

EVALUATION OF LIFESTYLE CHANGES AND BEHAVIOR AMONGST THE AGE GROUP
OF 18 TO 40 YEARS IN SOCIETY AS A RESULT OF THE COVID-19 PANDEMIC.

Dissertation Submitted to



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in

Hospital and Health Management/Pharmaceutical Management/Rural

Management

by

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Under the Supervision and Guidance of

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2022

DECLARATION BY STUDENT

I hereby declare that this dissertation title evaluation of lifestyle changes and behavior amongst the age group of 18 to 40 years in society as a result of the covid-19 pandemic is the bonafide record of my original research work. I declare that it has not been submitted to any other university or institution for the award of any degree or diploma. Information derived from the published or unpublished work of others has been duly acknowledged in the text.

Signature
Dr. Snehal Thorat

CERTIFICATE

This is to certify that dissertation titled evaluation of lifestyle changes and behavior amongst the age group of 18 to 40 years in society as a result of the covid-19 pandemic is a record of the research work undertaken by (Name of Student) in partial fulfillment of the requirements for the award of the degree of MBA (Hospital and Health Management)/MBA (Pharmaceutical Management)/MBA (Rural Management) from the IIHMR University, Jaipur under my guidance and supervision and his/her approach to the research study has been sincere, scientific, and analytical.

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ABBREVIATIONS & DEFINITIONS

1. SARS: Severe Acute Respiratory Syndrome
2. CoV2: Covid2
3. Covid-19: A illness called corona virus disease (COVID-19) is brought on by the SARS-CoV-2 virus.
4. Sleep: Sleep is a regular normal state of mind and body, characterised by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement sleep, and reduced interactions with surroundings.
5. Physical Activity: Any bodily movement produced by skeletal muscles that require energy expenditure. Physical activity refers to all movement including leisure time, for transport to get to and from places, or as part of a person's work. Both moderate and vigorous-intensity physical activity improve health

PROJECT LEARNING

Section1:

1.1 INTRODUCTION

Corona Virus Disease 2019 (COVID-19) is an infectious disease caused by “severe acute respiratory syndrome” coronavirus 2. ⁽¹⁾ Respiratory discomfort ranges from mild, moderate to severe in participants. Some patients have severe symptoms and require urgent care. Participants who are elderly, have cardiovascular disease, immune system disorders, or diabetes are more susceptible to get major illnesses. COVID-19 severity appears to be linked to an individual's health status prior to infection. Chronic and high inflammation are associated with sedentary behavior, poor dietary habits, and physical inactivity. These conditions are said to make participants more vulnerable to the most severe forms of COVID-19. It's worth noting that moderate physical activity boosts immunity and may even protect participants from infection. The novel coronavirus disease (COVID19) pandemic has harmed human health, lifestyles, and social life, as well as wreaked havoc on the local and national economies.

From March 2020, there was a state of lockdown due to this pandemic. India's government implemented stringent lockdown measures to contain the situation, forcing residents to stay inside their houses for nearly days without leaving. The novel corona virus has a significant impact on the nation's health, economics, way of life, behaviour, and social life. The lifestyle modifications are one of the most significant aspects that are impacted.

This study assesses lifestyle modifications and evaluates them between covid and post-covid. Numerous factors are taken into account, including eating habits, sleeping patterns, screen usage, physical activity, and stress. Every parameter is compared twice: one during lockdown and one after lockdown.

1.2 RATIONALE

The COVID-19 pandemic has had a significant negative influence on human health, leading to abrupt changes in lifestyle, social isolation at home, and other social and economic repercussions. Aside from medical and biological expertise, understanding of all human sciences pertaining to lifestyle, social, and behavioral research, including dietary practices and way of life, is required in order to maximize public health during this pandemic. Positive health, physical, and mental consequences as well as social and economic problems may be reduced through physical activity. It is anticipated that the COVID-19 epidemic will boost screen time while decreasing energy use. Increases in morbidity and the prevalence of noncommunicable illnesses have been related to sedentary behavior. The World Health Organization asserts that regular physical activity is essential for slowing down the aging process, preventing and treating noncommunicable diseases, and enhancing mental health and quality of life.

1.3 RESEARCH QUESTION

Evaluation of lifestyle changes and behavior amongst the age group of 18 to 40 years in society as a result of the covid-19 pandemic.

1.4 AIM & OBJECTIVES:

To evaluate the lifestyle changes among the age group of 18 to 35 years of age during lockdown and post lockdown in the society.

- To determine the impact of the lockdown on participants' lifestyle habits.
- To evaluate the percentage of positive and negative impact.
- Determine whether participants are willing to maintain good habits acquired during lockdown.
- Recommend measures to lessen the negative effects of lockdown and encourage participants to live healthier lives.

1.5 REVIEW OF LITERATURE:

In July 2021, Md Mahbubul Alam Shaun, Md Wahidur Rahman Nizum, Shahnaz Munny, Fahmida Fayeza, Sujon Kanti Mali, Mohammad Tazrian Abid, and Al- Riaj Hasan conducted a web-based cross-sectional study on eating patterns and lifestyle changes among higher education students in Bangladesh. When compared to the lockdown period, home-cooked dinner consumption dropped by 8.63 percent. In the days after the lockdown, 26.67% of pupils put on weight, while 47.46% of respondents said they had never exercised physically. The correlation between physical activity and weight gain has been shown. However, 43.91 percent of those surveyed claimed they never had any sleep issues. Less children reported feeling regularly mentally worn out, resentful, or depressed after the lockdown than while it was in effect. Regarding the lockdown scenario, each of these adjustments was significant. This study found significant changes in eating behaviors and lifestyles during lockdown, which may point to a predisposition to resume regular living rather than to adhere to limitations.⁽²⁾

To review the relationship between physical activity and Corona Virus Disease 2019, a similar study titled "Physical exercise and COVID-19 pandemic in PubMed" was carried out (COVID-19) in April 2021. Utilizing common terms and ideas related to and commonly brought up in the context of the COVID-19 epidemic, a literature search was conducted. The information reported in this assessment backs up the overall advice of continuing healthy routines throughout the COVID-19 outbreak. These suggestions include (a) regular exercise, (b) a healthy diet, and (c) sleeping habits. The study provides a number of recommendations and related keywords.⁽³⁾

A study was conducted by Joanne Ingram, Greg Maciejewski and Christopher J. Hand on Changes in Diet, Sleep, and Physical Activity Are Associated with Differences in Negative Mood During COVID-19 Lockdown in September 2020. The authors of Changes in Diet, Sleep, and Physical Activity Are Associated with Differences in Negative Mood During COVID-19 Lockdown conducted a study. Joanne Ingram, Greg Maciejewski, and Christopher J. Hand. The study took into account relationships between health practices, sociodemographic variations, and COVID-19-induced changes. 399 participants formed the study's sample. A poorer diet was connected to a more negative outlook and changes in employment status. Poorer sleep was associated with a more pessimistic attitude and virus "shielding." Being more physically active was associated with having a COVID-19 infection in the home or having a

higher likelihood of having one. Being less physically active was associated with having a more negative mood and student status. alterations in nutrition, sleep, and physical activity in relation to variations in depressive symptoms during COVID-19. ⁽⁴⁾

A related study, "The assessment of lifestyle changes during the (5)COVID-19 pandemic using a multidimensional scale," was carried out by Vicent Balanzá-Martnez, Flavio Kapczinski, Taiane de Azevedo Cardosog, Beatriz Atienza-Carbonell, Adriane R. Rosai, Jurema C. Mota, and Raquel B. De Boni. Spain's populace participated in an online survey. 1254 participants finished the survey in total. The majority of individuals (93.6%) and those who engaged in physical exercise reported significant changes in outside time (70.2 percent). The management of stress, social support, and restful sleep all showed significant improvements in roughly one-third of the participants. A number of demographic and clinical variables were linked to the ratings for lifestyle. ⁽⁵⁾

