

ACTIVITIES WHICH PEOPLE DO DURING LOCKDOWN - COVID 19 - A SURVEY

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ABSTRACT:

AIM:

The aim of the survey was to know the various activities which people do during lockdown - COVID 19

INTRODUCTION:

A major disaster in the year 2020 is COVID 19. It has a high rate of spread and affected almost all countries. During this period lockdown is very essential (quarantine). People do various activities during this time to keep themselves entertained. A lot of extracurricular activities and in-house activities are being done during this. People do this to keep themselves engaged.

MATERIALS AND METHOD:

The questionnaire was prepared with the help of Google forms and circulated. A total of 104 responses were received. The data was collected, analysed by SPSS and the results were plotted with the help of pie chart and bar graph. Chi-Square test was carried out and $p < 0.05$ was considered as significant.

RESULTS AND DISCUSSION:

People try to stay at home, trying to keep themselves engaged, play different games, and do different activities during the lockdown. 81.73% of the people said that lockdown was necessary and 18.27% said it was not necessary. The sleep time has changed for most of the people during this lockdown. There is an equal percentage of people who say that their appetite has increased when compared to a decrease during the lockdown.

CONCLUSION:

Almost all people try to follow the rules and keep themselves quarantined, and they keep themselves occupied by doing various activities and spending time with their family.

KEYWORDS: Activities, COVID-19, lockdown, sleep timing.

INTRODUCTION:

A major disaster that occurred in the year 2020 is the coronavirus – COVID-19. It has killed many people and has its transmission rate higher than any other virus [1]. It originated in Wuhan, Hubei province, China in December, And since then the transmission has been increasing from day today. Almost all the countries are affected by this disease [2].

This RNA virus has a spike-like projection on its surface and can only be viewed under a microscope [3]. The symptoms of this disease are fever, cough, sore throat, difficulty in breathing, and many other respiratory problems. All these make it difficult for a person affected with Coronavirus to survive. There is no specific vaccine found to date to prevent this deadly virus, or not even a drug has been invented to treat this disease. Hydroxychloroquine is just a drug for temporary use but it does not cure the disease. Preventive measures have to be followed to reduce its spread. Many types of research are being done to find a vaccine that includes researches with methicillin as well [4].

During the lockdown, people tend to be lazy and sit in one place doing nothing. This home confinement can even reduce physical activity, peace of mind, exposure to be late, and increase the level of stress in one's life due to the isolation faced [5]. The use of mobile and digital media, before going to bed could have a negative effect on one's sleep [6]. Physical activity helps to keep one stress aside and have a peaceful life. It has a strong impact on mental as well as physical life. Physical activity prevents diseases, increases physiological well-being and a better result is obtained with outdoor physical activities [7]. Lockdown has made the families spend time together, share happiness, and lead a happy life. Newly married couples can spend more time together and get to know each other [8]. But the cash flow has reduced in this period, people lose their work and there is a decrease in the economy which is a disadvantage of this lockdown. Lockdown method to reduce the spread of the virus. It has made people see food as it is being a crisis during the day. People have to play, eat healthily, sleep well, Do new things, and try to keep themselves active during this lockdown for a better life [9]. But staying home and always snacking leads to obesity and caries development, where a doctor should be consulted to take care of oral health [10,11]. A regular Oral checkup for pregnant women is necessary [12,13].

Sometimes while playing children, adults tend to fall down, causing injury. In these cases, there are possibilities of damaging or breaking your tooth or structures related to that. A doctor should be consulted in these situations. The width of the teeth differs for each person [14]. Implants and abutments are essential during these conditions for replacement [15–17]. Dentures and veneers play an important role when it comes to oral health [18–20]. Restoration in case of cavities due to continuous snacking during the lockdown [21], facial as well as oral prosthesis are important to be checked with the doctor [22,23]. Thus people have to go out in terms of maintaining health.

MATERIALS AND METHODS:

The population considered in the study of the people with the University. It is the university setting where the collection of data is easier and the course of study is the same, but the views of the people outside the university cannot be known and the opinions may vary. The approval was obtained from the institution and the number of people who took up this survey was 104. Chul Hi Jane et al, He Sook Lim Teal, had similar searches which had a sample size of 307 and 400 [24,25]. The method used here was a stratified random. The steps which were taken to minimize the bias, were digital survey instead of manual-paper survey (eco world), and a proper questionnaire with simple and understandable questions was created.

