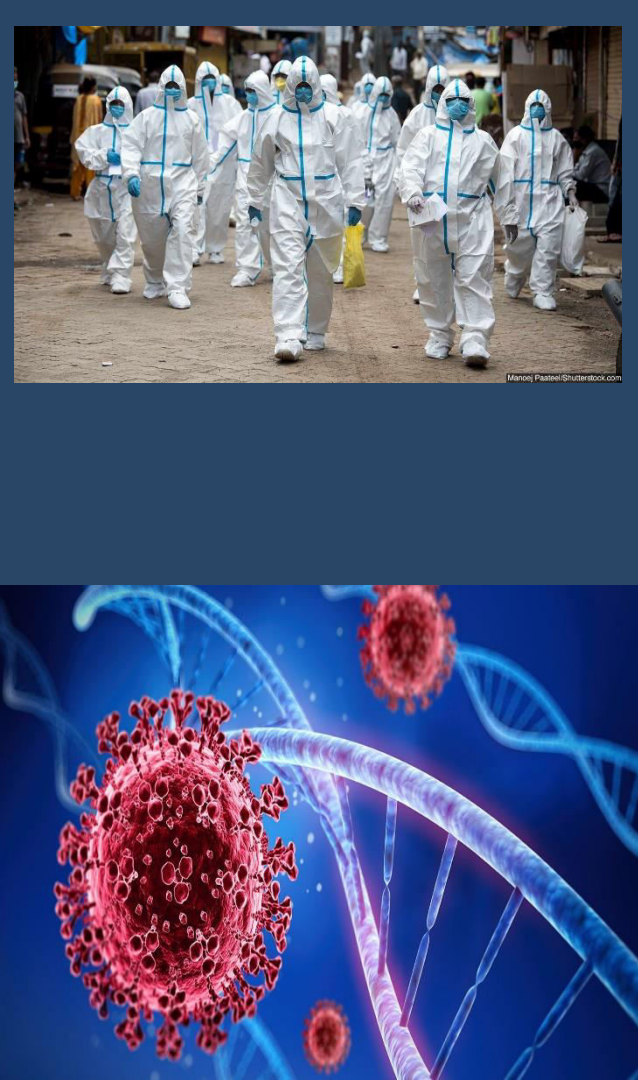


Internship at 314e corp.

**A STUDY TO UNDERSTAND IMPACT OF THE LOCKDOWN
DURING COVID-19 ON LIFESTYLE OF YOUNG ADULTS IN
BANGALORE, KARNATAKA.**

**Presented by,
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INTRODUCTION

Covid-19 also known as Coronavirus disease is caused by SARSCoV-2 virus, it was first reported in China in December 2019, later it spread across the world and WHO declared it as Pandemic on March 11, 2020.

In India the first case was reported on 27th January 2020, which had devastated many families and affected the wellness of all.

As we know it has changed our life and our lifestyle in various aspects.



AIM OF THE STUDY: To assess how the lockdown imposed due to covid-19 has affected the lifestyle behaviour among the people of age group 18-30 years, in Bangalore.

RESEARCH QUESTION: Was there any change due to lockdown in the life-style of young adults living in urban area of Bangalore during COVID19?

OBJECTIVES:

To understand impact of lockdown during COVID-19 on lifestyle of young adults in Bangalore in the age group of 18-30 years.

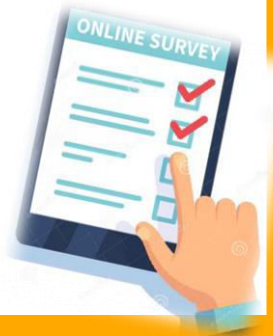


METHODOLOGY

- STUDY DESIGN- Descriptive study
- SETTING- The area of study includes urban areas of Bangalore.
- STUDY POPULATION
 - Inclusive criteria- Individuals between the range 18 to 30 yrs., living in urban areas of Bangalore
 - Exclusive criteria- Individuals above 30yrs and below 18 years, and also people with chronic disease like heart disorders or suffering from Covid or history of covid-19 (1 month history), who are not advised to exercise or exert any form of pressure to their lungs or heart.
 - Study Tools- Primary data will be collected through online questionnaires.



