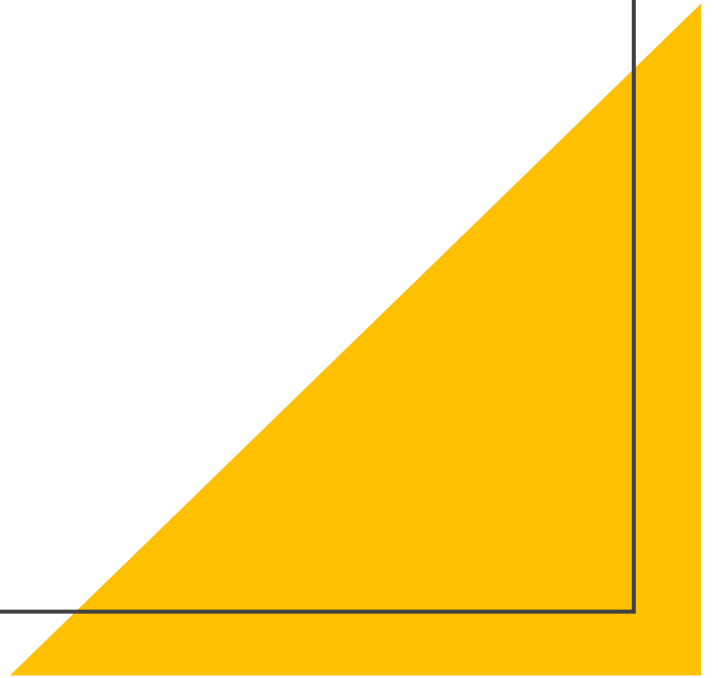


DISSERTATION

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- MBA-Hospital Management (2020-2022)
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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

INTRODUCTION

Corona Virus Disease 2019 (COVID-19) is an infectious disease caused by “severe acute respiratory syndrome” coronavirus 2. Respiratory discomfort ranges from mild, moderate to severe in participants. Some patients have severe symptoms and require urgent care. 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. 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.

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.

OBJECTIVES

- 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

RATIONALE:

The COVID-19 pandemic has had a massive impact on human health, causing abrupt lifestyle changes, social disconnection, and isolation at home, as well as social and economic consequences. Optimizing public health during this pandemic necessitates not only medical and biological knowledge, but also knowledge of all human sciences relating to lifestyle, social, and behavioral studies, including dietary habits and lifestyle. Physical activity may help to alleviate social and economic concerns as well as negative health, physical, and mental effects. The COVID-19 pandemic is expected to lead to an increase in screen time and a reduction in energy expenditure. Sedentary behavior has been linked to a rise in morbidity and the prevalence of noncommunicable diseases.

RESEARCH METHODOLOGY:

A descriptive web-based study that lasted around three months, from March 22 to June 17, was carried out. 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.

Research approach: Inductive Approach

Research design: Observational study, Prospective cohort

Data Collection Method: The survey was conducted using a structured questionnaire and responses on the respondents were recorded using google forms.

Types of respondents: Age group of 18 up to 35 years of age.