A questionnaire was prepared using survey tools like Google forms and the data was collected. Excel sheet was used to transfer data and tabulate the results. A total of 13 questions were prepared (table 1) while validity checking was done by three internal experts from the institution. Bar diagram and pie chart were used to express the analysed data. Descriptive analysis was carried out using SPSS software. Chi -square test used for statistical significance and p value < 0.05 was considered as statistically significant.

RESULTS AND DISCUSSION:

From the results obtained, it was clear that the majority of the people do some sort of activity to keep themselves active during this lockdown..The following conclusions were made from the results and was expressed with the help of pie charts and association ,if any, with bar diagrams. 5.77% of the people were below 18, 58.65% – 18 to 24, 19.23% – 25 to 35, 15.38%– 36 to 50, And 0.96% of the people were above

50. The majority of the people are between the age groups 18 to 24 and the minority is above 50 (fig 1). Out of the 104 responses which we have obtained a majority of them were female – 52.88% and the remaining 47.12% were males (fig 2). 81.73% of the people said that lockdown was necessary and 18.27% said it was not necessary. Lockdown was necessary to prevent the spread of the virus and save people’s lives from the dangerous, novel coronavirus. Therefore lockdown is necessary for the human race to continue [26] (fig 3). 48.08% responded feeling bored to stay at home, 28.85% said no, not feeling bored and the remaining 23.08% responded saying maybe. Locking down is very essential but it makes people lazy and loses their temper [27] (fig 4). In response to whether sleep timing has changed. 51.92% responded saying yes, 35.58% responded saying no, 12.50% responded saying maybe. Sleep timings change during lockdown [5]. The night sleep can be disrupted [28] (fig 5). 22.1% of the people sleep for less than 7 hours, 42.31% sleep for 8hours, 24.04% sleep for 9 hours and 11.54% sleep for more than 10 hours. The majority here is 8 hours. Quarantine has several physiological impacts on humans [29] (fig 6). In response to the activity done at home during lockdown, 14.42% responded saying they cook, 19.23% responded saying they sleep, 10.58% responded saying they play, 29.81% responded saying they watch television, 7.69% responded saying they study, 6.73% responded saying they workout, 7.69% responded saying they listen to music, 3.85% responded saying nothing (fig 7). In response to whether they tried to do something new. 52.88% responded saying yes, 23.08% responded saying no, 24.04% responded saying maybe. “Do different things, with the evolution of the internet”[30] (fig 8). In response to the family game in which they are interested, 15.38% responded saying carrom, 7.69% responded saying chess, 36.54% responded saying cards, 19.23% responded saying board games, 7.69% responded saying they study, 6.73% responded saying they workout, 7.69% responded saying they listen to music, 3.85% responded saying nothing. The motive, attitude, and preference change for each person between different games [31] (fig 9). In response to whether they tried going out , 26.92% responded saying yes, 57.69% responded saying no, 15.38% responded saying maybe (fig 10). 35.58% of the people’s appetite has decreased during this lockdown, “the surge is real”, People find it difficult to get food. 35.58% and an equal percentage of people have started consuming more food – an increase in appetite. 28.85% are consuming the same quantity of the food as before lockdown. Almost all food is being consumed in the household. The agriculture industry, supermarket business have seen a rise during this time [32] (fig 11). The drawback here may be the sample size, online data collection, so it can be the self-reported active involvement of participants that may not be present. Nevertheless among the people it created awareness , to stay active, fit, stay at home during the situations faced, and not break the lockdown it helps to relieve stress and helps people to have a good and peaceful life. This research creates knowledge and awareness among the wide population.

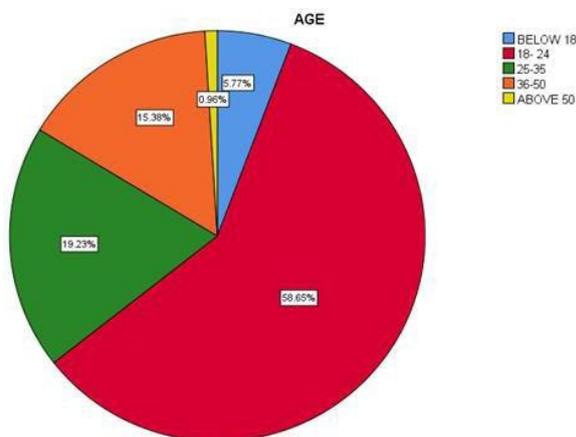


Figure 1 :Pie chart representing the percentage distribution in response to age of the participant. 5.7% reported were below 18 (blue). 58.65 % responded were 18 to 24 (red), 19.23% reported were 25 to 35 (green), 15.38% reported were 36 to 50 (orange) and 0.96% reported were above 50 (yellow).

