

A Study on Life Style Changes of Households Due to Covid-19

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Abstract

The present study was undertaken to measure the impact of COVID-19 on lifestyle changes in households both before and during pandemic related to behavior of the respondents corresponding to time spent with family, physical activity and sleep behavior. A statistical tool like Pearson's correlation coefficient was used to find the relationship between dependent and independent variables. Results revealed that when compared to before pandemic, during pandemic situation people were preferred to spend more than 4 hours in a day with family (56.25%). Time spent for office work was decreased and sleeping during day time was increased. Life style changes during pandemics were positively correlated with age and education. Life style changes before pandemic were positively correlated with education and occupation. An attempt was made to measure the lifestyle changes of respondent because of pandemic.

Keywords: Life style changes, households, before pandemic, during pandemic

INTRODUCTION

COVID-19 is a global burden which continues to redefine daily lifestyle-related habits in a significant manner as the pandemic progresses through its different phases. There is a negative impact on various lifestyle-related behaviors as a potential implication of COVID-19 but it is vary from county to county. Public health recommendations and government measures taken to decline contamination have indirectly impacted food availability, dietary quality, normal daily activities, and access to recreational public settings, social activities, work and economic security. Nutrition, physical activity, and uplifting sleep are regarded as important aspects of human health. Optimizing public health during this pandemic requires not only knowledge from the medical and biological sciences, but also of all human sciences related to lifestyle, social and behavioral studies, including dietary habits and lifestyle. The COVID-19 pandemic continues to pose significant challenges to nations.

Kramer *et al.*, (2020) studied the impacts of COVID-19 and related restrictions on smallholders in India and reported a large degree of heterogeneity in the impact of COVID-19 responses on agricultural activity, income, and food security. Through this paper an attempt is made to;

1. To understand the lifestyle changes of the households due to the Pandemic

2. To study the relationship between independent and dependent variables on lifestyle changes due to COVID-19.

REVIEW OF LITERATURE

Chopra *et al.*, 2020 investigated on impact of COVID-19 on lifestyle-related behaviors- a cross-sectional audit of responses from nine hundred and ninety-five participants from India. Results revealed that a total of 995 respondents with 58.5 per cent male, mean age 33.3 years were collected. Healthy meal consumption was improved and unhealthy food consumption habits were restricted. Especially in the younger population (age <30 years). A decrease in physical activity with an increase in daily screen time was found among men in upper-socio-economic levels. Nearly one-fourth of the participants because of quarantine stress and anxiety were increased.

Martinez *et al.*, 2021 conducted a study on the assessment of lifestyle changes during the COVID-19 pandemic using a multidimensional scale. An online survey was conducted among the general population living in Spain during the COVID-19 home-isolation. In addition to demographic and clinical data, respondents self-reported changes in seven lifestyle domains. To evaluate the changes during the confinement that the Short Multidimensional Inventory Lifestyle Evaluation was developed (SMILE-C). A total of 1254 respondents were completed the survey over the first week of data collection. The internal reliability of the SMILE-C to assess lifestyles during confinement. Most of the participants reported that substantial changes on outdoor time (93.6%) and physical activity (70.2%). Additionally, about one third of the respondents were reported significant changes on stress management, social support, and restorative sleep. Some demographic and clinical factors were associated to lifestyle scores.

Renzo *et al.*, 2020 studied on eating habits and lifestyle changes during COVID-19 lockdown: an Italian survey. Main aim of the study was to investigate the instant impact of the COVID-19 pandemic on eating habits and lifestyle changes among the Italian population age more than or equal to 12 years. The researcher prepared a structured questionnaire package which consists of demographic, anthropometric, dietary habits information (adherence to the Mediterranean diet, daily intake of certain foods, food frequency, and number of meals/day); lifestyle habits information (grocery shopping, habit of smoking, sleep quality and physical activity). Data was collected from 3533 respondents. Results revealed that most of the respondents aged between 12 and 86 years (76.1% females). The awareness of weight gain was observed in 48.6 per cent of the respondents, 3.3 per cent of smokers decided to leave smoking, a slight increase in physical activity has been reported 38.3 per cent in respondents, the respondent's age group between 18–30 years ensued in having a higher observance to the Mediterranean diet when compared to the younger and the elderly respondents.

