisite to deal with the spread, it is accompanied by certain unintended negative outcomes. Psychologists and other mental health professionals play an important role to curb the consequences of the lockdown on mental wellbeing. Certain important areas that psychologists need to consider while providing interventions are given below:

Review of Literature

The COVID-19 lockdown is an opportunity for families to strengthen family bonds. However, studies reveal that during this time, there is an upsurge in domestic violence cases (Bradbury-Jones and Isham, 2020), lack of personal space in the family and boredom (Wang et al., 2020). Home-makers might be burdened by shortage of supplies and the sudden need to care for the entire family. Parents might be stressed by the thoughts about the future of their own jobs as well as the education of their children. Spending more time inside the house can lead to physical inactivity and delay in milestones (Glynn et al., 2016) among all family members. Therefore, parents should be educated to encourage their children to engage in more creative activities including board games, gardening and drawing. Parents should find time to play with the children and engage in daily rituals which strengthens the family relationship and helps to pass time (World Health Organization, 2020).

The lockdown provided people with more free time. Some people use this time creatively for self-care, picking up new hobbies and acquiring new skills. On the contrary, some people may get bored and frustrated. This leads to unhealthy daily routines. These include unhealthy sleep habits, extended screen time and lack of self-efficacy activities. Not knowing how to utilise the time effectively can also lead to overthinking, ruminating and losing hope. These unhealthy cognitions could turn into habits which might be carried forward even after the containment of the virus. Therefore, it is advised to prepare a timetable by scheduling time for sleep, exercise, leisure, online socialising and relaxation (World Health Organization, 2020).

As the virus infection spreads, the anxiety and stigma associated with it also proliferates. Therefore, it is important that psychologists explore ways in which people react to this stressful situation. Anxiety, sleeplessness, fear of contracting the virus, frustration and irritability are some effects of long-term lockdown during pandemics ([Johal, 2009](#)). Misinformation and sharing of fake news through social media are some factors that cause anxiety and stigma among people. In this view, the uncertainty adds to an individual's sense of unease, leading to loss of hope and initiative. People who have active symptoms of the disease hesitate to disclose or seek help as they anticipate stigma from the society ([Logie and Turan, 2020](#)). Fear and unawareness about health promoting strategies can lead to uncooperativeness towards health workers and governmental instructions. Psychologists should provide awareness about the different stress reactions and provide them with authentic and relevant information about the pandemic. The fear of contracting the pandemic could be more destructive than the virus itself. Therefore, even the uninfected population must be educated about propagation of fake news and should be provided with hope and optimism intervention.

Quarantine laws and lockdowns pose threats to certain vulnerable communities. Individuals with substance use disorder (SUD) is one such vulnerable section that often goes unnoticed. In addition to the higher risk for contracting the virus due to poorer health and immunity, these individuals might also experience withdrawal symptoms ([Kar et al., 2020](#)). As restrictions made on travel and the market would lead to unavailability of substance, some individuals with SUD might engage in hazardous activities including self-manufacturing of the substance and committing suicide. It is hence important that psychologists ensure that such individuals are provided with the access to de-addiction centers or help lines that can treat and guide the individual in the required manner.

The psychological impacts of the COVID-19 lockdown will continue for an indefinite time. Therefore, it is important that psychologists and mental health professionals closely monitor all these areas to provide specialised intervention. Psychologists should ensure that awareness programmes are integrated with psychological intervention to help not only the infected but also their family and other vulnerable communities

Research Methodology

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 coronavirus imposed lockdown on daily life, which may need to be filled in overtime through the latest research.

METHODOLOGY

Objective:

1. To know the demographical profile of the respondents
2. To assess the psychological impact of lockdown on respondents
3. To assess the socio-economical impact of lockdown on respondents
4. To suggest suitable the measures

Study Method: In this study investigator used Cross-sectional, observational study

Sampling technique: In this study the researcher used the Probability systemic sampling technique

Sample Size: in this study the researcher selected 100 samples.

Study population: People in the 18-40 years of the age group who live in their homes due to COVID-19 lockdown.

Inclusion Criteria:

- Being between the ages of 18-40 years.
- Having a smartphone and internet access

Exclusion Criteria:

- Not willing to participate in the study

- Below 18 years of age

Ethical Permission: Consent was taken from all participants by sending separate word file and to get response as agree or disagree to participate.

Study tool: A self-prepared semi-structured questionnaire was used to record the responses of participants. The questionnaire was prepared after the literature review, focus group discussion and current news information in consultation with experts from different fields to check relevance and make necessary changes according to our study requirements. The questions were modified according to the suggestions received from the expert panel and output from pilot study. Guidelines for layout, question design, formatting, and pilot testing were followed.