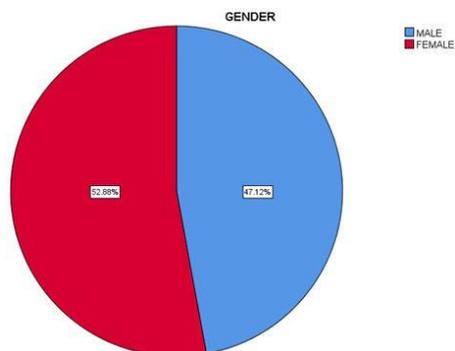


Figure 2: Pie chart representing the percentage distribution in response to gender. 47.12% reported were male (blue). 52.88 % responded were female (red).

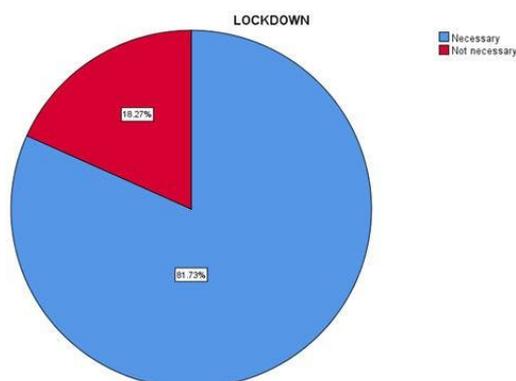


Figure 3: Pie chart representing the percentage distribution in response to lockdown during Covid 19. 81.73% reported saying lockdown is necessary (blue). 18.27 % reported saying lockdown is not necessary (red).

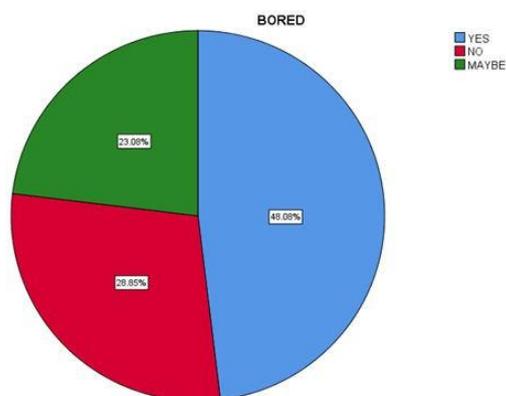


Figure 4 :Pie chart representing the percentage distribution in response to whether the participants were feeling bored during Covid 19. 48.08% responded saying yes (blue). 28.85% responded saying no (red). 23.08% responded saying maybe as their option (green).

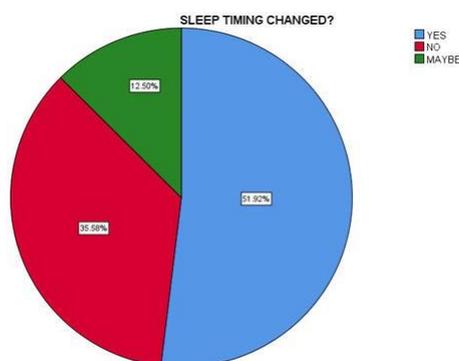


Figure 5: Pie chart representing the percentage distribution in response to whether sleep timing has changed or not during lockdown in Covid 19. 51.92% responded saying yes (blue). 35.58% responded saying no (red). 12.50% responded saying maybe as their option (green).

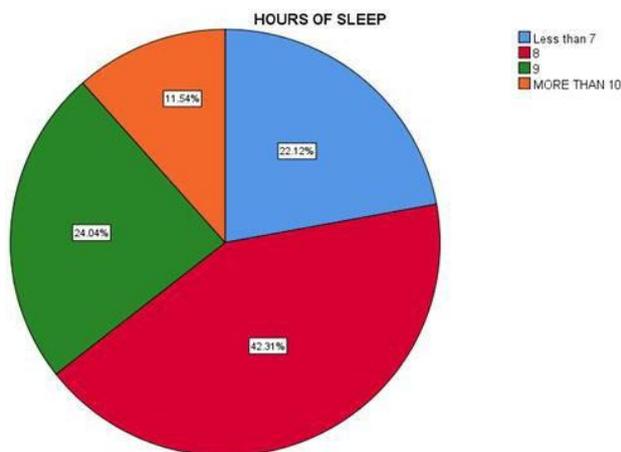


Figure 6 :Pie chart representing the percentage distribution in response to sleep duration during lockdown in Covid 19. 22.21% responded saying less than 7 hours (blue). 42.31% responded saying 8 hours (red). 24.04% responded saying 9 hours (green). 11.54% responded saying more than 10 hours.