SAMPLING

Sample size: 250 respondents

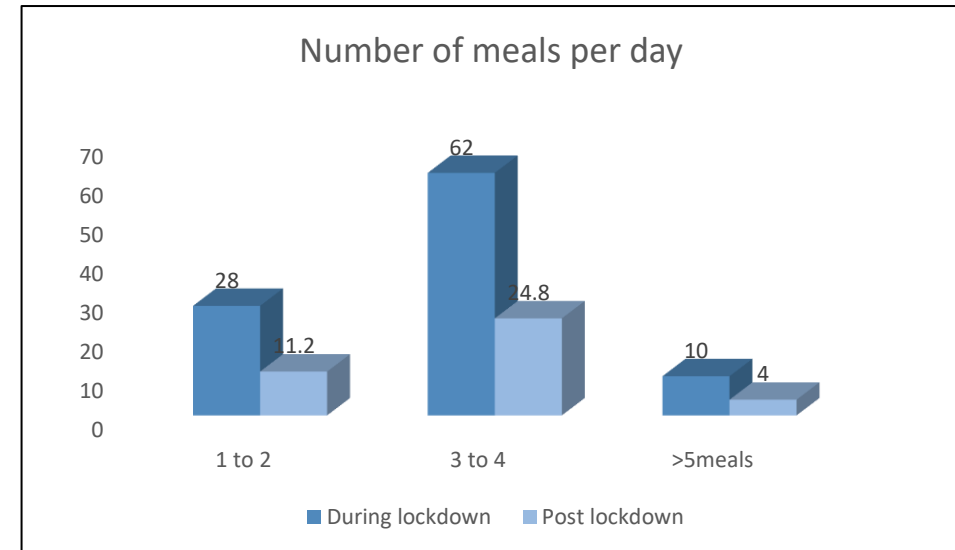
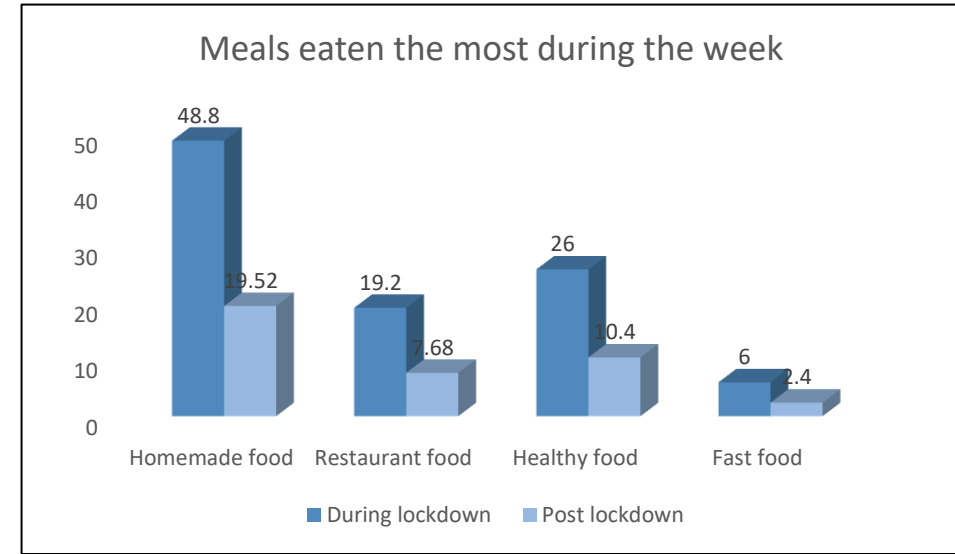
Sampling procedure: Random sampling technique

Exclusion criteria:

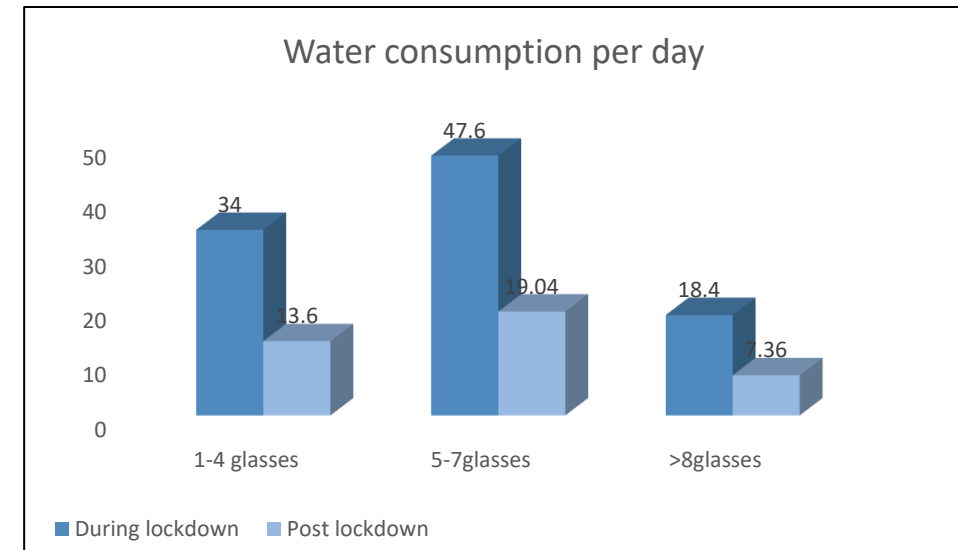
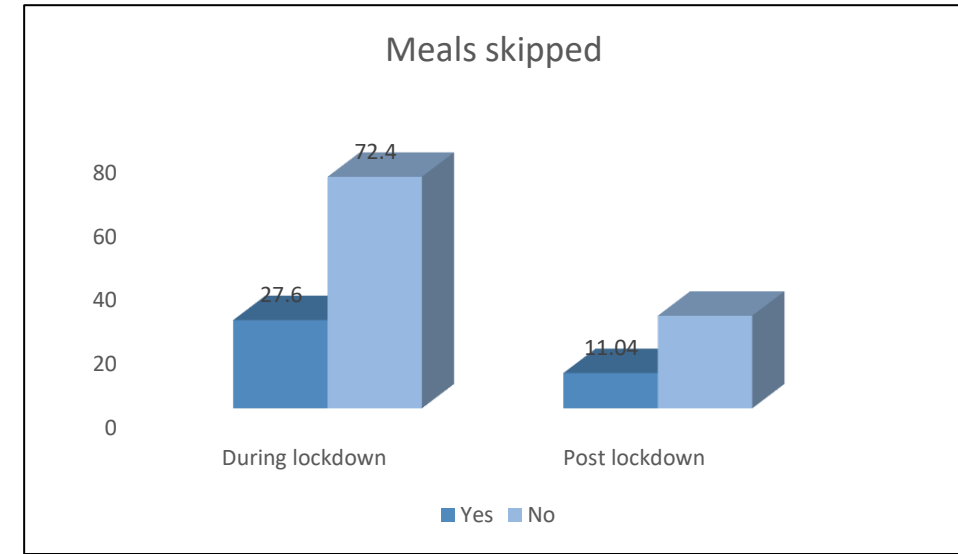
- All minors i.e., less than 18 years of age were excluded from the study.
- Participants unable to read English.