Park *et al.*, 2021 investigated on impact of the COVID-19 pandemic on the lifestyle, mental health, and quality of life of adults in South Korea. The study sample consists of 104 adults who live in South Korea aged over 20 years. An online survey was conducted. Participants were asked to complete the Yenisei lifestyle profile to measure lifestyle changes. To explore the changes in people's lifestyles, depression, and quality of life post COVID-19. Statistical tools like descriptive statistics were calculated for the diads before and after the onset of the pandemic. Results revealed that there was a significant decline in physical and other activities, including activities of daily living, social activity, education and leisure. However no significant changes were found in nutrition, except in the consumption of

carbohydrates and minerals. Respondents were reported that their quality of life and mental health had decreased after the pandemic struck.

From the above reviews it can be inferred that, most of the people were changed their lifestyles and habits during pandemic. Physical, mental, educational activities and quality of life in the individuals were decreased. Stress levels were increased due to quarantine. Consumption of healthy food was increased to improve the immune system to fight against corona virus.

METHODOLOGY

For the present study exploratory research design was followed. Location of the study was Nizamabad district from Telangana state was selected as convenient to collect data. Total 80 respondents were collected for the study by using simple random sampling technique. Structured interview schedule was developed for the present study by taking the objectives and variables under consideration and sent to the respondents through Google form. Statistical tools like frequency percentages to analyze the socio-demographic profile of the sample and Pearson's correlation coefficient was used to find the relationship between independent and dependent variables such as age, gender and education as independent variables and lifestyle changes as dependent variable.

RESULTS AND DISCUSSION

Results were presented and interpreted under the following headings.

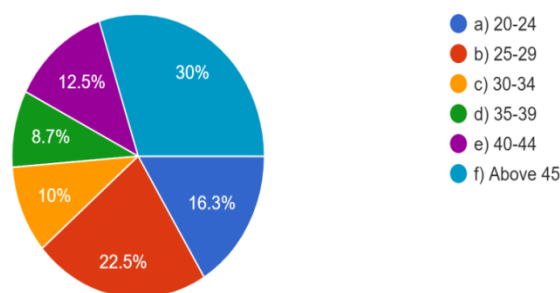


Figure 1: Frequency distribution of age

The figure 1, shows that more than one-fourth (30%) of the respondents were under the age group of above 45 years because most of the earning people were under this age group and least (8.7%) of them were in between 35-39 years.

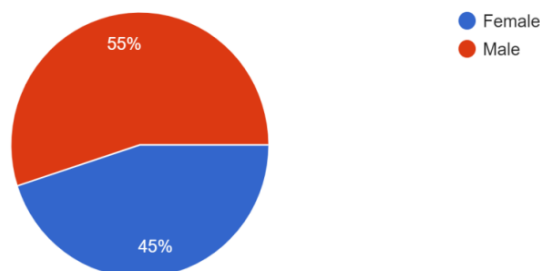


Figure 2: Frequency distribution of gender

The figure 2 shows that more than half of the respondents (55%) were males and 45 per cent were females.

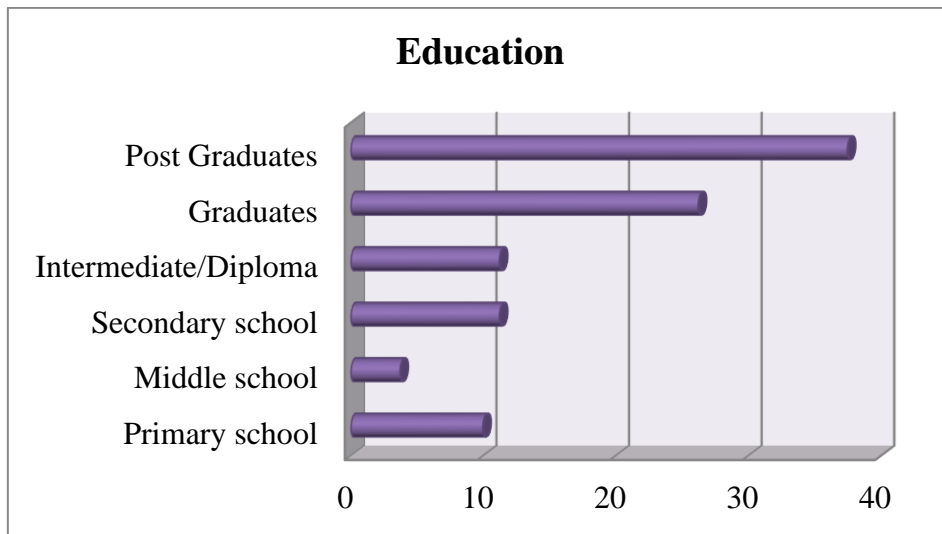


Figure 3: Frequency distribution of education

The figure 3 shows that most of the respondents (37.5%) did their post graduates followed by graduates, intermediate and secondary school.