Data analysis and Discussion

Table 1: Socio-demographic profile of Participants

| Socio-demographic variable | Reponses | Percentage |
|------------------------------------|----------|------------|
| Age(in years) | | |
| 18-25 | 50 | 50 |
| 26-33 | 42 | 42 |
| 34-40 | 8 | 8 |
| Gender | | |
| Male | 32 | 32 |
| Female | 68 | 68 |
| Marital Status | | |
| Single | 46 | 46 |
| Married | 54 | 54 |
| Employment | | |
| Govt. Employee | 23 | 23 |
| Private Employee | 44 | 44 |
| Owned Business | 13 | 13 |
| Not employed (Including homemaker) | 20 | 20 |

Table-1 depicts the demographic details of the study participants. Study participants ranged between 18 to 40 years of age and the majority of participants (50%) belong to the age group of 18-25. About 42% of the respondents fall into age group between 26-33 years, where only 8% of participants were from age group 34-40 years. More than half (68%) of respondents were female. About half of (54%) the participants were married and 44% participants were working as private

employees, 23% were working in the government sector, 20 % were not employed and 13 % of participants were having their own business.

Table-2: Impact of lockdown on people

| Impact of lockdown on people | Reponses | Percentage |
|--|----------|------------|
| Psychological | | |
| Family Distraction | 40 | 40 |
| Fear & anxiety | 22 | 22 |
| depression | 25 | 25 |
| Stress | 13 | 13 |
| Social | | |
| Social distance | 10 | 10 |
| Restriction in traveling | 13 | 13 |
| Less Food supply & social support | 17 | 17 |
| Fear to go for hospital | 08 | 08 |
| Domestic violence | 52 | 52 |
| Economical | | |
| Job loss | 34 | 34 |
| Financial difficulties | 30 | 30 |
| Business Loss | 28 | 28 |
| Increase making loan for high interest | 08 | 08 |

Table-2: showing the impact of lockdown on life of people. About Psychological impact due to lock down most of the people were staying at home create so many psychological impact on them. 40% of the says this lockdown create family distraction. About 22% of the respondents facing fear and anxiety specially youth about their education and about future life. 25% of the respondents were depressed because of distraction, stress and other causes. An average 13 % of the respondents were facing stress. Social impact due to lockdown many people lost their social interaction special students, lovers, business people ect. That impact on their social aspects 52% of the respondents were facing domestic violence during this lock down. Mainly this lockdown impact on people economical aspects because many of the lost job, No business, no earnings ect., as above data depicts that 34% people said that we lost our job. 30% of the respondents were facing financial difficulties such as no money to spend for basic commitments of the family, payment of house rent, paper bill, loan interest and EMI ect., Even 28% of the respondents facing business problem because there no business since 3 months.

FINDINGS

1. The majority of participants (50%) belong to the age group of 18-25
2. More than half (68%) of respondents were female.
3. The majority of (54%) the participants were married
4. The majority of (44%) participants were working as private employees
5. The majority of (40%) of the says this lockdown create family distraction
6. The majority of (52%) of the respondents were facing domestic violence during this lock down.
7. The majority of (34%) of the respondents were facing employment problems because they lost job.

SUGGESTIONS

1. Majority of the respondents fall into the age group between 18-25 years they should give awareness to aged and children's about Covid-19.
2. These age group people don't worry about employment after lockdown you can get more job opportunities and you can start business by getting provisions of athmanirmana bharath sceheme.
3. Female should have positive attitudes because in future government or NGOs will give many provisions for your empowerment
4. Private Employment sectors should create many more job opportunities for job lossers. In this government should provide numbers of financial help to all private industries.
5. Government and NGOs should provide many counseling, Crisis Intervention, Psychosocial assessment services to the people with expert to solve their family distractions and domestics violence.
6. People should follow the both governments' guidelines for few more days to prevent this virus domination.

CONCLUSION

The current COVID-19 pandemic is causing widespread concern, depression and anxiety among the people all over the world. The mental problems caused by COVID-19 lockdown impacted the psychological wellbeing of individuals from the entire community including students, casual labours, healthcare professionals and the general population. The elders,

females, students, people living in stress condition, healthcare professionals at front-line, and those who are with underlying chronic conditions are at a higher risk. The respondents under study were following precautionary measures to avoid COVID-19 as per WHO and state guidelines on pandemic that is physical distancing and staying home as the only feasible therapy to control the spread of pandemic

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 includes a good response rate of 89.55%. Collected data were analyzed by using descriptive statistics which is presented in the form of tables.

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