PROJECT FINDINGS

Dietary Changes: Homemade food accounted for 48.8percentage 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, 26percentage 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 46percentage, 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.

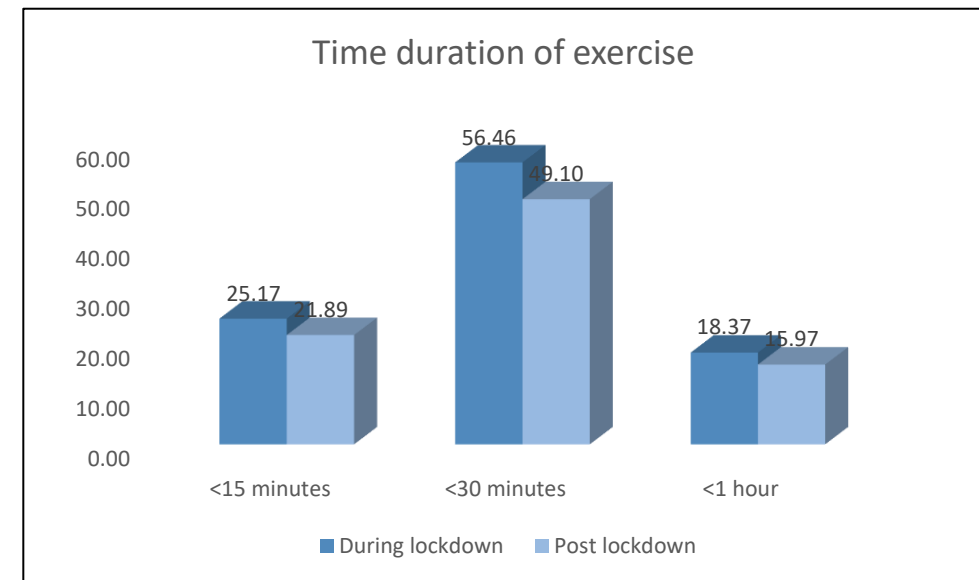
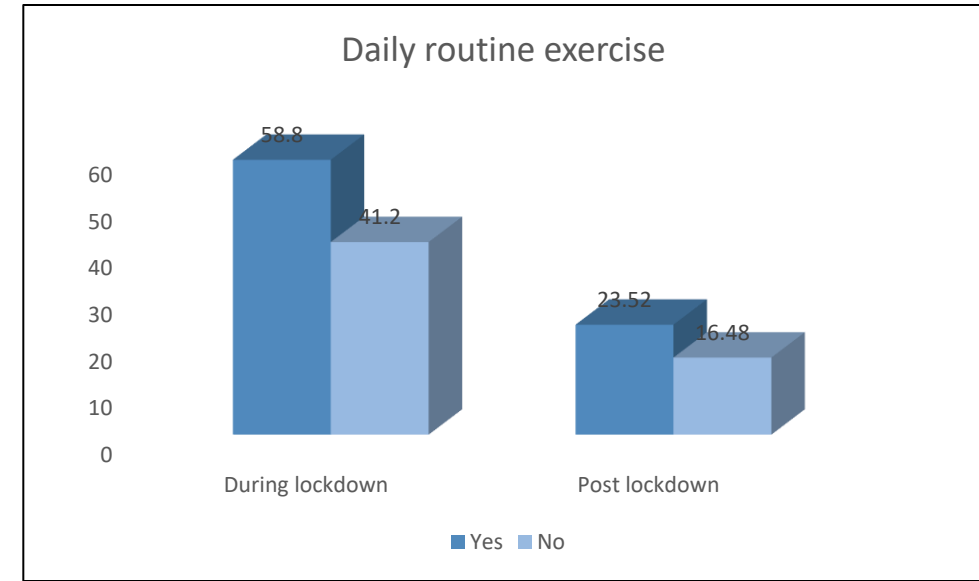