From the figure 4 it was observed that, more than half of the respondents were spent more than 4 hours in a day with family (56.25%) followed by office work (35%) and sleeping during day time (27.5%) during COVID-19.

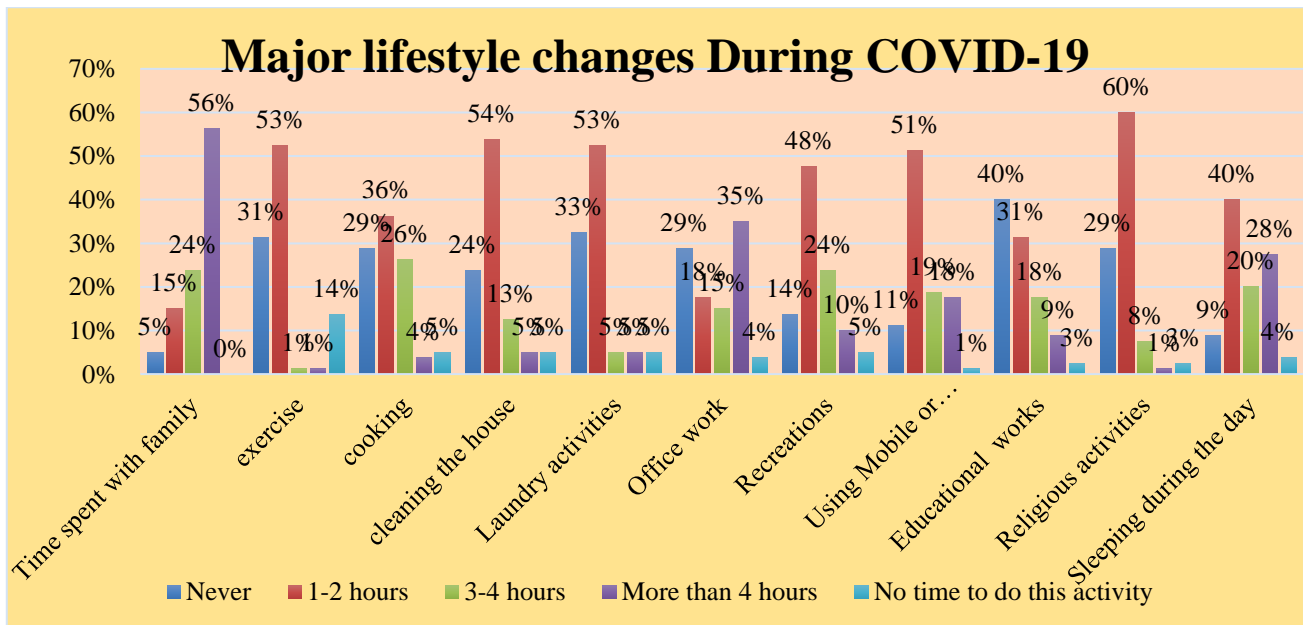


Figure 4: Frequency distribution of major lifestyle changes during COVID-19

More or less one-fourth (23.75%) of the respondents were spent 3-4 hours in a day with family, cooking and also for recreation followed by sleeping during day time (20%), using laptop/mobile (18.75%), educational activities (17.5%), office work (15%), cleaning the house (12.5%) through COVID-19. More than half of the respondents were spent 1-2 hours in day for performing regional activities (60%) followed by cleaning the house (53.75%), exercise (52.5%), laundry activities (52.5%) using laptop/mobile phone (excluding office work) 51.25 per cent, recreational activities (47.5%), sleeping during day time (40%) and cooking (36.25%).