- **SAMPLE SIZE:** A sample size of 73 with people of age between 18 and 30, living in urban areas of Bangalore will be considered.
- **SAMPLING TECHNIQUE:** The method of sampling technique used for this study is convenience sampling technique. The data was collected through primary data collection from different residents of Bangalore. Research papers, Guidelines and Standards were referred and reviewed for data collection. As well as Secondary Analysis is done for understanding and interpretation of the current situation.
- **DATA COLLECTION PROCEDURE:** Primary data will be collected through structured questionnaire

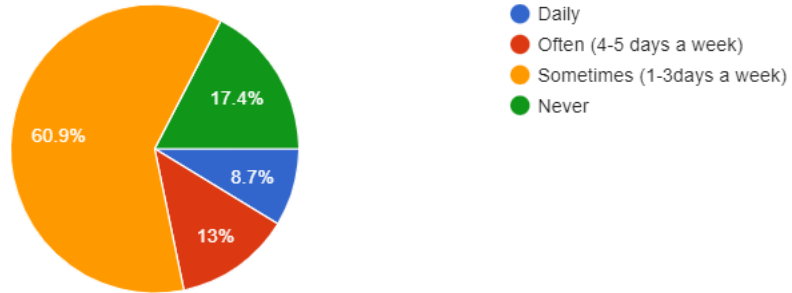


FINDINGS AND RESULTS

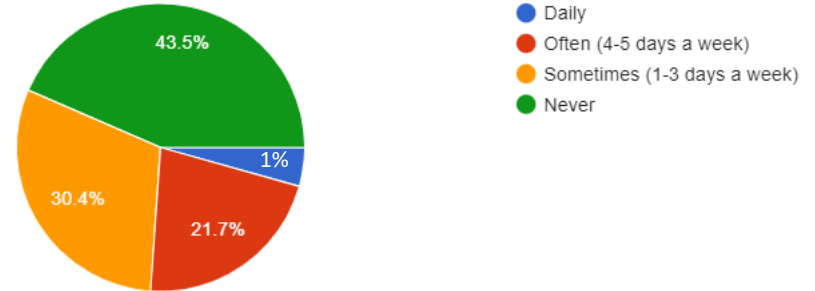
LIFESTYLE BEHAVIOUR BEFORE AND DURING LOCKDOWN:

1. Assessment of Physical Activity:

BEFORE PANDEMIC

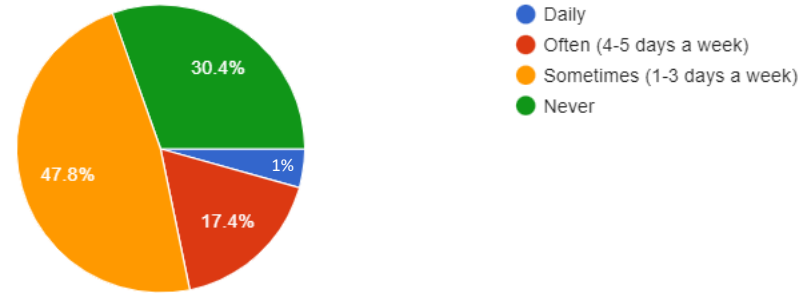


DURING LOCKDOWN

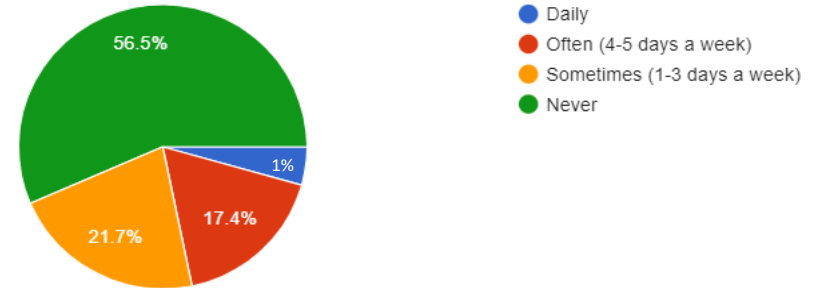


2. Assessment of Eating Habit:

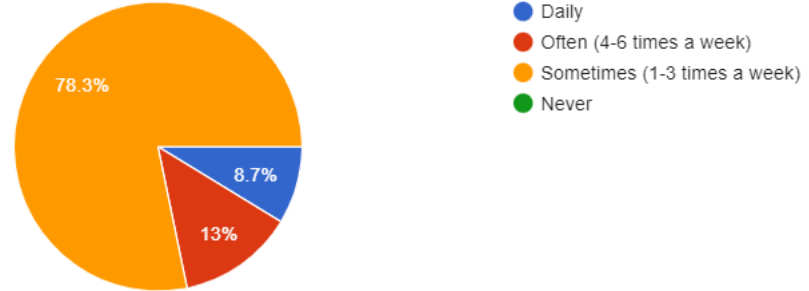
Before Covid Pandemic, frequency of skipping breakfast



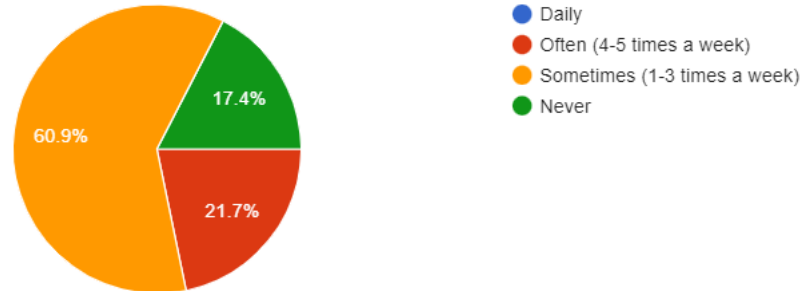
During lockdown, frequency of skipping breakfast



