

IMPACT OF CORONAVIRUS IMPOSED LOCKDOWN ON PUBLIC AND THEIR HABITS IN SOUTH KERALA-A QUESTIONNAIRE BASED SURVEY

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INTRODUCTION

The worldwide increase of novel coronavirus illness is strictly distressing 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, range of individuals suffered from severe respiratory disorder. On 31st December 2019, China informed the World Health Organization (WHO) concerning the amount of patients with symptoms of respiratory disorder of unknown cause. Recent studies suggesting that COVID-19 infection may be transmitted from individuals before they present the symptoms.^[1] Taking an example from China's expertise and

their bid to forestall additional unfold of the illness several countries have enforced serious imposition of restriction to forestall the unfold of the illness and inspiring their voters to figure from home to market social isolation. On twenty fifth March 2020 Prime Minister of India declared wide internment with social distancing restriction over the bulk of economic activities and mass gathering as well as academic and public establishments. In such an exceptional state of affairs of the century, we have a tendency to live in it's crucial to know however individuals are adapting to the constraints obligatory on by the govt due to coronavirus lock-down and its impact on given population and their routines and habits.^[2-9]

The immediate challenge is to stay infections at manageable levels and make sure the ability to check, trace contacts, isolate patients, implement COVID care plans, and propagate timely data. The eruption of coronavirus ends up in economic delay everywhere the planet and its have an effect on our public life. Inorder to prevent the unfold of viruses government obligatory internment and this glarely replicate in countries economy. Education were

provided through on-line platforms. Most of the businesses were forced to pack up during this pandemic state of affairs as many uncountable employees were self-quarantined. So during this crucial state of affairs work from home is the sole answer to stabilize our money crisis. Work from home is nothing new, already several corporations and authorities were practiced with it as a result of it give flexibility to their employers.^[3] There is nothing abnormal In it, the whole company/authority is amanaged by employers from home as well as conferences, dailyreports, follow up etc.^[4,5]

Eventhough there are some advantages from this. Employers were get disembarass from the infection, and criteria of social distancing were practiced effectively. The organization were with efficiency managed by digital tools and make sure that everybody doing their works by providing such a cushty operating atmosphere. It conjointly lead to a lot of productivity, shown to lower stress and removes the necessity of traveling to workplace, results in a lot of saving thus employes contemplate it as successful.^[6] Humans are social creature and remote operating conjointly have an effect on their mental state resulting in anxiety and depression, insomnia etc. The notable draw back is lack of engagement by employers and it rely on the presence of quiet surroundings reception, comfortable spacing and smart web affiliation. It is not a sensible possibility for people who are in producing, cordial reception, humanistic discipline and serious industries, WFH could be a new factor for such organizations.^[8]

Work from home has become the new traditional, but with it's the lines between work and residential is blurred. Work life balance is a vital issue to take care of the productivity and satisfaction among employees. Health specialists adviced to observe meditation and yoga to stay them work mentally. After post COVID nineteen the organizations utilize the mix of the in house facilities also and therefore they expand their business too.^[10-12] Lockdown as preventive methods are aimed to cut back the community transmission as a best weapon to defeat the COVID-2019. The pandemic born internment is clearly having a control on the living habits of individuals and their social behavior.^[10-12] The lockdown due to COVID nineteen has mostly affected the lives of scholars as they no a lot of get to act on a 1 on one basis with their academics. This shift in education from ancient room learning to computer-based learning could be one amongst the most important academic experiments thus far. because the on-line teaching-learning method has become an emerging trend in India due to COVID-19 it becomes significantly necessary to grasp its growth and to grasp whether or not it's truly serving to the scholars succeed what they expect out of faculty

AIM

Assess the impact of lockdown on individuals' daily habits.

OBJECTIVE

- To assess the impact of internment on individuals' daily habits like sleep/got up, social media use, work from home and a lot of selected variables.
- To live the adjustment created by individuals concerning the crisis and the way they're maintaining their daily routine.

METHODOLOGY

STUDY DESIGN: A cross-sectional experimental study.

STUDY PERIOD: The study are going to be administrated for a amount of two months.

SAMPLE SIZE: 679.

STUDY SETTING: The study are going to be conducted among general population of kerala.

INCLUSION CRITERIA

1. Being between the ages of 18-55 years.
2. Having a smartphone and web access

EXCLUSION CRITERIA

1. Not willing to participate within the study
2. Below eighteen years

Study tool: A self-prepared semi-structured anonymous form can accustomed record the responses of participants. Data are going to be collected anonymously via self administered form through google forms. They will be assured for confidentiality incentives weren't offered for completion of the form.