A 2020 Italian assessment on COVID-19 lockdown's effects on eating patterns and lifestyle revealed conclusions including The perception of weight gain was noted in 48.6% of the population; 3.3% of smokers made the decision to quit; 38.3% of respondents reported slightly increased physical activity, especially bodyweight training; the population group between the ages of 18 and 30 years had a higher adherence to the Mediterranean diet when compared to the younger and the elderly population; and 15% of respondents turned to farmers or organic, purchasing fruits and vegetables, especially in the summer. There were 3533 respondents in total for the survey. ⁽⁶⁾

A study was undertaken by Archana Kumari, Piyush Ranjan, Naval K. Vikram, Divjyot Kaur, Anamika Sahu, Sada Nand Dwivedi, Upendra Baitha, and Aastha Goel to evaluate changes in lifestyle-related behavior during the COVID 19 pandemic. To validate the questionnaire, which used a 5-point Likert scale as the response choice, a cross-sectional study with 103 participants was conducted. ⁽⁷⁾

Section 2:

2.1 RESEARCH METHODOLOGY

A descriptive web-based study that lasted around three months, from March 22 to June 17, was carried out. 18 to 35-year-olds were included in this observational study. The survey was conducted using a well-structured questionnaire. Numerous factors, including dietary practices, exercise routines, sleep patterns, and stress levels, were taken into account and compared for covid and post lockdown.

2.1.1 Research approach:

Inductive Approach

2.1.2 Research design:

Observational study, Prospective cohort

2.1.3 Study area:

Web based study

2.1.4 Data Collection Method:

A structured questionnaire was used for the survey, and Google Forms was used to capture the respondents' responses.

2.1.5 Issues to be explored:

- Assessing the impact of covid-19 on the lifestyle changes.
- Evaluate the percentage of positive and negative impact on lifestyle behavior.

2.1.6 Types of respondents:

- 18 to 35 years.

2.2 SAMPLING

2.2.1 Sample size: 250 respondents

2.2.2 Sampling procedure: Random sampling technique

2.2.3 Exclusion criteria:

- All minors i.e., less than 18 years of age were excluded from the study.
- Participants unable to read English.

2.3 QUESTIONNAIRE

- Demographic details:
 - Age:
 - 18 to 25
 - 26 to 33
 - 33 to 40
 - Gender:
 - Male
 - Female
 - Other
 - Educational Status:
 - Nil
 - Up to high school
 - Graduation
 - Post-graduation
 - Occupation: _____
 - Weight changes after lockdown
 - Weight loss
 - Weight gain
 - Not aware
 - Constant
- Eating habits:
 - Meals eaten the most during the week During lockdown Post lockdown
 - Homemade food
 - Restaurant food
 - Healthy food
 - Fast food
 - Number of major meals/ day
 - 1 to 2 meals
 - 3 to 4 meals
 - >5meals
 - Meals skipped per day
 - Yes
 - No
 - Consumption of water per day
 - 1 to 4 glasses of water per day

- 5 to 7 glasses of water per day
 - > 7 glasses of water per day
- Physical activity:

	During lockdown	Post lockdown
○ Did you exercise?		
▪ Yes ▪ No		
○ Time of exercise		
▪ <15 minutes ▪ <30minutes ▪ <1 hour		
- Sleep:

	During lockdown	Post lockdown
○ Hours of sleep:		
▪ < 7 hours ▪ 7 to 9 hours ▪ > 9 hours		
○ How would you rate your sleep quality?		
▪ Excellent ▪ Good ▪ Poor		
○ Did you experience any of the following?		
▪ Difficulty to fall asleep ▪ Difficulty waking up ▪ Long continuous sleep ▪ None		
- Stress:

	During lockdown	Post lockdown
○ Physically tired		
▪ Always ▪ Most of the time ▪ Sometimes ▪ Never		
○ Mentally tired		
▪ Always ▪ Most of the time ▪ Sometimes ▪ Never		
○ Sad		

- Always
 - Most of the time
 - Sometimes
 - Never
- Happy
 - Always
 - Most of the time
 - Sometimes
 - Never
- Other changes:
 - Screen time for educational purpose:

During lockdown	Post lockdown
▪ 1-2hours/day	
▪ 3-4hours/day	
▪ >5hours/day	
 - Screen time for entertainment:
 - 1-2hours/day
 - 3-4hours/day
 - >5hours/day
- During lockdown, which of the following habits did you develop?
 - Washing hands regularly
 - Online grocery ordering
 - Reading
 - Exercising
 - Wearing mask
 - Other
- Which habits are you willing to continue in future?
 - Washing hands regularly
 - Online grocery ordering
 - Reading
 - Exercising
 - Wearing mask
 - Others

Section 3:

3.1 DATA ANALYSIS:

As mentioned before, a structured questionnaire created using Google Forms was used to collect the data. There were 250 participants in this poll in total. The information was gathered over the course of around two months. Excel is used to undertake a detailed study of numerous factors both during and after lockdown.

3.1.1 Demographic Details:

In this study, respondents made up 51.5% of the female respondents and 58.8% of the male respondents. Maximum responses (41.2%) were from respondents who were between the ages of 18 and 25. In this study, the majority of respondents graduated. Additionally, the majority of the responders to the survey are students.

Table 3.1.1 Demographic details		
Gender	Frequency	Percentage
Male	147	58.8
Female	103	51.5
Age		
18-25	103	41.2
26-33	79	31.6
33-40	68	27.2
Educational Status		
Nil	10	4
School	32	12.8
Graduate	145	58
Postgraduate	63	25.2
Occupation		
Student	112	44.8
Private Service	60	24
Medical professionals	78	31.2

3.1.2 Changes in perception of weight post lockdown:

50 percent of those who participated in the survey reported having gained weight. Of the respondents, 25.6% lost weight. After lockdown, a sizable number of participants continued to weigh the same.

Table 3.1.2 Perception of weight changes post lockdown		
Weight changes after lockdown	Frequency	Percentage
Weight loss	64	25.6
Weight gain	125	50
Not aware	19	7.6
Constant	42	16.8



3.1.3 Dietary changes:

Homemade food accounted for 48.8% of all meals consumed during the lockdown. However, after the lockdown, eating out jumped from 19.2 to 31.6 percent of the time. During lockdown, 26% of participants ate well-balanced meals. The increased weight can be linked to the lockdown's frequent food consumption, which was substantial. Post-lockdown, however, the frequency decreased. The percentages of 1-2 and 3-4 meals were 48 and 46%, respectively. Few respondents, though, reported eating more than five meals each day. Healthy food consumption increased, and the number of missed meals decreased when the school was under lockdown. Only 27.6% of respondents chose yes. Although the percentage of meals skipped rose after the lockdown and reached 33.2%. Additionally, more water was consumed during lockdown, averaging 5-7 glasses. Post-lockdown, however, the number dropped, and 47.2 percent of subjects drank 1-4 glasses of water. Similar outcomes were discovered in research done in Bangladesh, the percentage of participants who preferred homemade cuisine both during and after the lockdown (6) was 81.73 percent. 79.95 percent of persons reported having three or more meals per day, which is consistent with the findings of the currency study, in which the majority of participants selected three or more meals per day. Additionally, the Italian survey study found that the majority of food consumed during a lockdown was consumed at home. ⁽²⁾ (6)

Table 3.1.3.1 Meals consumed most during the week				
Meals eaten the most during the week	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Homemade food	122	48.8	92	36.8
Restaurant food	48	19.2	79	31.6
Healthy food	65	26	56	22.4
Fast food	15	6	23	9.2