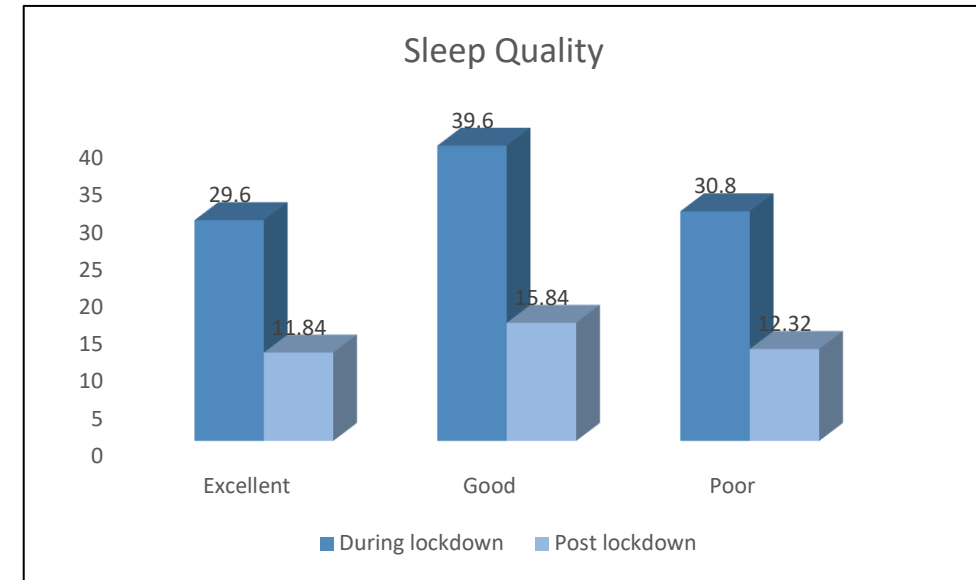
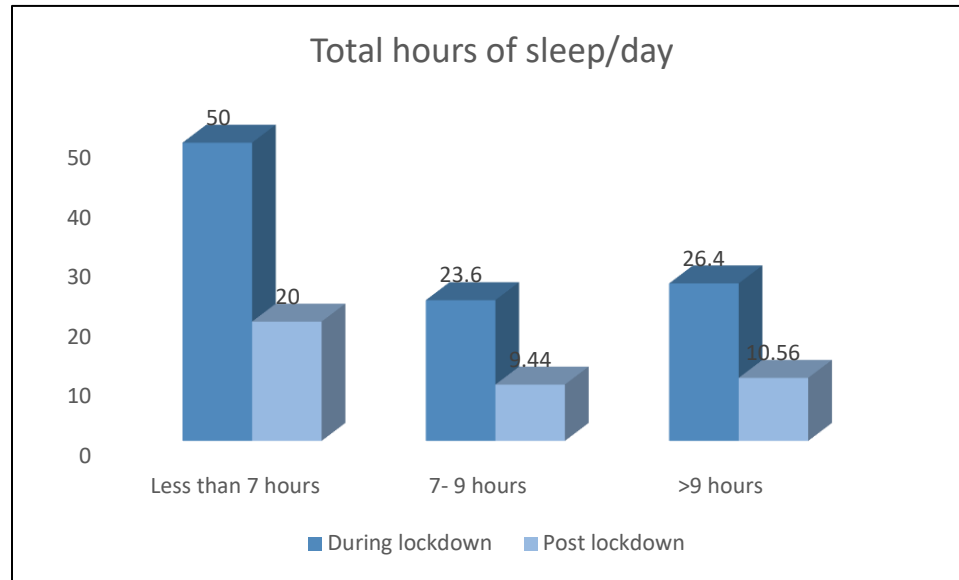
The percentage of meals skipped rose after the lockdown and reached 33.2percentage. Additionally, more water was consumed during lockdown, averaging 5-7 glasses. Post-lockdown, however, the number dropped, and 47.2 percent of subjects drank 1-4 glasses of water. To determine if people's eating behaviors have improved or deteriorated, information on dietary habits was gathered. Even while the intake of homemade food and healthy food increased during lockdown, it declined after lockdown.