ETHICAL CONSIDERATIONS: The project protocol is submitted to Institutional analysis Committee for approval.

BUDGET: Funding are provided by investigators of the study and no external funding.

DATA COLLECTION: Questionnaire.

DATA PROCESSING: This was a cross sectional, experimental study administrated in Kerala, and participants from across the state were invited to participate within the survey

study to make sure most participation when taking their consent to voluntary entrance within the study a straightforward web-based link was created on Google survey to reply survey form and sent via WhatsApp application and mail that's a preferred platform to share and discuss individual data and life activities. Privacy was strictly protected throughout the complete study procedure, touching on the moral principles.

RESULT

Among 679,479 were participated in study. Table-1 depicts the demographic details of the study participants. Study participants ranged between eighteen to fifty five years getting on and also the majority of participants (41.9%) belong to the people of two5-36 wherever solely 2.9% of participants were from people 45-55 years. over 0.5 (59.4%) of participant were feminine. concerning 1/2 (58.2%) the participants were married and fifty one.7% participants were operating as personal workers, 20.6% were operating within the government sector, 9.39 there have been not used, 5.84 you look after participants were having their own business and twelve.31% were students.

Table 1: Demographic variables.

DEMOGRAPHIC VARIABLE		N(%)
Age in years	18-25	171 (35.6)
	25-36	201 (41.9)
	36-45	93 (19.6)
	45-55	14 (2.9)
Gender	Male	194 (41.01)
	female	285 (59.4)
Marital status	Married	279 (58.2)
	Unmarried	200 (41.7)
Employment	Gov. employee	99 (20.6)
	Private employee	248 (51.7)
	Owened business	28 (5.84)
	Not employed	45 (9.39)
	Student	59 (12.31)

Figure 1: Since lockdown because the majority of establishments square measure shifting their work culture whereas permitting their workers to figure from home. Figure-1 shows the results of responses concerning work from home fifty nine participants square measure functioning from home since lockdown condition implementation

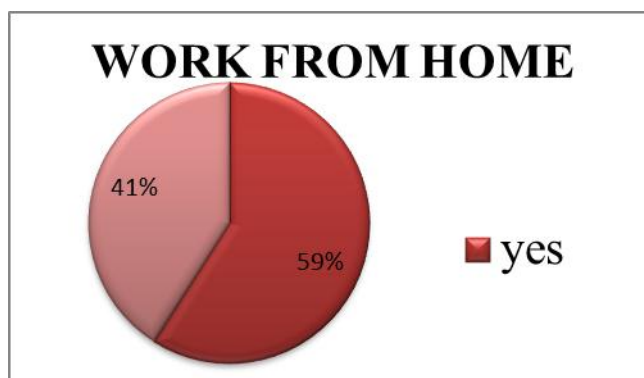


Fig. 1: work from home.

Figure 2 Figure two shows that since lockdown forty you look after participants in agreement to use additional net knowledge on official work and thirty first of participants use net knowledge over usual to access social media since lockdown.