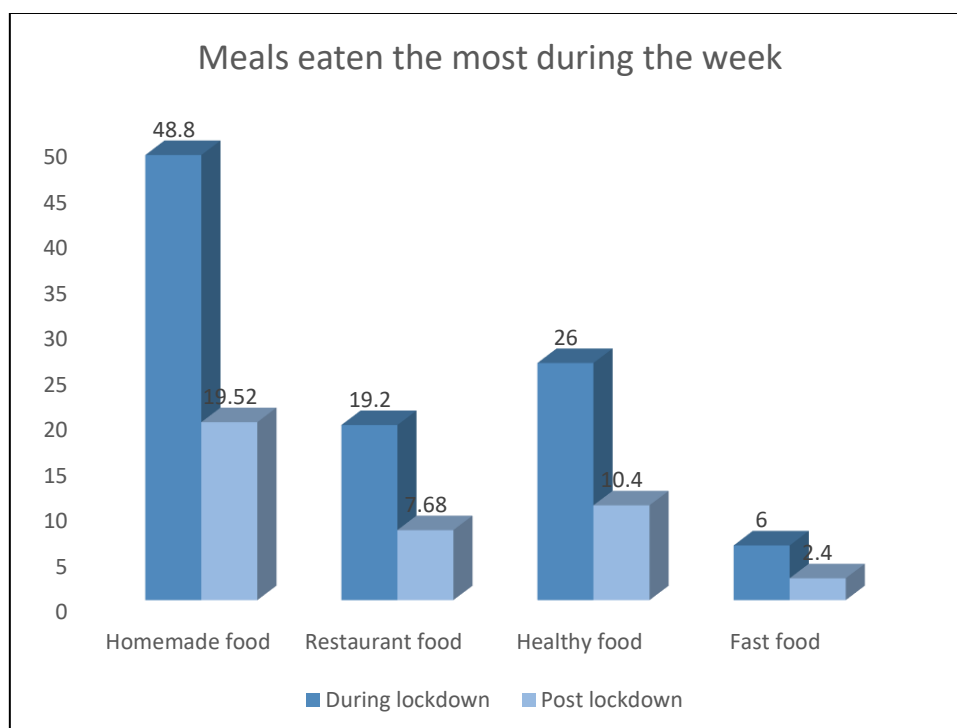


Table 3.1.3.2 Number of meals consumed per day				
Number of meals per day	During lockdown		Post Lockdown	
	Frequency	Percentage	Frequency	Percentage
1 to 2	70	28	120	48
3 to 4	155	62	115	46
>5meals	25	10	15	6

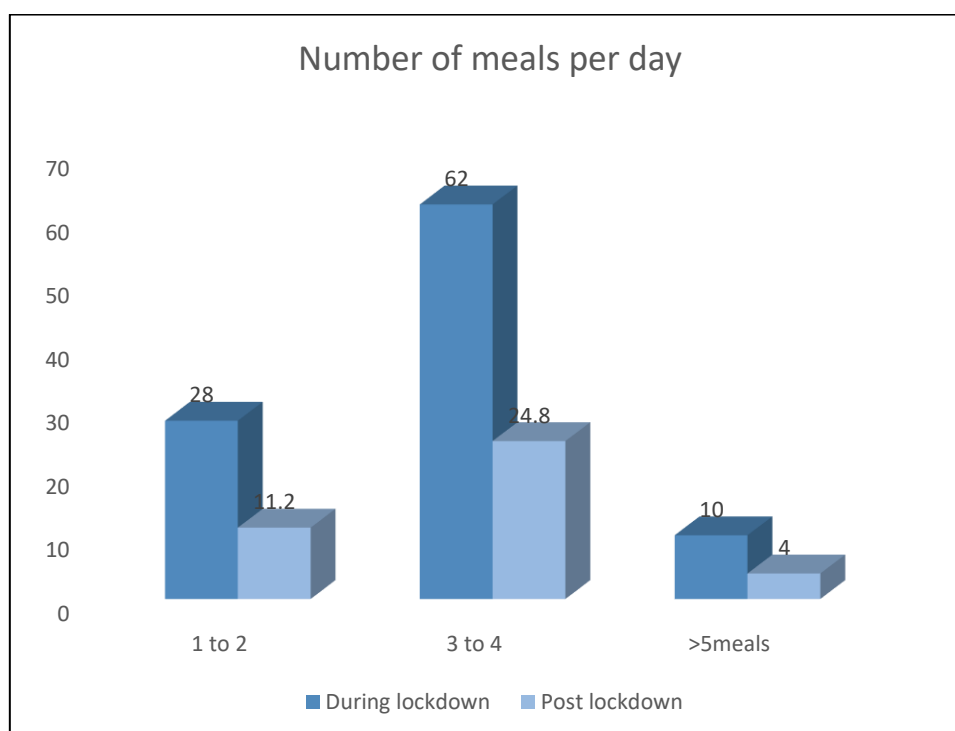


Table 3.1.3.3. Meals skipped per day				
Meals skipped	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Yes	69	27.6	83	33.2
No	181	72.4	167	66.8

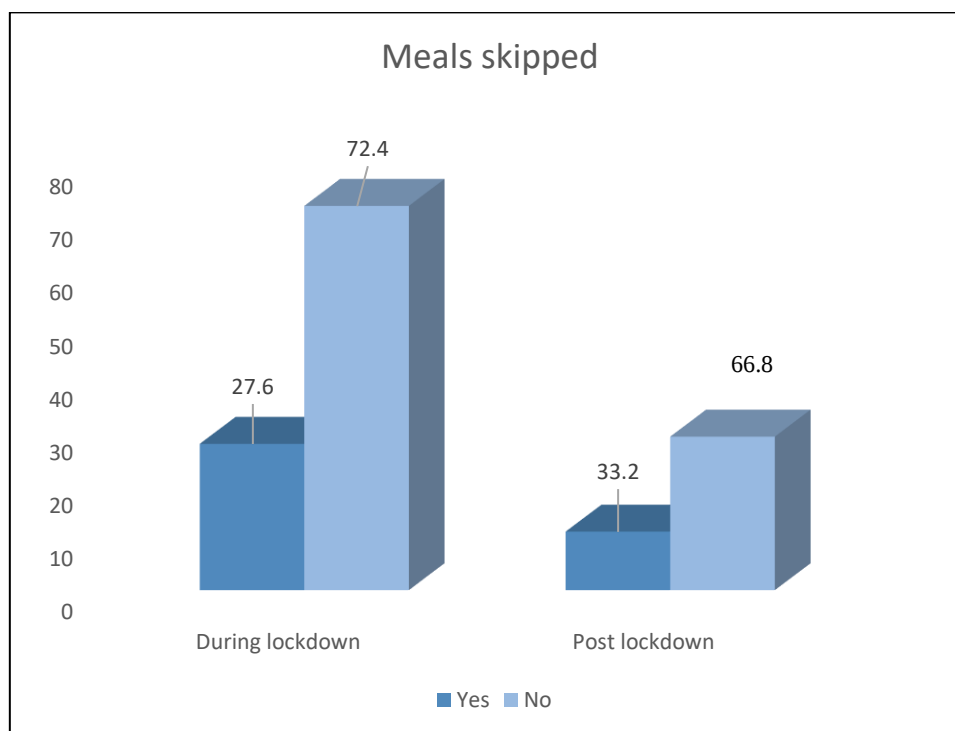
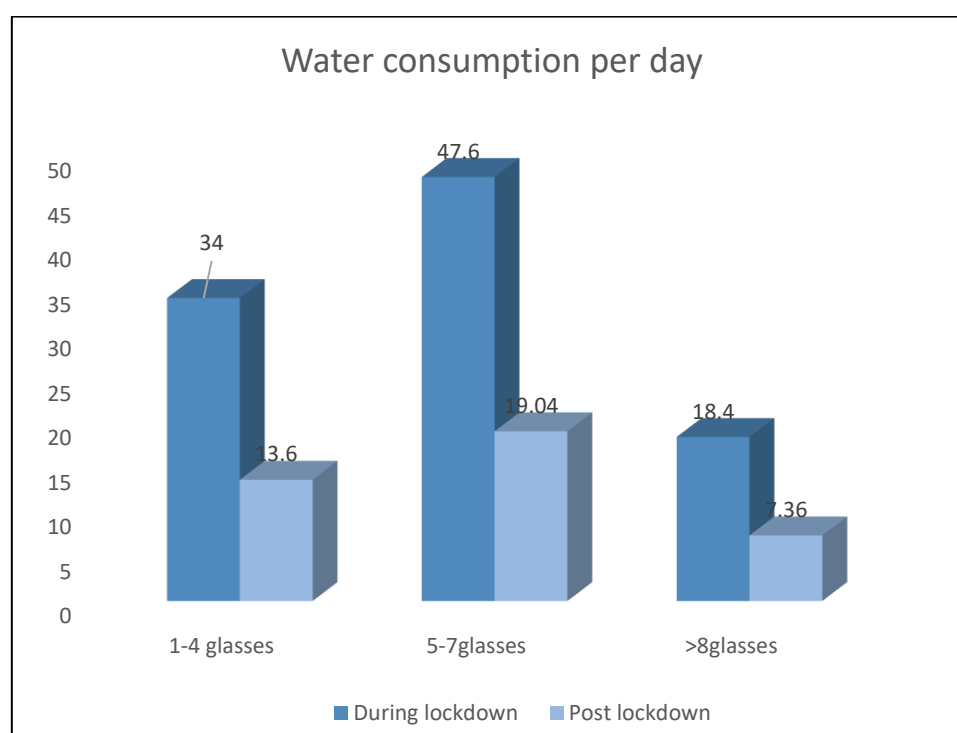