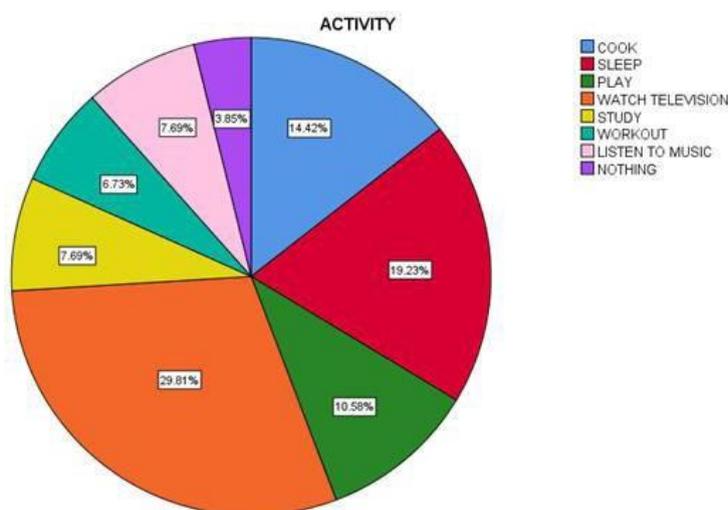


Figure 7: Pie chart representing the percentage distribution in response to the activity done at home during lockdown in Covid 19. 14.42% responded saying they cook (blue). 19.23% responded saying they sleep (red). 10.58% responded saying they play (green). 29.81% responded saying they watch television (orange). 7.69% responded saying they study (yellow). 6.73% responded saying they workout (peacock green). 7.69% responded saying they listen to music (pink). 3.85% responded saying nothing (violet).

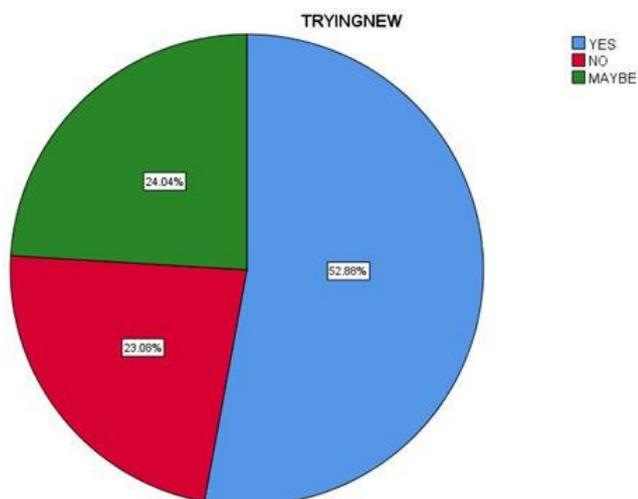


Figure 8: Pie chart representing the percentage distribution in response to whether they tried to do something new during lockdown in Covid 19. 52.88% responded saying yes (blue). 23.08% responded saying no (red). 24.04% responded saying maybe as their option (green).

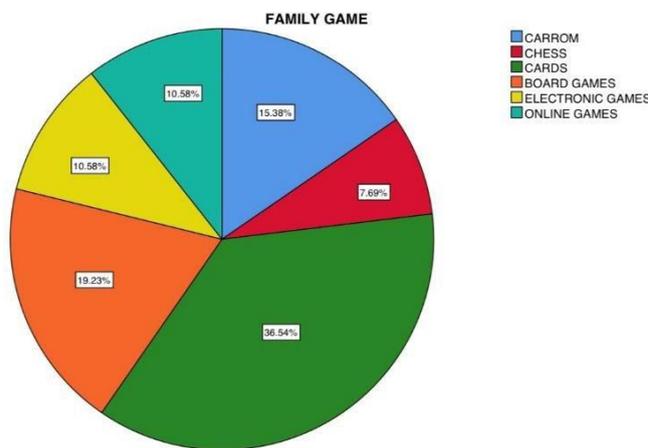


Figure 9: Pie chart representing the percentage distribution in response to preferred family game in which they were interested during lockdown in Covid 19. 15.38% responded saying carrom (blue). 7.69% responded saying chess (red). 36.54% responded saying cards (green). 19.23% responded saying board games (orange). 7.69% responded saying they study (yellow). 6.73% responded saying they workout (peacock green). 7.69% responded saying they listen to music (pink). 3.85% responded saying nothing (violet).