Physical Exercise:

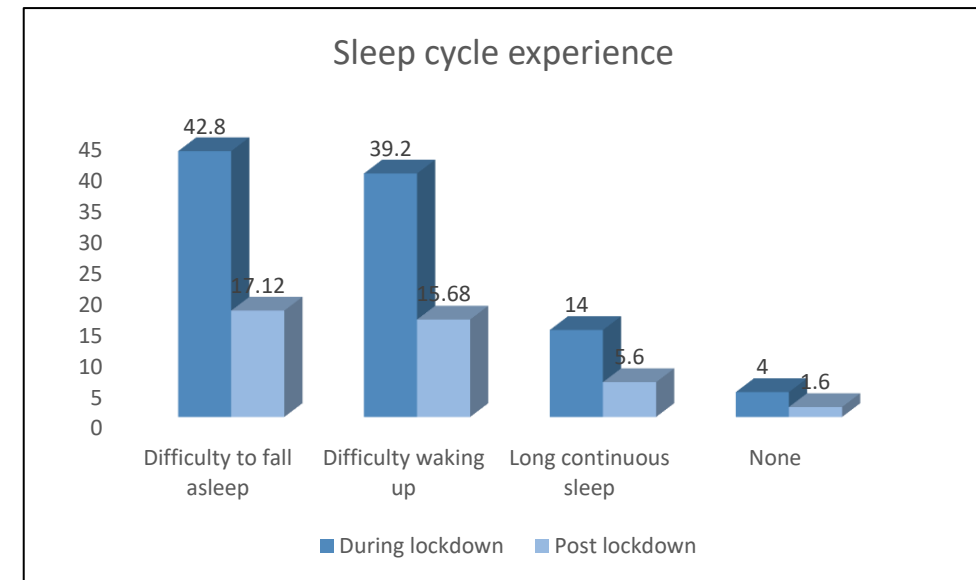
Many people started exercising during lockdown as a habit. According to this study, 58.8percentage of individuals engaged in regular exercise. A total of 42.4 percent of participants worked out for roughly 30 minutes. A total of 20.8 percent of participants worked out for over an hour. After the lockdown, the percentage of individuals who exercised decreased by 12.8percentage 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.





Sleep Pattern:

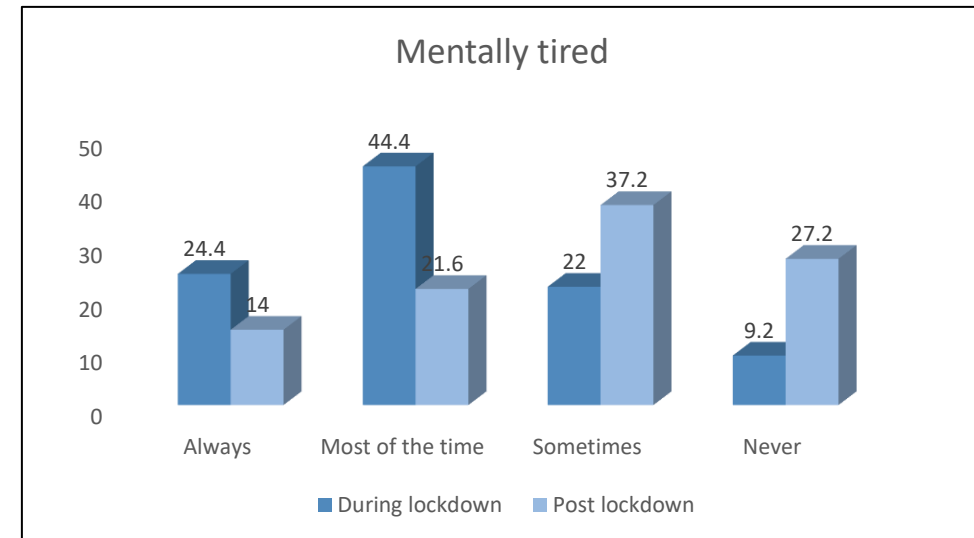
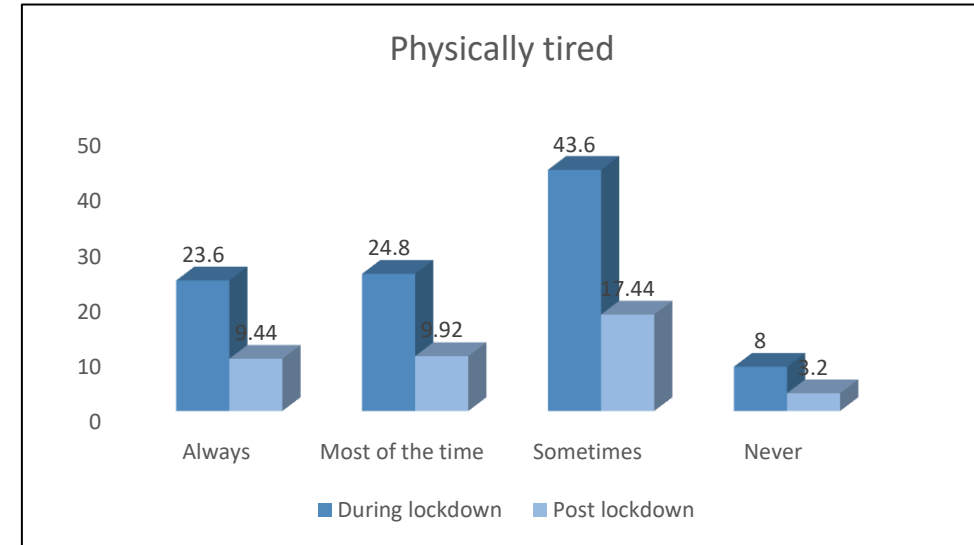
Participants had trouble drifting off to sleep. Nearly 50 percentage of the participants slept for fewer than 7 hours. Furthermore, 26.4 percent of the individuals slept for over nine hours. After the lockdown, only 40.4 percent of participants slept for more than seven hours. Out of 250 responders, 77 reported having trouble sleeping. 39.6 percentage of survey participants said they slept well. After lockdown, 29.6 percentage of subjects reported getting poor quality sleep. 42.8 percent of participants had trouble falling asleep during lockdown.