Table 3.1.3.4 Consumption of water per day				
Water consumption per day	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
1-4 glasses	85	34	118	47.2
5-7glasses	119	47.6	99	39.6
>8glasses	46	18.4	33	13.2



3.1.4 Physical exercise:

Many people started exercising during lockdown as a habit. According to this study, 58.8% of individuals engaged in regular exercise. A total of 42.4 percent of participants worked out for roughly 30 minutes. A total of 20.8 percent of participants worked out for over an hour. After the lockdown, the percentage of individuals who exercised decreased by 12.8% when they resumed their regular lives. However, it should be noted that a sizable portion of respondents (41.2 percent during lockdown and 54 percent following lockdown, respectively) reported not exercising either during or after the lockdown. According to a study from Bangladesh, 40.36 percent of pupils were working on household chores. However, the proportion held steady over a period of 1-3 weeks both during and after the lockdown. Few students appeared to be significantly less physically active, according to a study on changes in diet, sleep, and activity.⁽²⁾⁽³⁾⁽⁴⁾

Table 3.1.4.1 Daily exercise routine				
Daily exercise routine	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Yes	147	58.8	115	46
No	103	41.2	135	54

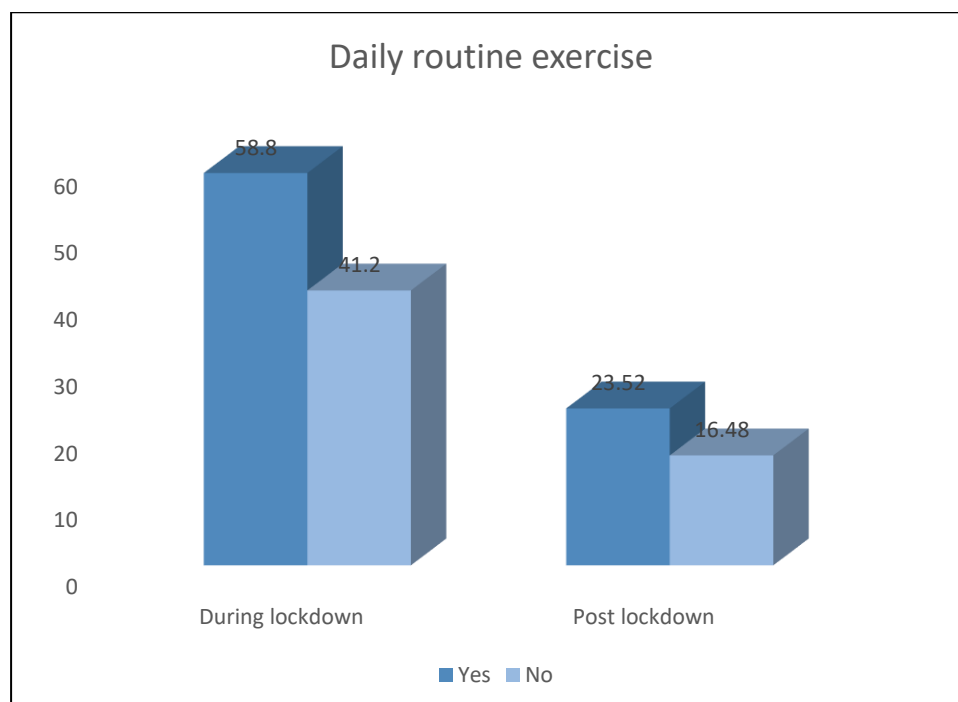
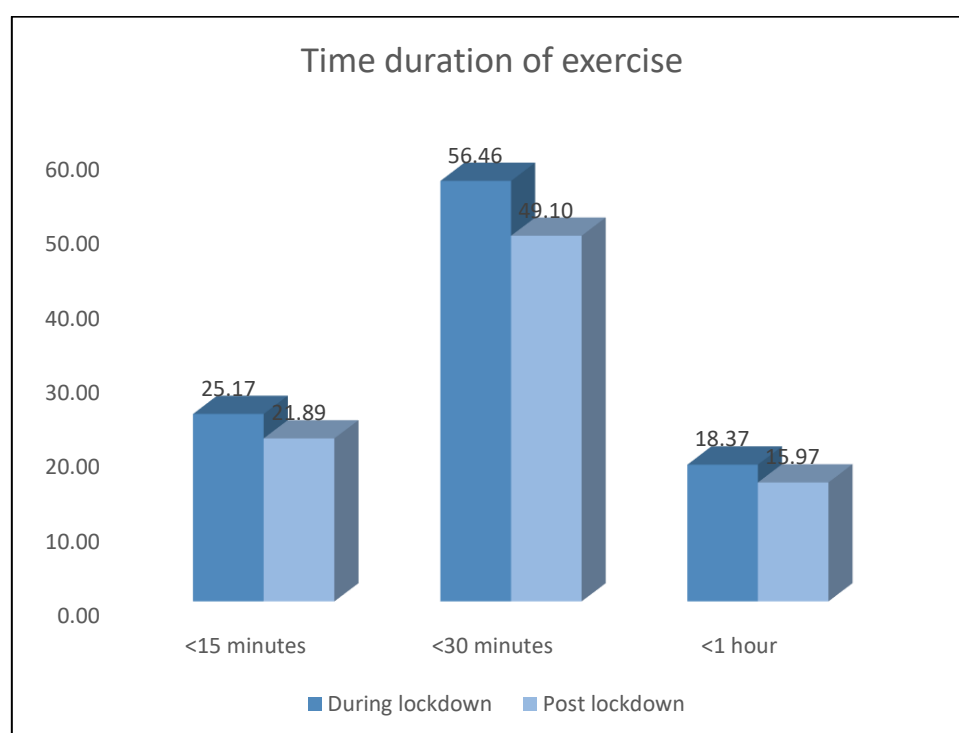