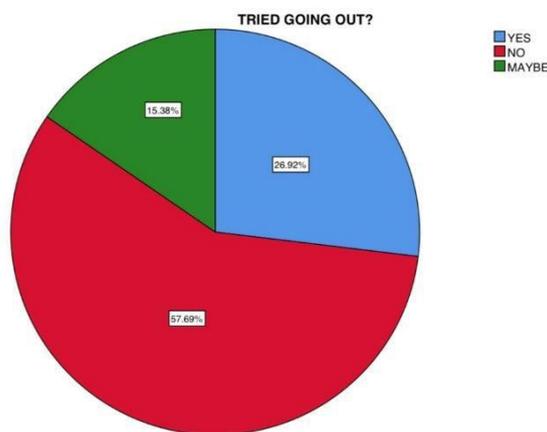


Figure 10: Pie chart representing the percentage distribution in response to whether they tried going out during lockdown in Covid 19. 26.92% responded saying yes (blue). 57.69% responded saying no (red). 15.38% responded saying maybe as their option (green).

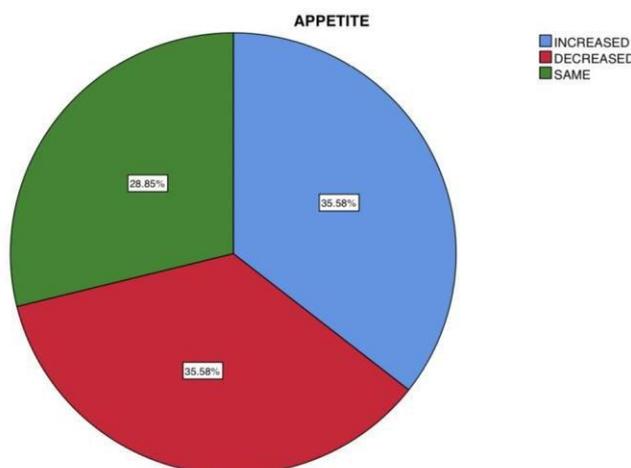


Figure 11 :Pie chart representing the percentage distribution in response to the change in appetite during lockdown in Covid 19. 35.58% responded saying increased (blue). 35.58% responded saying decreased (red). 28.85% responded saying the same, meaning no change (green).

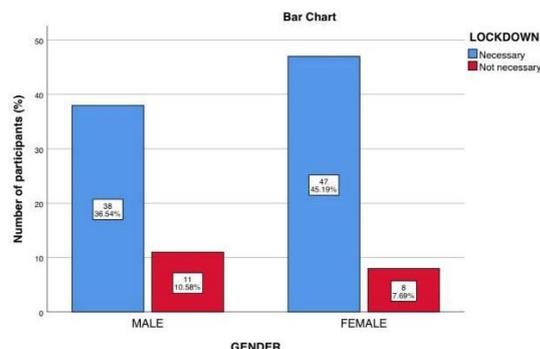


Figure 12 :Bar graph showing comparison of responses based on gender and lockdown. X - axis represents the gender of each participant and the Y- axis represents the number of participants . Blue represents necessary and red represents not necessary as response. Higher number of female participants (45.19%) reported saying necessary whereas only 36.54 % male participants reported lockdown was necessary . There was no significant difference in responses between the genders. Statistical analysis was carried out using Chi -Square test; p value= 0.298 (> 0.05) , indicating statistically not significant.