Some of the respondent did not find time for some activities like exercise (13.75%) followed by office work (3.75%), cooking (5%), cleaning the house (5%), laundry activities (5%), recreational works (5%), sleeping during day time (3.75%), educational works (2.5%), and regional activities (2.5%). Few of the respondents never spend time for some activities like education (40%) followed by laundry activities (33%) exercise (31%), cooking (29%), recreational activities (29%) office work (29%), cleaning the house (24%) and sleeping during the day time (3.75%) during COVID-19. Which is also reported by Park *et al.*, 2021 revealed that there was a significant decline in physical and other meaningful activities, including activities of daily living, leisure, social activity, and education during pandemic. This study also mentions that the total time participants spent sleeping was significantly higher than that before the pandemic.

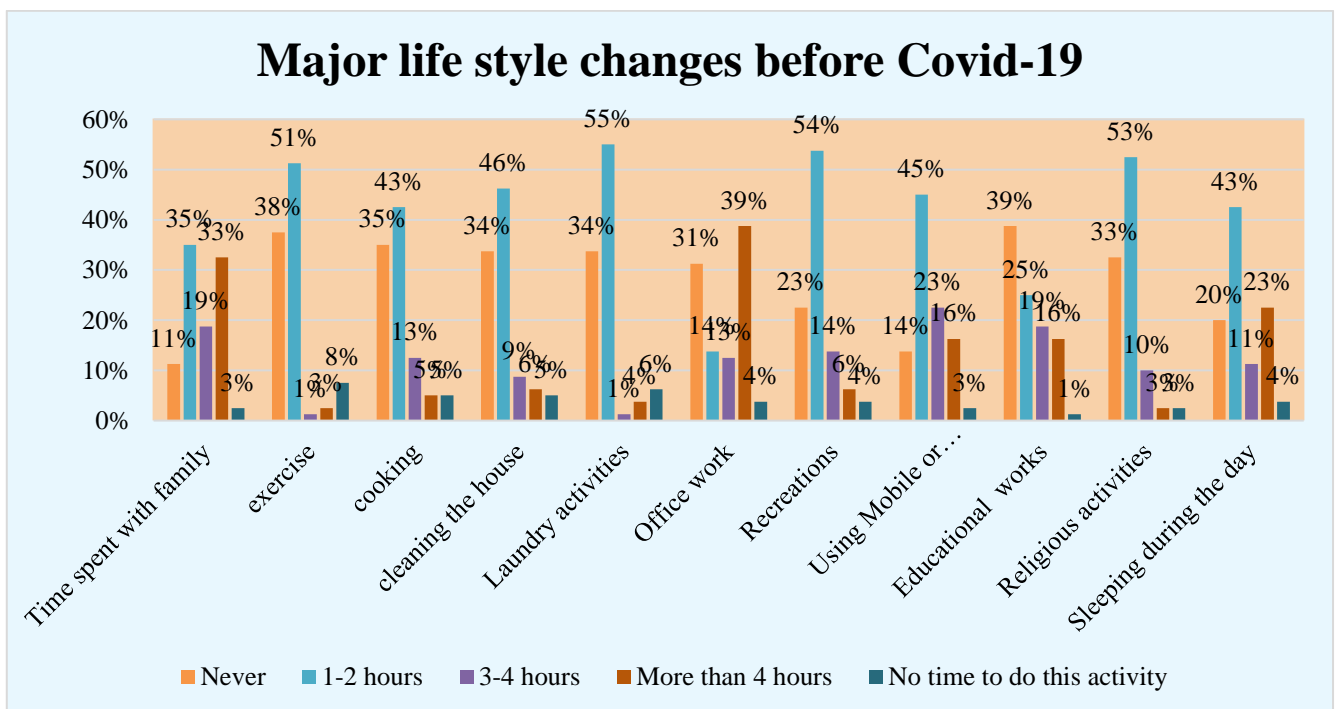


Figure 5: Frequency distribution of major lifestyle changes before COVID-19

The figure 5 shows that most of the respondents were spending more than 4 hours in a day for office work (38.75%) followed by time spent with family (32.5%) and sleeping (22.5%) before COVID-19. Few of the respondents were spent 3-4 hours in a day for using laptop/mobile (23%) followed by educational works and time spent with family (19%), office work (15%) and sleeping during day time (11%).

More than half of the respondents were spent 1-2 hours in a day for laundry activities (55%), recreational activities (53.75%), regional activities (52.5%), exercise (51.25%) followed by cleaning the house (46.25%), using mobile/laptop (45%), cooking (42.5%) and sleeping during day time (42.5%) and time spent with family (35%) before COVID-19. Few of the respondents did not find time to spend with family (2.5%), exercise (7.5%), cooking (5%), cleaning the house (5%), laundry activities (6.25%), recreational activities (3.75%), using mobile phones (2.5%), regional activities(2.5%) and sleeping during the day time (3.75%)before COVID-19.