Table 3.1.4.2 Time duration of exercise				
Time duration of exercise	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
<15 minutes	37	25.17	59	51.30
<30 minutes	83	56.46	36	31.30
<1 hour	27	18.37	20	17.39



3.1.5 Sleep patterns:

Lockdown results in a lack of social connections, which negatively affects sleep patterns during lockdown and is one of the main causes of stress. Participants had trouble drifting off to sleep. Nearly 50% of the participants slept for fewer than 7 hours. Furthermore, 26.4 percent of the individuals slept for over nine hours. After the lockdown, only 40.4 percent of participants slept for more than seven hours. Out of 250 responders, 77 reported having trouble sleeping. 39.6% of survey participants said they slept well. After lockdown, 29.6% of subjects reported getting poor quality sleep. 42.8 percent of participants had trouble falling asleep during lockdown. 39.2% of people had trouble waking up. 18% of participants had trouble falling asleep after the lockdown, and 28% had trouble getting out of bed. However, according to a study conducted in Bangladesh, participants were able to get 7-9 hours of sleep, or 53.55 percent of respondents. The findings from the current trial, in which individuals reported sleep loss, are not comparable. 43.40 percent of participants were also able to sleep for long stretches of time. Participants reported that their sleep quality was good in 58.13 percent of cases. Similar results were also reported in following lockdown era. In the Italian study, 31.1 percent of students who took part believed that their sleep quality could be slightly improved. ⁽²⁾ ⁽⁴⁾

Table 3.1.5.1 Total hours of sleep				
Total hours of sleep	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Less than 7 hours	125	50	101	40.4
7-9 hours	59	23.6	98	39.2
>9hours	66	26.4	51	20.4

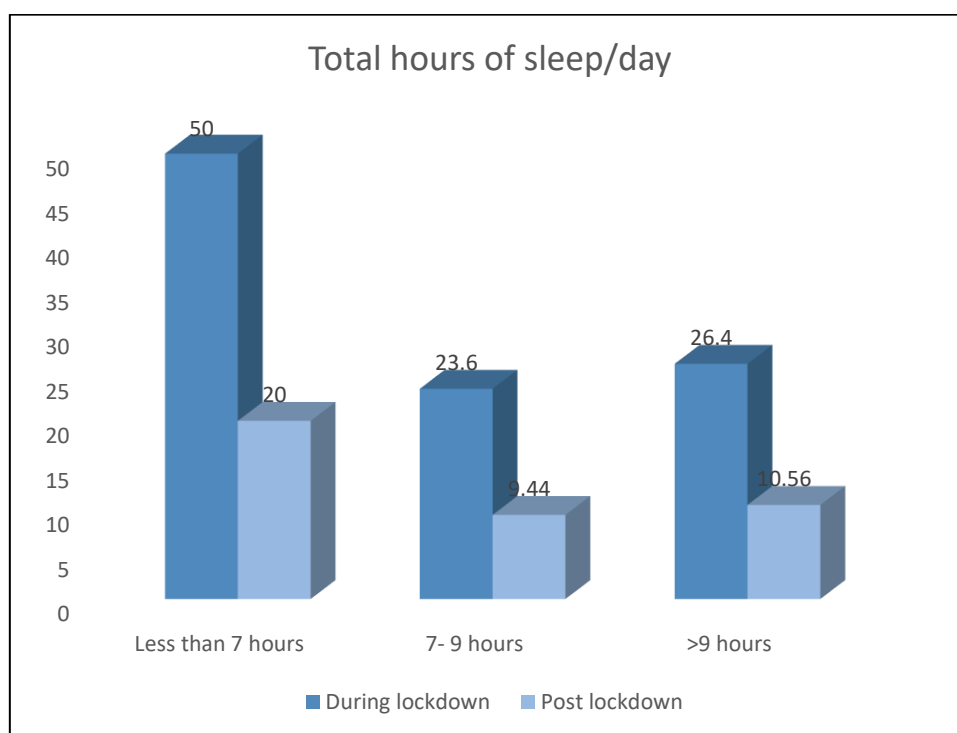


Table 3.1.5.2 Sleep Quality				
How would you rate your sleep quality	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Excellent	74	29.6	97	38.8
Good	99	39.6	79	31.6
Poor	77	30.8	74	29.6

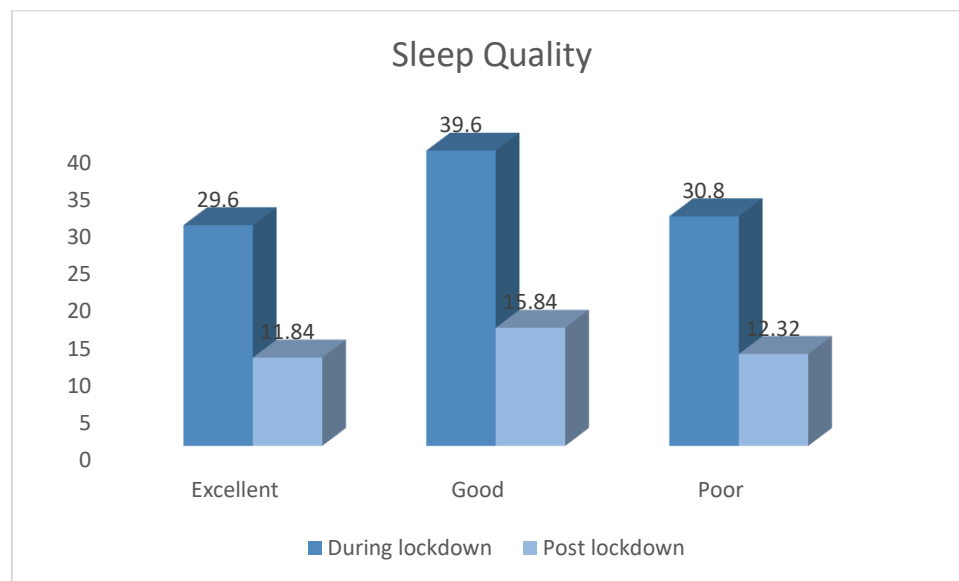
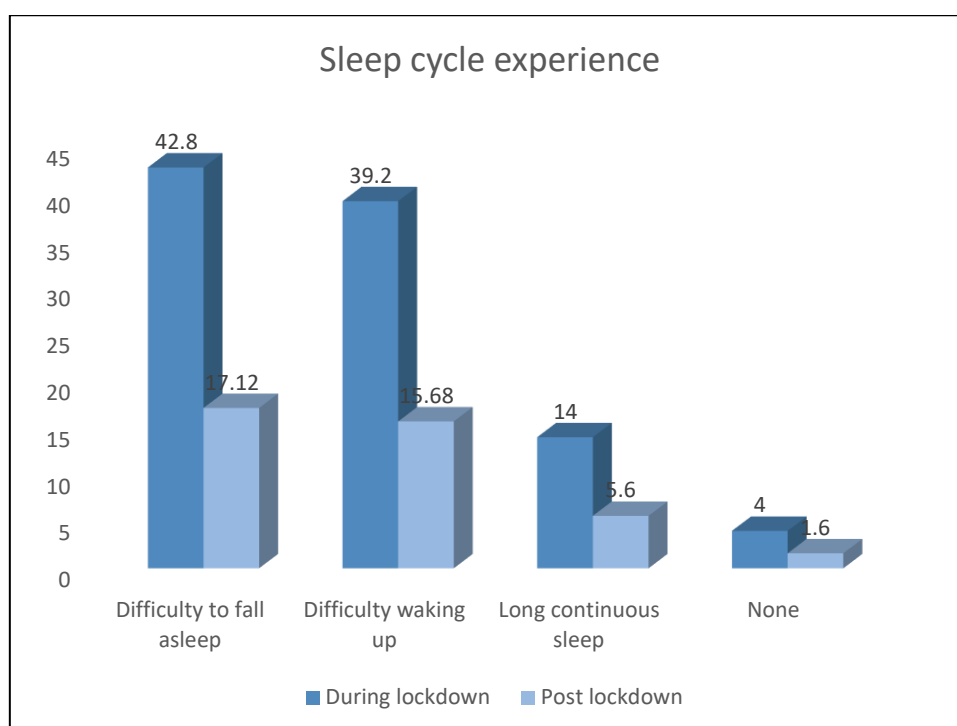