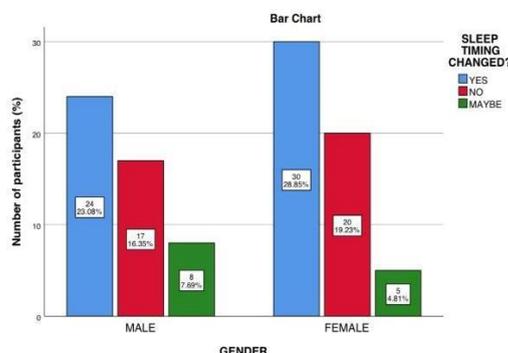


Figure 13: Bar graph showing comparison of responses based on gender and change in sleep timing. X- axis represents the gender of each individual and the Y- axis represents the number of participants. Blue represents yes , red represents no and green represents maybe as the response. Higher number of females ,28.85% and 23.08% male participants reported yes to change in sleep time during lock down. Higher number of females ,19.23% and 16.35% male participants reported no to the change in sleep time during lock down . Higher number of males (7.69%) reported maybe whereas only (4.81%) female participants reported maybe as their option. There was no significant difference in responses between the male and the female genders. Statistical Analysis was done with Chi -Square test; p value = 0.533 (> 0.05), hence indicating statistically not significant.

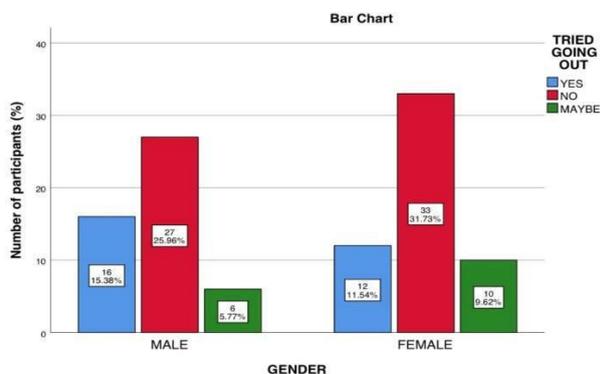


Figure 14:Bar graph showing comparison of responses based on gender and participants tendency to go out during lockdown. X- axis represents the gender of each individual and the Y- axis represents the number of participants. Blue represents yes , red represents no and green represents maybe as the response to their tendency to go out during lockdown . Higher number of males, 15.38% and 11.54% female participants reported yes to the tendency to go out during lock down. Higher number of females

,31.73% and 25.96% male participants reported no, that they never tried going out during lockdown., Higher number of females (9.62%) reported maybe whereas only (5.77%) male participants reported maybe as their option. There was no significant difference in responses between the males and the females. Statistical Analysis was done with Chi- Square test; p value = 0.400 (> 0.05) hence indicating statistically not significant.

CONCLUSION:

Within the limitations of the study following conclusions can be drawn, Our findings of this study substantiate that the majority of people were aware of COVID 19 and to keep themselves occupied by doing various activities during lockdown. The lockdown has opened a Pandora of opportunities to the people who were confined to their own home other than the health workers.

ACKNOWLEDGEMENT:

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AUTHOR CONTRIBUTIONS

Arunn Jaikumarr Ram, carried out the study by collecting data and drafted the manuscript after performing the necessary statistical analysis. Dr .Venkatesh Kommi aided in the conception of the topic, has participated in the study design, statistical analysis, and has supervised in preparation of the manuscript. Dr.L.Keerthi Sasanka has participated in the study design and has coordinated in developing the manuscript. Dr. Anitha Roy has helped in developing the manuscript. All the authors have discussed the results among themselves and contributed to the final manuscript.

CONFLICT OF INTEREST: Nil

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Figure Titles

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Table 1 : **QUESTIONNAIRE**

Name	
Age	<ul style="list-style-type: none"> • Below 18

	<ul style="list-style-type: none"> • 18-24 • 25-35 • 36-50 • Above 50
Gender	<ul style="list-style-type: none"> • Male • Female
Lockdown	<ul style="list-style-type: none"> • Necessary • Not necessary
Are u feeling bored?	<ul style="list-style-type: none"> • Yes • No • Maybe
Has your sleep timing changed because of this lockdown?	<ul style="list-style-type: none"> • Yes • No • Maybe
How many hours do you sleep during the lockdown period?	<ul style="list-style-type: none"> • Less than 7 hours • 8 hours • 9 hours • More than 10 hours
What do you do at home?	<ul style="list-style-type: none"> • Cook • Sleep • Play • Watch television • Study • Workout • Listen to music • Nothing
Have you been trying to do something new?	<ul style="list-style-type: none"> • Yes • No • Maybe
Family game – which one do you prefer?	<ul style="list-style-type: none"> • Carrom • Chess • Cards • Board games • Electronic games • Online games
Have you tried going out by giving lame excuses?	<ul style="list-style-type: none"> • Yes • No • Maybe

Appetite - during lockdown?	<ul style="list-style-type: none">• Increased• Decreased• Same
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