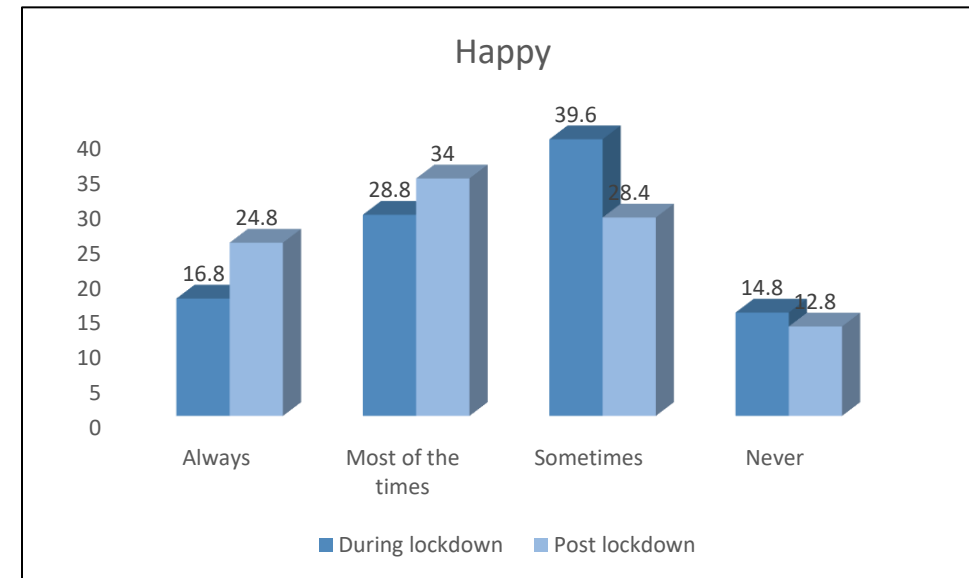
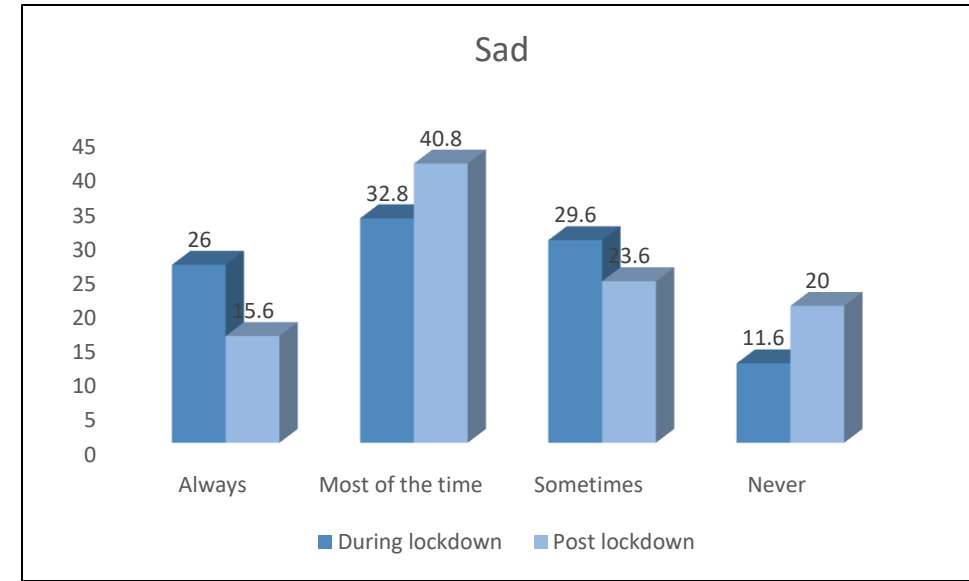
Stress:

The Copenhagen Psychosocial Questionnaire (COPSOQ-II) was utilized in order to get the participants' opinions on stress and irritability. Students were asked whether they found it very difficult to fall asleep, regularly woke up and had trouble falling asleep, woke up very early and had trouble falling asleep, had extended periods of uninterrupted sleep, or felt none of the aforementioned situations. The study also asked about energy level, how long they slept for, and how well they slept.

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.



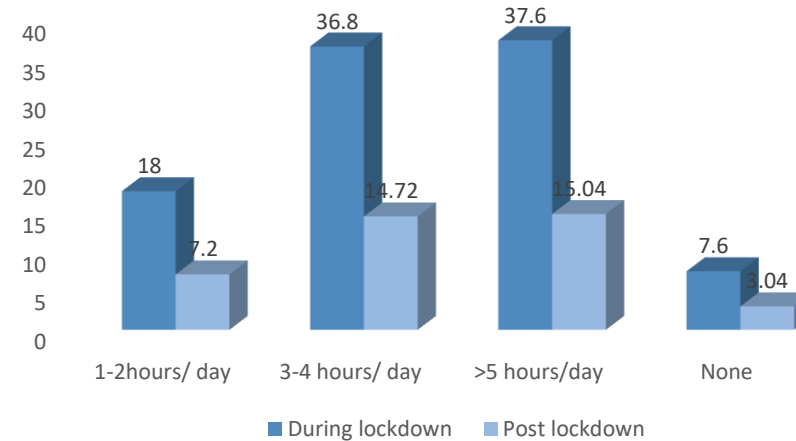
Additionally, 14.8percentage fewer individuals reported feeling occasionally weary during the post-lockdown period than during the lockdown period: 28.8percentage participants. 24.4 percent of subjects felt always fatigued, while 44.4percentage of participants had mental fatigue during lockdown. After the lockdown, 27.2 percent reported never experiencing mental fatigue and 14percentage reported experiencing it constantly 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 39.6percentage of participants reported feeling joyful most of the time. 14.8percentage of people never experienced joy during a lockdown.