Table 3.1.5.3 Sleep cycle experience				
Did you experience any of the following	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Difficulty to fall asleep	107	42.8	45	18
Difficulty waking up	98	39.2	70	28
Long continuous sleep	35	14	62	24.8
None	10	4	73	29.2



3.1.6 Stress

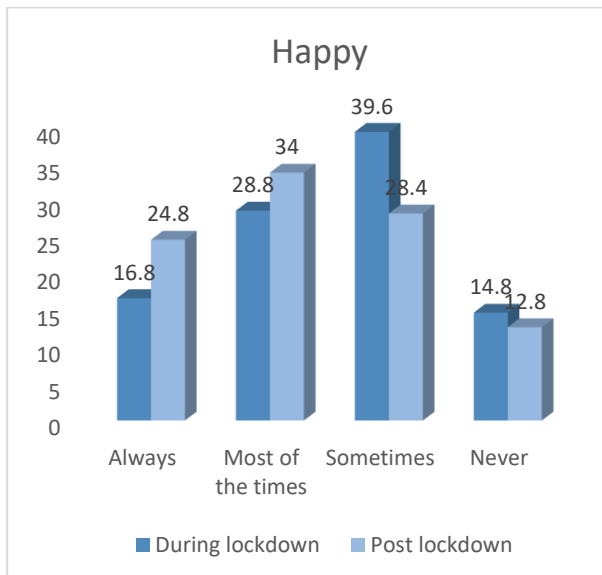
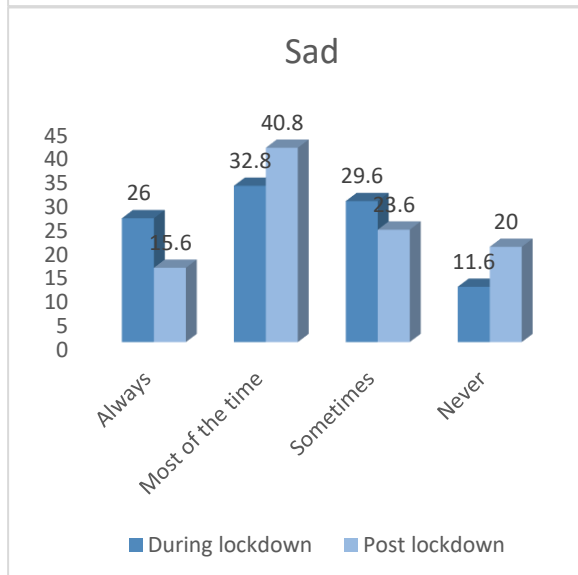
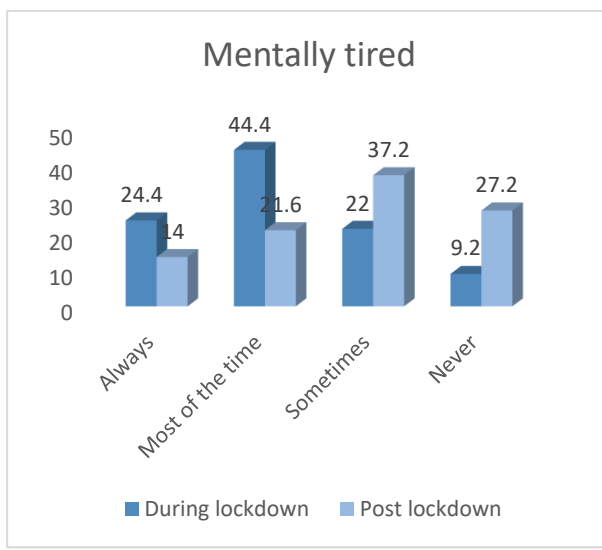
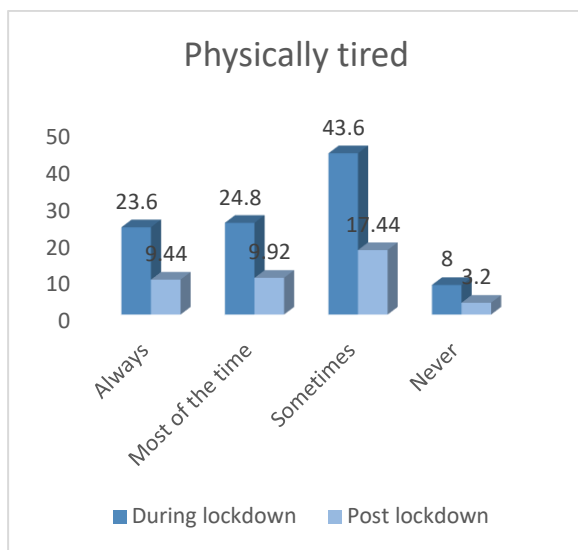
The percentage of individuals who felt physically exhausted, psychologically exhausted, unhappy or joyful both during and after lockdown is depicted in the graphs below. Of the participants, 43.6 percent occasionally experienced physical fatigue. Post-lockdown, however, approximately 30.8 percent of individuals reported never feeling physically exhausted. Additionally, 14.8% fewer individuals reported feeling occasionally weary during the post-lockdown period than during the lockdown period: 28.8% participants. 24.4 percent of subjects felt always fatigued, while 44.4% of participants had mental fatigue during lockdown. After the lockdown, 27.2 percent reported never experiencing mental fatigue and 14% reported experiencing it constantly. There is a 10.4% difference between the two. Participants reported feeling depressed in lockdown in 32.8 percent of cases and in lockdown in 40.8 percent of cases. During lockdown, 34 percent of participants and 39.6% of participants reported feeling joyful most of the time. 14.8% of people never experienced joy during a lockdown. Similar to the current study, a web-based study conducted in Bangladesh found that 52.54 percent of respondents occasionally felt physically exhausted. During lockdown, 31.32 percent of people reported feeling depressed, and the current study had comparable findings. This is explained by the diminished social connectivity, which has a detrimental effect on health and creates stressful conditions. ⁽²⁾

Table 3.1.6.1 Physically tired				
Physically tired	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Always	59	23.6	45	18
Most of the time	62	24.8	56	22.4
Sometimes	109	43.6	72	28.8
Never	20	8	77	30.8

Table 3.1.6.2 Mentally tired				
Mentally tired	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Always	61	24.4	35	14
Most of the time	111	44.4	54	21.6
Sometimes	55	22	93	37.2
Never	23	9.2	68	27.2

Table 3.1.6.3 Sad				
Sad	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Always	65	26	39	15.6
Most of the time	82	32.8	102	40.8
Sometimes	74	29.6	59	23.6
Never	29	11.6	50	20

Table 3.1.6.4 Happy				
Happy	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
Always	42	16.8	62	24.8
Most of the time	72	28.8	85	34
Sometimes	99	39.6	71	28.4
Never	37	14.8	32	12.8



3.1.7 Screen time

Screen time has increased as a result of lockdown, both for educational and entertaining purposes. Nearly 37.6 persons utilized their phones for educational purposes for more than 5 hours every day. In a similar vein, 39.2% of participants used their phones for two hours every day after the lockdown. During the lockdown, 32.8 percent of people utilized their cell phones for entertainment for more than 5 hours. After the lockdown, this decreased to 6%.

