



# A STUDY ON IMPACT OF LOCKDOWN LIFESTYLE OF PEOPLE IN COIMBATORE CITY

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## ABSTRACT

*COVID-19 is an emerging infectious disease with its first outbreak in December 2019 in Wuhan city of China. To control the spread of disease, the majority of countries worldwide including India imposed quarantine and isolation, which changed the lifestyle of the population. The objective of the study is to know eating behavior, psychological effect, physical activity behavior and social media usage of people during lockdown. Percentage and likert scale analysis has been used for the qualitative study. The government should create a better awareness about covid19 through advertisement. The rapid survey has concluded that the healthcare professionals are very much aware about covid-19 than the general public.*

**KEYWORDS:** Covid-19, Impact, Awareness, Lifestyle.

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## 1. INTRODUCTION

We all have been affected by the current COVID-19 pandemic. However, the impact of the pandemic and its consequences are felt differently depending on our status as individuals and as members of society. COVID-19 originated in Dec 2019 in Wuhan, China. Slowly the disease started to spread worldwide. Many countries including India imposed lockdown as a step of prevention. India was divided into zones (Red zone, Orange zone and Green zone) based on the intensity of the infection. In order to save the people, 'AAROGYA SETU', a tracking application was found. The App uses bluetooth and location to get information.

## 2. STATEMENT OF THE PROBLEM

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.

## 3. OBJECTIVES OF THE STUDY

- To evaluate the psychological effect of the lockdown on people during covid-19.
- To assess the physical activity behavior of people during lockdown.
- To study the social media usage of people during lockdown.



#### 4. RESEARCH METHODOLOGY

Methods of data collection	Both Primary and Secondary data
Sampling design	Convenient sampling technique
Area of the study	Coimbatore
Sampling size	122 Respondents

#### 5. STATISTICAL TOOLS

- Simple percentage analysis
- Likert scale analysis

#### 6. REVIEW OF LITERATURE

- **Meenakshi Sinha, Babita Pande and Ramanjan Sinha (2020)** analysed “Impact of COVID-19 lockdown on sleep-wake schedule and associated lifestyle related behavior”. Lockdown was imposed to prevent the community transmission of COVID-19 pandemic. But it has increased digital media duration of all age groups mainly in males and also caused more delay in sleep-waking time of females.
- **Dr. Suja M.K (2020)** evaluated “My journey to self-awareness and healing during COVID-19 lockdown”. Self-awareness is in terms of character, feelings, personality and individuality. Healing brings practice of meditation, energy routine, exercises, breathe and dancing. It also includes consciousness of being aware of one’s environment, lifestyle and one’s body.

- **Rabi Narayan Subudhi and Debajani Palai (october2020)** as evaluated “Impact of internet use during COVID-19 lockdown” The entire world runs with the help of this digital device. Rooms are converted into classrooms, offices, meeting halls and others with the help of internet and covid-19 shattered the economic backbone of almost all the nations of the world and during lockdown internet acts as a blessing as it connects everyone with the entire world by maintaining social distance and by staying at home.

#### 7. TABLES

##### 7.1. SIMPLE PERCENTAGE ANALYSIS

Percentage analysis is used to find out the percentage value of all the entirely different questions used in findings comparison between two or more series of data.

$$\text{Percentage analysis} = \frac{\text{Number of Respondents}}{\text{Total Number of Respondents}} * 100$$

**Table 1: Table showing the change of nutrition supplement in order to boost immunity of the respondents**

S.NO	Categories	No. of Respondents	Percentage (%)
1	Ginger and garlic	17	13.93
2	Multi vitamins	29	23.77
3	Homeopathy	28	22.95
4	Ayurvedic	16	13.13
5	No immunity booster	15	12.29
6	Others	17	13.93
	Total	122	100

Source (Primary Data)

#### INTERPRETATION

The table shows that 13.93% of respondents prefer ginger and garlic, 23.77% of respondents prefer multi vitamins, 22.95% of respondents prefer homeopathy, 13.13% of respondents prefer ayurvedic, 12.29% of respondents prefer no immunity booster and 13.93% of

respondents prefer other supplement to boost immunity.

**Hence, the most of 23.77% of respondents prefer multi vitamins in order to boost immunity.**



**Table 2: Table showing method used by respondents to wash hands during pandemic**

S.NO	Categories	No. of Respondents	Percentage (%)
1	Liquid hand wash	23	18.85
2	Soap	30	24.59
3	Sanitizer	32	26.22
4	Others	37	30.34
	Total	122	100

Source (Primary Data)

**INTERPRETATION**

The table shows that 18.85% of respondents use liquid hand wash, 24.59% of respondents use soap, 26.22% of respondents use sanitizer and 30.34% of respondents use other method to wash hands. :

**Hence, the most of 30.34% of respondents use other method to wash hands.**

**7.2. LIKERT SCALE ANALYSIS**

$$\text{Likert scale} = \frac{\text{Sigma equation } fx}{\text{Total No. of respondents}}$$

While.

f = No. of Respondents

x = Likert scale value

**Table Showing Response Towards Lockdown Lifestyle**

S.No	Factors	Likert Value (X)	Scale			Total	Likert Scale
			3	2	1		
1.	Changes in mentality	f	46	35	41	122	2.040
		fx	138	70	41	249	
2.	Usage of social media has tripled	f	49	38	35	122	2.114
		fx	147	76	35	258	
3.	Many learnt cooking	f	41	36	45	122	1.967
		fx	123	72	45	240	

Source (Primary Data)

**INTERPRETATION**

The Likert-scale value is 2.114% which is greater than the mid-value (2) which shows that the respondents agree towards usage of social media has tripled.

**8. SUGGESTIONS**

- Some of the people are not aware of the impact of covid19. Hence, the government should create a better awareness about covid19 through advertisement.

- The cost of living in this pandemic situation must be lesser so that the people will continue to use precautions, like sanitizers and masks, without worrying about high expenses.
- It's a must to use precautions and maintaining social distance under every circumstance without any hesitation.

**9. CONCLUSION**

The COVID-19 pandemic has affected the world in various ways. The rapid survey that we conducted



had a good response and we show that healthcare professionals and the general public were quite well informed about the coronavirus. The knowledge present allows the authors to speculate that the lockdown in India would be effective. The public awareness is quite high and it is important that the knowledge of communication channels be known and be kept at the topmost priority throughout the pandemic.

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