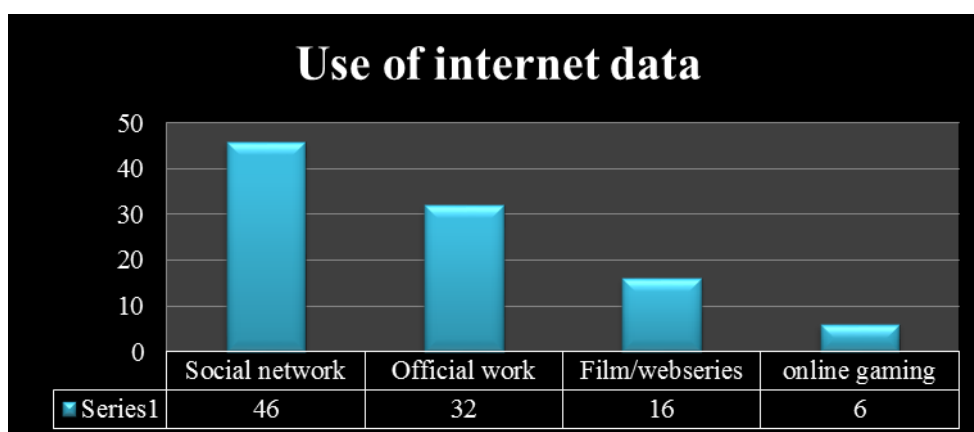
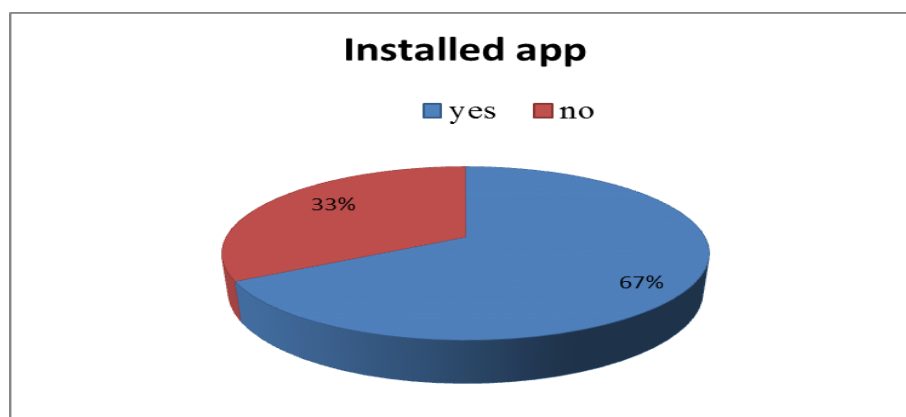


Fig. 2: Use of internet data.

Figure 3 Figure three showing study knowledge wherever sixty seven participants in agreement to put in any of the new application on their phones, laptop and, tablets to facilitate straightforward communication and facilitate on-line work when lockdown obligatory.



The table-2 shows that frequency and proportion distribution of the routine habits of participants in lockdown. lockdown affects the pattern of sleep as shown in knowledge results wherever before lockdown solely nineteen participants were wont to arise when eight am thus since lockdown the information reached fifty four of total participants. On the opposite aspect solely twenty seven of total participants got up at five am since lockdown as compare to 127 of them before lockdown routine. solely 154 of participants employing a movable at many times daily before lockdown to speak to their friends or family however since lockdown, the quantity of participants augmented to 164 throughout lockdown.

Routine habits		Before lockdown	Since lockdown
What time do you usually get up	5 am	127	27
	6 am	229	99
	7 am	104	219
	8 am and above	19	54
How often did you use a phone to talk with friends and family	Several time a day	154	164
	Once a day	279	296
	Once or twice a week	46	19

Impact of lockdown			
Lockdown have changed your eating habits than usual?	yes	323	
	no	156	
Are you worried about your family and friends due to COVID-19 disease?	Yes	414	
	no	65	
Have you participated in any group actions to encourage people to follow lockdown and shared relevant information with them	Yes	44	
	no	435	
Mode and frequency of watching and reading news related to covid	frequently	416	
	never	5	
	sometimes	58	
Do you were mask	Yes	463	Surgical mask-217 Homemade -155 N-95 -35 Towel/scaff -56
	no	16	
Method for washing hands	Liquid handwash	75	
	Sanitizer	129	
	By using soap	275	
Variation in food and water intake during lockdown	Increased	396	
	Decreased	83	

DISCUSSION

To address this essential scenario and to cut back the unfold of the infections in- country, Republic of Indian Prime Minister Narendra Modi proclaimed a series of decree that obligatory restrictions on the movement of people within the entire national territory of India from March twenty fifth 2020. As China launched a colossal public health response in Wuhan “The National Health Commission” issued protocols for speedy hindrance and management measures so as to effectively contain the unfold of the epidemic by taking abundant call. thus lockdown is among choices recommended to cut back the unfold of Covid-19 virus up to now.^[10-12] though these measures and efforts square measure necessary for curb the increasing range of recent cases of COVID -19, there square measure reasons to be troubled as a result of prolonged home confinement throughout a sickness eruption might have an effect on people’s physical and psychological state.^[13] during a country were over one.3 billion individuals square measure currently within their homes since twenty fifth Mach 2020 a study to assess impact on lockdown on offern population routine habits will give within however individuals live underneath impact of lockdown and also the findings will reveals the impact of those ne’er seen restriction on lifetime of individuals. Demographic details of study participants show that the forty one. 9% responders were young and skilled between the cohort of 25-36 years mature. We tend to received solely two 9% of participants from cohort 45-50years. Feminine gender was dominating by over 1/2 total responders as fifty nine.4% of participants were feminine and forty one.01 were males. 58.2% participants were married. Similar study conucted by Mahendra kumar et al even have similar findings.^[14] Many organizations adopting a work-from-home policy to contain the unfold of coronavirus pandemic. In our study fifty nine participants were performing from home since lockdown. Another study conducted in China discovered that thirty eight nada individuals worked from home and twenty fifth peoples work affected thanks to Covid-19 eruption the study conjointly depict that performing from home may offer people with a way of intent and routine, that is very important throughout this example.^[16] 40 % participants in agreement to use most use of net knowledge for official work since lockdown as individuals square measure performing from home and fifty two participants had put in any of recent application on their phone, computer, pill to facilitate communication once lockdown obligatory.