Table 3.1.7.1 Screen time for education purpose				
Screen time for education purpose	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
1-2 hours/day	45	18	98	39.2
3-4 hours/ day	92	36.8	79	31.6
>5 hours/day	94	37.6	63	25.2
None	19	7.6	10	4

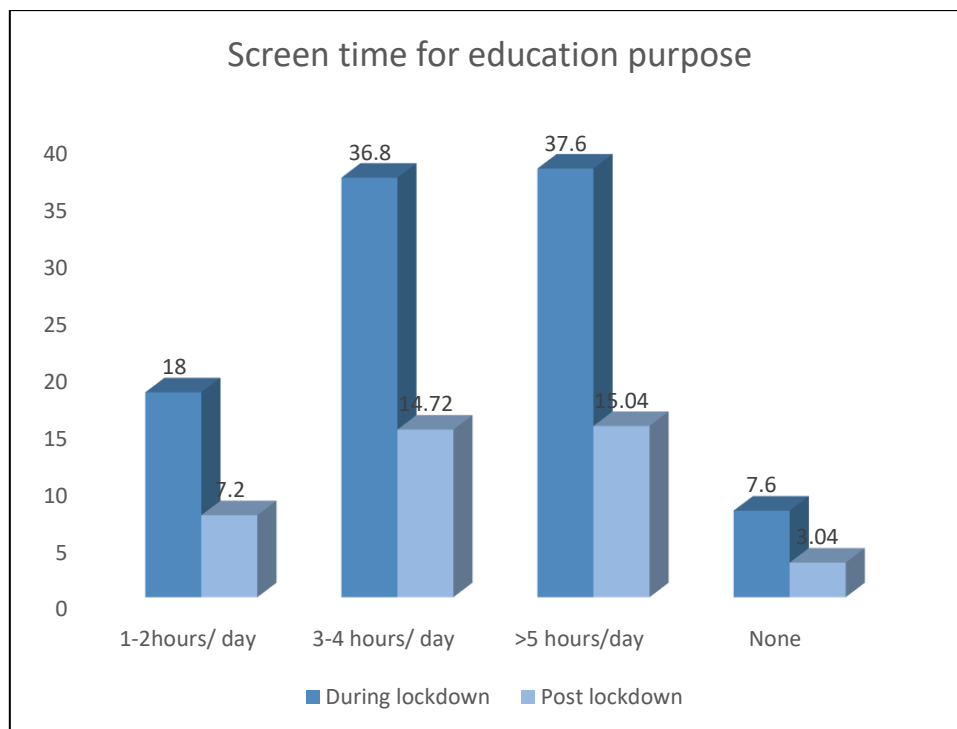
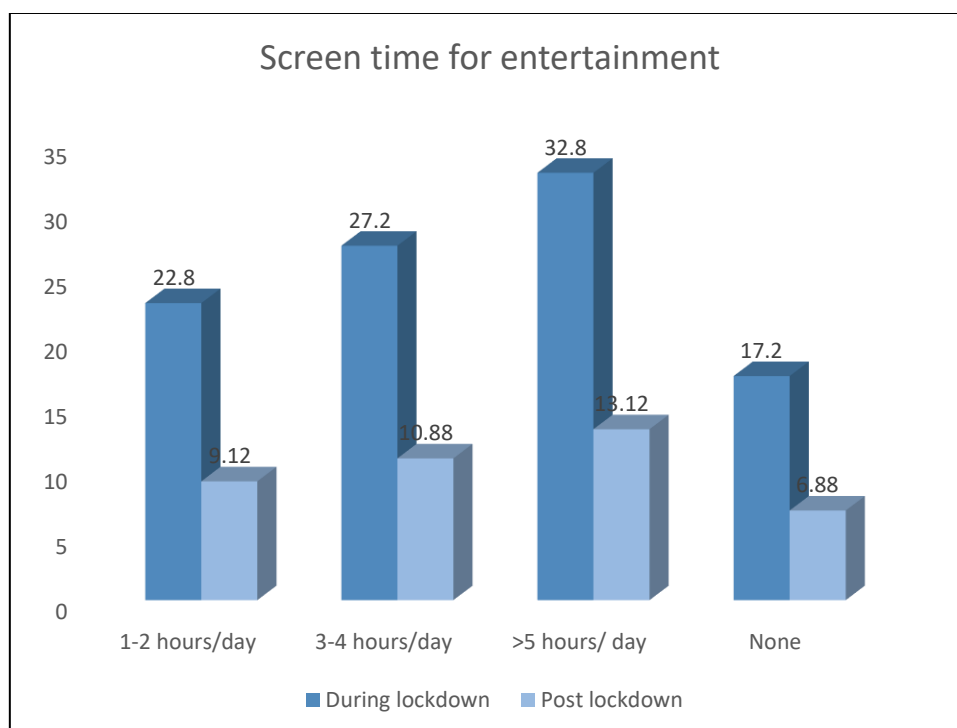


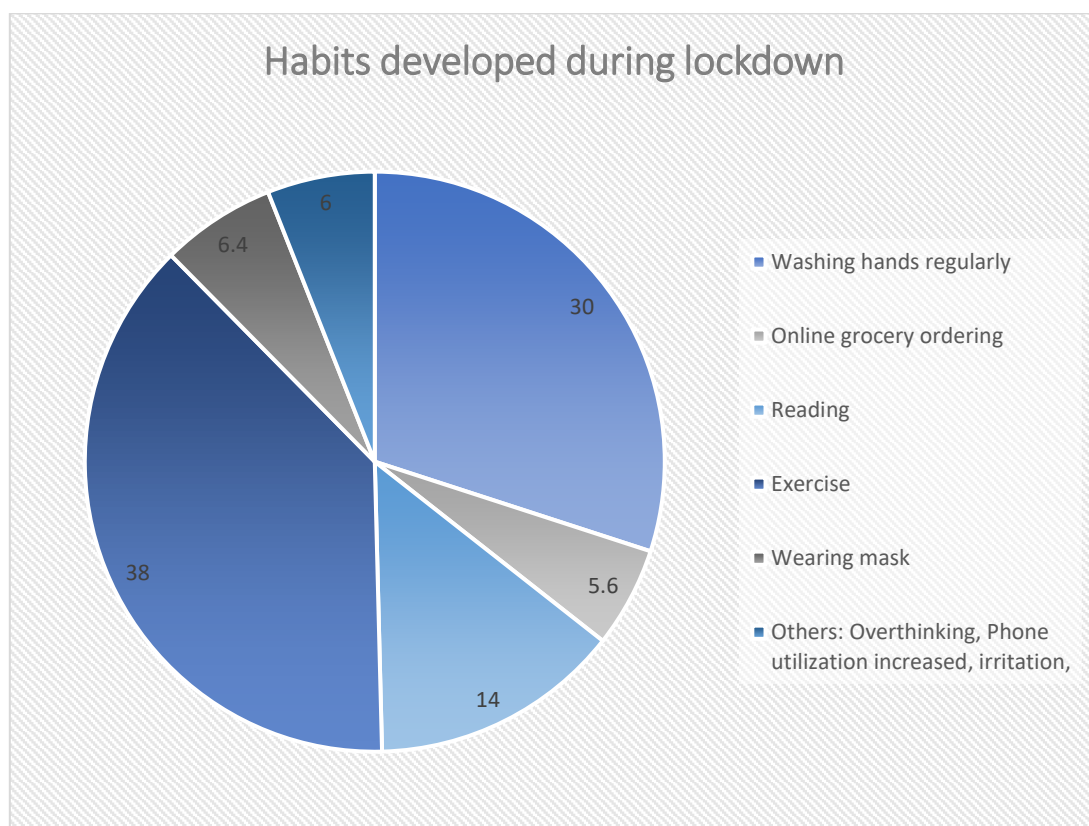
Table 3.1.7.2 Screen time for entertainment				
Screen time for entertainment	During lockdown		Post lockdown	
	Frequency	Percentage	Frequency	Percentage
1-2 hours/day	57	22.8	85	34
3-4 hours/ day	68	27.2	56	22.4
>5 hours/day	82	32.8	15	6
None	43	17.2	94	37.6



3.1.8 Habits developed during lockdown:

A lot of folks picked up specific habits during the lockdown. Wearing a mask and routinely washing your hands are two things that are unquestionably essential during a cold. Participants also picked up some habits, such as reading and exercising. 30% of participants formed a regular hand-washing routine, while 14% formed a regular exercise habit.