Before Covid Pandemic, frequency of consumption of fast food

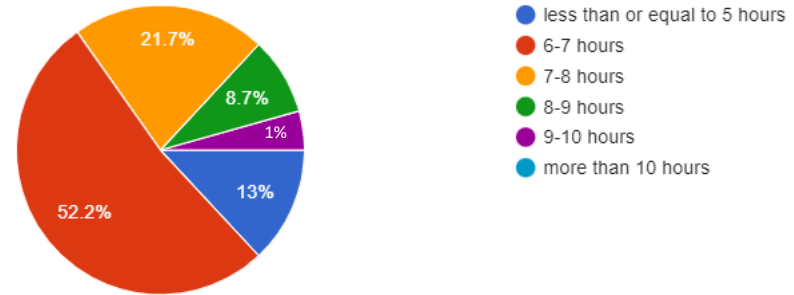


During lockdown, frequency of consumption of fast food

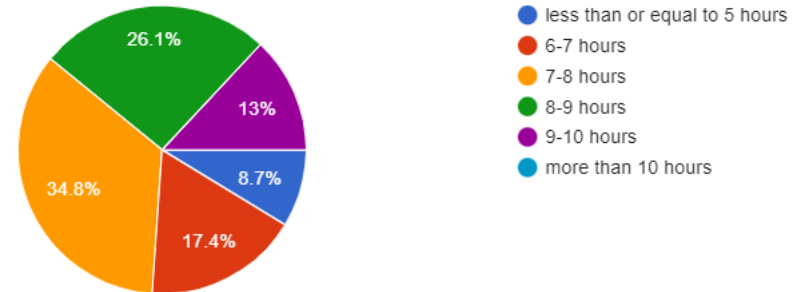


3. Assessment of Sleeping Pattern

Before Covid Pandemic, duration of sleep cycle

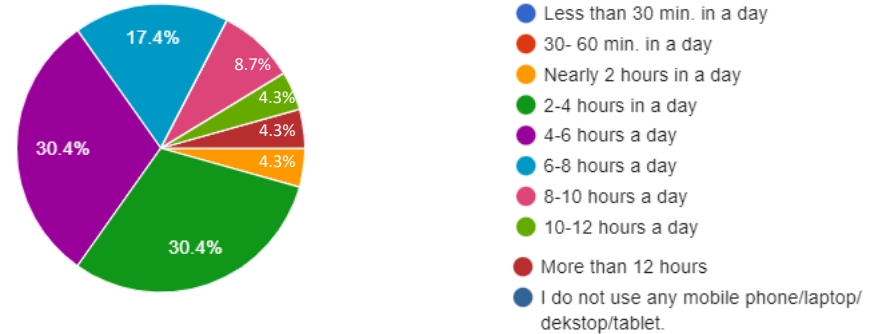


During lockdown, duration of sleep cycle

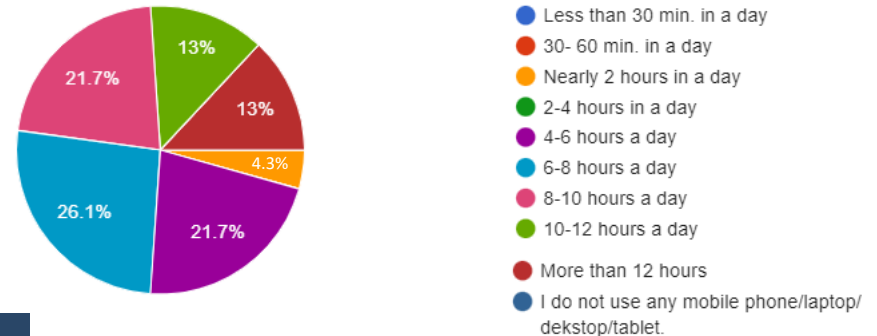


4. Assessment of Leisure hours utilisation

Before Covid pandemic, time spent using mobile or in front of a screen (TV/laptop/desktop)

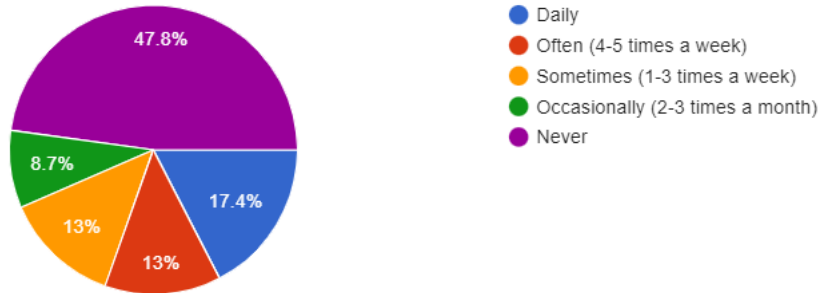


During lockdown, time spent using mobile or in front of a screen (TV/laptop/desktop)