As expected to researchers, throughout the lockdown amount individuals increase the usage of social media over their usual period before lockdown as a result of it assume that social media Platforms provide a chance to ameliorate social isolation results revels that forty sixth

of participants have used net data over usual uses to access social media. We tend to ascertain that the dearth of normal work schedules and social activities, moreover as changes in living conditions square measure powerfully poignant sleep habits underneath restrictions. Our study results support that sleep habits were still, throughout lockdown got up temporal order markedly modified as individuals sleeping until late hours in morning. A Pan Republic of India survey was conducted with intends to assess impact of COVID -19 lockdown discovered that sixty seven nada peoples performing from home has altered their sleep routine.^[17] forty second Study participants reported a lot of frequent use of mobile since lockdown to speak to their family/ friends often as compare to thirty three you look after before lockdown. forty third Study participants in agreement that they're payment longer before of TV since lockdown as compare to twenty first before lockdown. A recent analysis study conducted by AZ analysis et al revels in their finding that since lockdown time, tv use with a mean looking time three.30 hours each day that was two.48 hours pre-lockdown.^[18] Majority of study participants reported a lot of frequent use of mobile since lockdown to speak to their family/ friends often as compare to thirty three you look after before lockdown. forty third Study participants in agreement that they're payment longer before of TV since lockdown as compare to twenty first before lockdown. A recent analysis study conducted by AZ analysis et al revels in their finding that since lockdown time, tv use with a mean looking time three.^[30] hours each day that was two.48 hours pre-lockdown.^[18] Here over two- third participants were a lot of distressed concerning their family and friends than before lockdown thanks to the sickness condition. Studies conjointly show that isolation will disproportionately have an effect on old people whose solely social contact is out of the house, like at child care venues, community centers, and places of worship.^[19-21] In addition to importance of social distancing we tend to cannot ignore social commonality is an important tool for combating such extraordinary scenario of infectious diseases and alternative collective threats wherever forty second participants conjointly in agreement to assist their neighbors in any of attainable ways in which whereas following social distancing protocol. It was expected that in the quarantine there would be a discount of the consumption of food, in the course of vitamins and minerals deficiency, together with water-soluble vitamin and antioxidant and carotin with antioxidants and anti inflammatory properties. The deficiency of those micronutrients is related to each blubber and impaired immune responses, therefore creating a lot of liable to microorganism infections.^[22,23] However, throughout the lockdown, Italians have paid attention to Mediterranean food, and also the organic process quality has remained high, particularly in Northern and Central European nation, areas during

which there's conjointly a lower BMI compared to the areas of Southern European nation and also the Islands ($p < 0.05$).^[24] we recommend that MD may represent one in every of the most effective food models to revive innate and adjustive immunity and may well be an adjuvant therapeutic selection of COVID-19.

The main limitation of the current study is delineated by a self-reported form, which can result in the particular misreporting of information. However, our web-survey was like others that are often used.

Significance of the Study

Even though there are some benefits from this. Education were provided through online platforms. Employers were get rid from the infection, and criteria of social distancing were practiced effectively. The organization were efficiently managed by digital tools and ensure that everyone doing their works by providing such a comfortable working atmosphere. 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 evidencedriven strategies to reduce adverse effect of lockdown implementation and impacts caused by these unprecedented changes in people's daily lives. Finally, lifestyle may be substantially changed due to the containment measures, with the consequent risk of sedentary behaviours, modification in smoking and sleeping habits. The COVID-19 pandemic represents a massive impact on human health, causing sudden lifestyle changes, through social distancing and isolation at home, with social and economic consequences. 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 behavioural studies, including dietary habits and lifestyle.

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