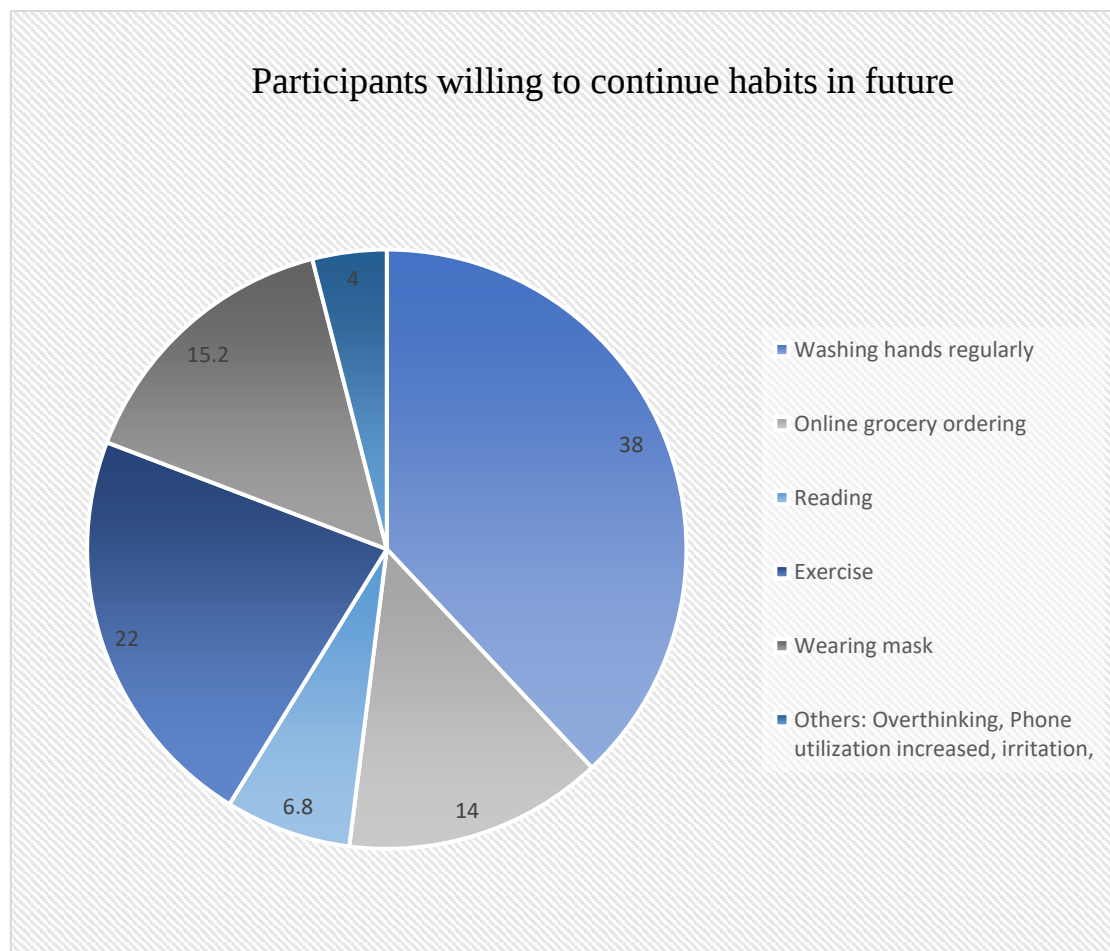
Table 3.1.8 Habits developed during lockdown		
Habits developed during lockdown	Frequency	Percentage
Washing hands regularly	75	30
Online grocery ordering	14	5.6
Exercise	35	14
Wearing mask	95	38
Reading	16	6.4
Others: Overthinking, Phone utilization increased, irritation,	15	6



3.1.9 Participants willing to continue habits in future

Out of all the habits formed, 38% of participants said they would keep washing their hands in the future. 6.8% of participants said they planned to keep reading in the future. Only 4% of those who established bad behaviors during lockdown intended to keep them in the future.

Table 3.1.9 Habit respondents willing to continue in future		
Habits willing to continue in future	Frequency	Percentage
Washing hands regularly	95	38
Online grocery ordering	35	14
Exercise	55	4
Wearing mask	38	22
Reading	17	6.8
Others: Overthinking, Phone utilization increased, irritation,	10	4



Section 4:

4.1 CONCLUSION:

This study aimed to assess the lifestyle changes brought about by lockdown among people between the ages of 18 and 40. A standardized questionnaire was used over the two-month trial period. The findings indicate that during lockdown, participants were more likely to eat homemade meals, and that tendency then diminished once the lockdown was over. Additionally, the number of meals consumed increased from one to two after lockdown to three to four during lockdown. Changes in water use were also noted. The participants exercised every day as well. The majority of respondents' workout times ranged from 15 to 30 minutes. However, there was a detrimental effect on the sleep cycle, with 50% of individuals getting less than 7 hours of sleep and having trouble falling asleep. Furthermore, a large number of subjects reported having poor-quality sleep. During lockdown conditions, several individuals reported feeling physically worn out, mentally fatigued, and depressed, suggesting a health impact. But in a situation following a lockdown, these matters. Additionally, screen time was used more frequently for pleasure and education, which reduced during the lockdown period. Washing hands and wearing a mask were the two main habits that were developed. However, some undesirable behaviors, such as overthinking, also emerged. Many participants expressed a desire to keep up positive routines like reading and routine hand washing in the future.

4.2 KEY LEARNINGS:

The pandemic brought about numerous alterations in people's daily lives. People's lives were affected by lockdown in a variety of ways, both good and negative. The tendency to eat homemade food reduced after the lockdown, which was one of the negative effects seen in this study. Meal frequency increased while the school was under lockdown, which caused weight shifts. Participants reported feeling mentally and physically exhausted during lockdown, and very few reported being cheerful, which suggests that many people experienced stressful situations as a result of the pandemic. All age groups are using their phones more frequently, not just for enjoyment but also for education. This developed into a habit, as seen after the lockdown. Participants showed some beneficial effects, such as a tendency to eat homemade meals. During lockdown, only a small percentage of respondents reported engaging in physical activity, showing that people were more health conscious and made positive changes in their lives. It was induced in people to read.

4.3 LIMITATIONS AND FUTURE SCOPE

The measurements were performed using a self-administered questionnaire for a number of criteria. The participants' responses might have been arbitrary. Additionally, the questionnaire was circulated in the time following the lockdown, indicating that time had passed since the lockdown. Some crucial factors, such as alcohol and tobacco use, weren't taken into account.

Section 5

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