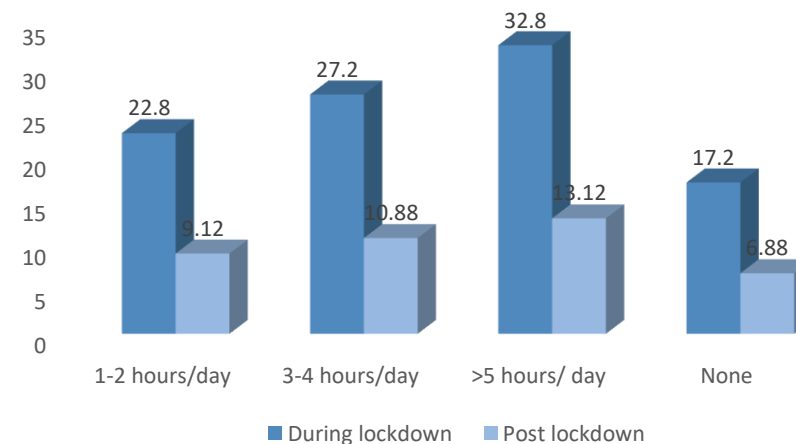
Screen time:

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, 39.2percentage 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 6percentage.

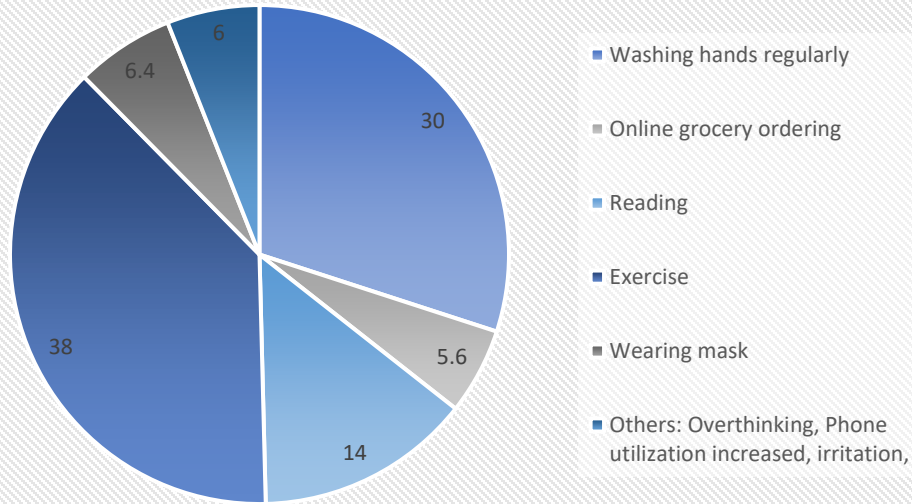
Screen time for education purpose



Screen time for entertainment

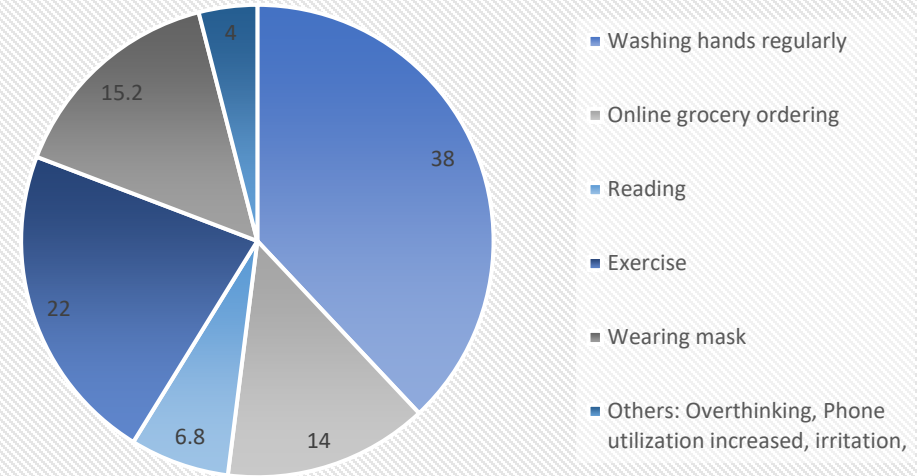


Habits developed during lockdown



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. 30percentage of participants formed a regular hand-washing routine, while 14percentage formed a regular exercise habit.

Participants willing to continue habits in future



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

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 changes.
- 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.

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 50percentage 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. 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.

THANK YOU!