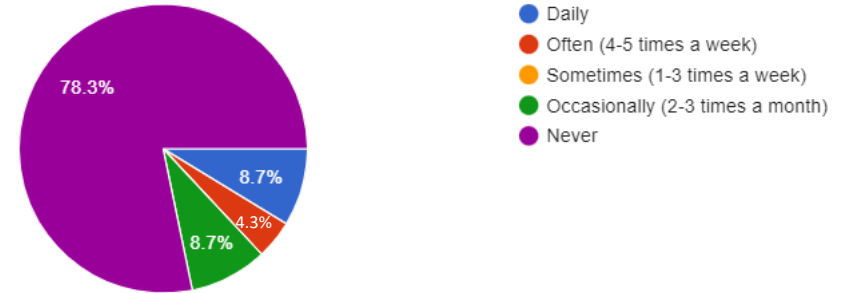


5. Assessment of substance use

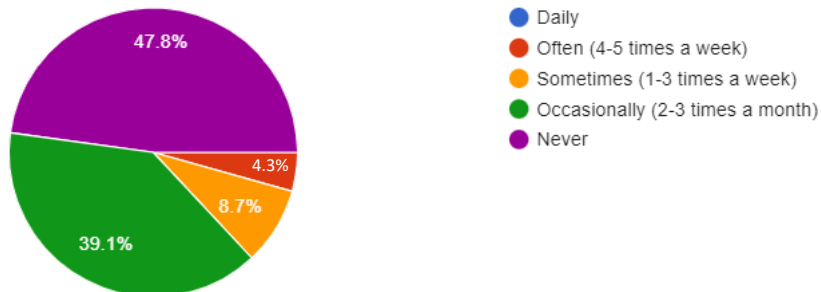
Before Covid pandemic, smoking habit



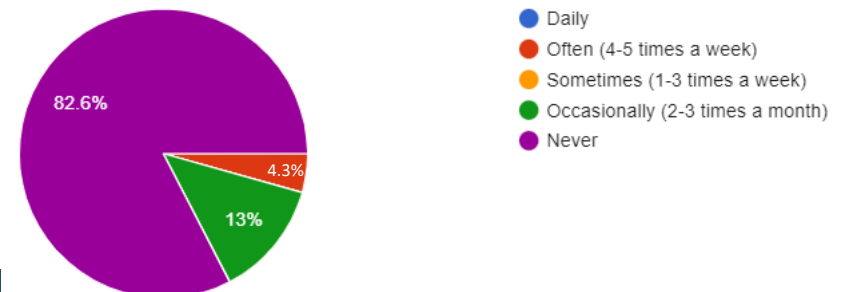
During lockdown, smoking habit



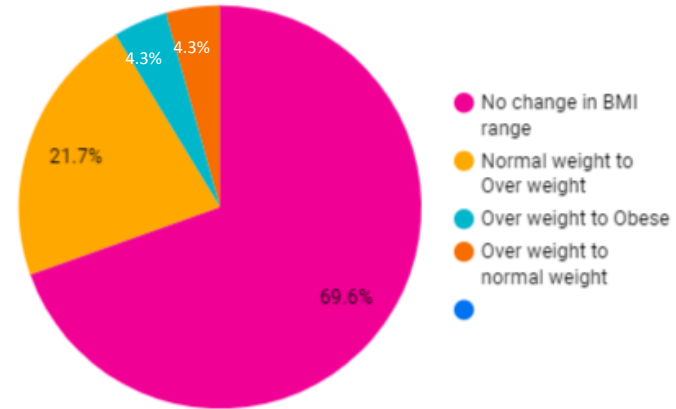
Before Covid pandemic, alcohol consumption



During lockdown, alcohol consumption

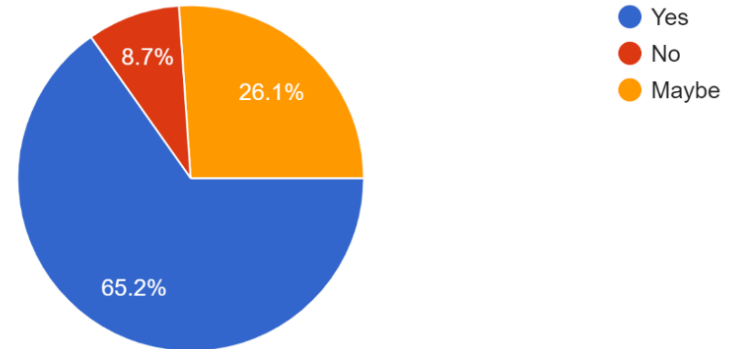


Change in BMI before and after the lockdown:



SELF ASSESSMENT

Do you think your lifestyle during lockdown has impacted your current lifestyle behavior?



CONCLUSION and SUGGESTION

To conclude, Lockdown had a significant impact on lifestyle behaviour. During the lockdown individual opted a lethargy and sedentary lifestyle with an increase in duration of sleep, decrease in physical activities, and increase in screen time. But it was also observed that people were conscious about their health and maintained their diet. There was a significant drop in consumption of alcohol and smoking during lockdown. This can be either due to the fear from covid-19 or because the observed individuals were residing with their parents during the lockdown. On self-assessment 65.2% agreed that lockdown did change their lifestyle to some extent.

Lockdown has impacted the lifestyle behaviour of individuals which might become the leading cause or act as a catalyst for many diseases in the future. Inactivity can slow metabolism and impair the body's ability to control blood sugar levels, regulate blood pressure, and break down fat.



Awareness can be created through various campaigns, advertisements, and also government can take an initiative to curb the spread of inactivity.

Individuals can make an effort by increasing their daily expenditure of energy by adopting simple steps like walking to their work, preferring stairs over lift, taking breaks in between their sitting position in front of a desk to walk. Indulging in conversation, adopting hobbies like playing sports, gardening, etc. over spending their time using cell phones or laptops.

Many people do not meet the minimum physical activity guidelines and are at risk of developing health problems as a result of being sedentary for an extended period of time.

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THANK YOU