Some of the respondent never spent time for some activities like educational works (38.75%) followed by exercise (37.5%) cooking (35%), cleaning the house (33.75%), laundry activities (33.75%),office work ((31.25%), regional activities (32.5%), recreational works (22.5%), sleeping during day time (20%), using laptop/mobile phones (13.75%) and time spent with family (11.25%)before COVID-19. Renzo *et al.*,(2020) and Park *et al.*, (2021) had also reported similar results

Pearson's Correlation coefficient interpretations showed a significant relationship between life style changes and age and education of the respondents during pandemic. Coefficient of correlation on life style changes during pandemic between age and cooking was found to be $r=0.311825$, which was more than the table value of "r" (0.172) at 1 per cent level of significance. Hence the null hypothesis was accepted and empirical hypothesis was rejected. Therefore, it could be inferred that there was a positive significant relationship between the age and cooking activity of the respondents.This implies that when age of the respondent's increases involvement in cooking activities also increases due to pandemic situation people preferred to spend more time to cook different dishes to boost up the immune power which is also in line with the results mentioned by Dou *et al.*, (2020) where he found that the positive changes of increased productivity in use of food and families spending more time for cooking and eating were high.

The correlation between education and sleeping during day time was found to be $r=0.389295$, which was more than the table value of "r" (0.172) at 1 per cent level of significance. Hence the null hypothesis was rejected and empirical hypothesis was accepted. Therefore, it could be inferred that there was a positive significant relationship between the education and sleeping during day time of the respondents. The above values gave clear indication that even though the educational status of the respondents was high, sleeping during day time was increased in pandemic time this might be due to online education system people weren't shown interest as offline system thus students preferred to sleep during day time. Park *et al.*, (2021) also revealed that the total time participants spent for sleeping was significantly higher when compared to the before pandemic.

Pearson's Correlation coefficient interpretations showed a significant relationship between life style changes and education and occupation of the respondents before pandemic. The coefficient of correlation on life style changes before pandemic between education and time spent with family, recreation (playing games, watching TV), educational works, religious activities and sleep during the day time were found positive correlation since all the values were more than the table value of "r" (0.172) at 5 and 1 per cent level of significance. Hence the null hypothesis was accepted and empirical

hypothesis was rejected. Therefore, it could be inferred that there was a significant relationship between the education and time spent with family, recreation (playing games, watching TV), educational works, religious activities and sleep during the day time of the respondents. Above values clearly indicates that the spend time with family, religious activities, sleeping during day time and time spent for educational activities were decreases by decreasing educational status of the respondents. This might be due to more interest on other activities in before pandemic people were not willing to spend time for above mentioned activities, where in a study by Dou *et al.*, (2020) positive changes of increased efficiency in use of food and families spending more time for cooking and eating high was observed and Park *et al.*, (2021) mentioned that the total time participants spent for sleeping was significantly low in pandemic.

The coefficient of correlation on life style changes before pandemic between occupation and time spent with family, recreation (playing games, watching TV), cooking cleaning the house, religious activities and sleep during the day time were found positive correlation since all the values were more than the table value of “r” (0.172) at 5 and 1 per cent level of significance. Hence the null hypothesis was rejected and empirical hypothesis was accepted. Therefore, it could be inferred that there was a significant relationship between the occupation and time spent with family, recreation (playing games, watching TV), cooking cleaning the house, religious activities and sleep during the day time. It was clearly shows that if the occupation of the respondents needs more skilled work formerly time spent with family, recreation (playing games, watching TV), religious activities and sleeping during the day time, cooking, cleaning the house were increases for reduction of stress. Respondents were involved in the above mentioned activities for stress relief in before pandemic. Park *et al.*, 2021 revealed that the imbalance in occupation and changed sleep routines can have negative effects on individuals’ health and quality of life.

SUMMARY AND CONCLUSION

This study shows that the time spent for office work was decreased and sleeping during day time was increased. Life style changes during pandemics were positively correlated with age and education and life style changes before pandemic life style changes were positively correlated with education and occupation. Compared to before pandemic during pandemic time respondents were preferred to spend more time for family, cooking and sleeping.

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