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Assessment of Changes in Lifestyle During Lockdown Among Adults

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Abstract: ***Coronavirus disease (COVID -19) is an infectious disease caused by a newly originated virus called coronavirus. It is a communicable disease and spreads at a very fatser rate. Thus to prevent the spread of virus governemnet anncounced first lockdown on 24 th march 2020 till 31 at may 2020.During this pandemic induced lockdown the lifestyle and the dietary pattern of the people changed as compared to before the pandemic period .The research work entitled " Assessement Of Lifestyle Changes Among Adults During The Covid -19 Lockdown Period " assessed the changes in the dietary pattern and lifestyle among the adults of Prayagraj district , Uttar Pradesh . The study was carried out on 100 participants out of which 70 were female and 30 were male . Purposive sampling and simple random sampleing was used as a sampling method.. The results showed the highest number of respondents i.e 47 % of the respondents got up between 7 am to 9 am in the morning during the pandemic lockdown which was 43 % before the lockdown. The percentage of people exercising during lockdown also decreased from 49 % to 38 %. The percentage of people sitting more than 3 hours without any physical activity has increased from 24 % to 32% during the lockdown. The percentage of people watching television and using mobile phones or laptops for more than 3 hours in a day has also shown rise from 6 % to 13 % and 13 % to 52 % respectively . The percent of people wearing mask in order to stop the spread of virus also increased from 28 % to 85 % during the pandemic lockdown .The habit of binge eating among the respondents also increased from 12% to 97 % during lockdown. The sleeping pattern of the people also changed during the lockdown . It was found that 58 % of the people among 100 respondents slept between 10 pm to 12 pm during lockdown . The duration of the sleeping hours among the respondents (53%) was more between 7 hours to 8 hours during the pandemic lockdown.With this findings it can be concluded that the lifestyle of the people is now more sedentary . No or less time in exercising , binge eating, spending hours near television and less physical activity is more practiced by the respondents.***
Keywords :Corona Virus , Sedentary Lifestyle , Physical Activity

I. INTRODUCTION

Coronavirus disease (COVID 19) is an infectious disease caused by a newly originated virus called coronavirus .It is titled after its crown shaped structure when seen through a microscope. It became apparent for the first time in Wuhan ,the capital city of Hubei province in central China ,China. As now the medicine for corona virus has been developed but earlier the conditions were uncontrollable. Due to this reason the countries all over the world had announced lockdown in their respective region to stop or slow down the transmission of the virus. In India the lockdown started from 24th of march 2020 and lasted till 31st may 2020 followed by partial and complete lockdown after it in states where the number of cases was high. This lockdown period of approximately 60 days where the people were restricted from any kind of mobility led to sedentary lifestyle confining people to indoor activities. While these measures are highly commendable and critical to mitigate the spread of COVID-19, they may result in inducing unhealthy behaviors like sedentary lifestyle, with most individuals adhering to social distancing by working or studying from home or in other cases, self-isolating under strict quarantine. Of particular concern, is the potential deleterious effects of reduced physical activity (PA) and increased sedentary behaviors (SB) along with social distancing has resulted in both physical and mental health problems . Under normal circumstances, a sedentary lifestyle including physical inactivity and prolonged sedentary lifestyle have been previously identified as problematic among adults. Social distancing, including closure of schools and home confinement, has been shown to result in less PA, prolonged SB and experience poor sleep quality.(**Chen Zheng et al,(2020)**

The outbreak of SARS- COV-2 has forced the whole world to get packed in their shells. The mobility of people is restricted . The schools and colleges have been closed . The people working in offices and are no longer allowed to enter their workplace . The construction work and daily businesses have paused .In this case many schools and offices are running online . Thus the children and adults are now sticked to their laptops , desktops and mobile phones either to attend classes or perform their official work respectively.

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The people are also restricted to go to malls , parks, playground, theater , gyms etc, for any kind of entertainment activities .Thus , this sudden lockdown forced by the government to stop the spread of coronavirus has confined the people to their homes with less or no recreational options. Therefore due to limited resources and restrictions in mobility a sedentary and static lifestyle habits has developed in many individual .Also studies show that regular exercise training increases immune competence and reduces the risk of infection compared to a sedentary lifestyle. The effects of physical activity on the immune system strongly depend on the mode and intensity of exercise or training. Thereby, considerable knowledge has accumulated concerning the significance of physical activity as an important lifestyle factor for prevention and therapy of various diseases. Therefore, it is necessary to educate people about healthy choices and desirable lifestyle . Knowledge of the people should be enhanced regarding what should be the lifestyle.. This will help the people in long run and will keep them prepared for any such lockdown induced lifestyle. This research was conducted with an objective to assess the changes in lifestyle due to novle coronavirus among adults.

II. MATERIAL AND METHOD

The project entitled "Assessment Of The Dietary Changes During The Period Of Covid -19 Pandemic Lockdown (2020) Among Adult " was carried out in Trans Yamuna Area of Prayagraj district ,Uttar Pradesh" with a 100 sample size including both male and female above 18 years . A cross sectional and descriptive design was used for the study. The method of sampling opted was a simple random sampling and the data was collected using a close – ended questionnaire. The collected data was analysed with the help of statistical technique.

III. RESULT AND DISCUSSIONS

The data collected is presented here in the following table.

Table no 1: Socio Demographic Information of the respondents

Age Group	Percent
18-25 years	83.00
26-33 years	14.00
34-40 years	3.00
41 years & above	0.00
Gender	
Male	30.00
Female	70.00
Occupation	
Business	11.00
Service	4.00
Agriculture	9.00
Others	76.00
Type of family	
Nuclear	31.00
Joint	69.00
Type of Lifestyle	
Sedentary Lifestyle	1.00
Moderate Lifestyle	21.00
Heavy Lifestyle	78.00

83 % of the population in the study belonged to 18 to 25 years of age out of which 30 % were male and 70 % were female. The occupation followed by 76 % of the respondents in the study was of students, followed by 15 % of respondents involved in business and services and 9 % involved in agriculture related activities . Before the covid-19 pandemic lockdown 76% of the population had a heavy lifestyle followed by 21 % of the respondents having moderate lifestyle and only 1 % having sedentary lifestyle.

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Table no.2 Observation of the lifestyle changes of the respondents before and during Covid -19 lockdown .

Lifestyle	Before the lockdown	During the lockdown
Waking time	Percent	Percent
5-7 AM	51	46
7-9 AM	43	47
After 10 PM	6	7
Respondents doing exercise		
Yes	49	38
No	51	62
Time duration		
Half an hour	34	43
one hour	15	20
More than one hour	6	1
Never	45	36
Respondents doing meditation		
Yes	62	54
No	38	46
	Before the lockdown	During the lockdown
Time spent sitting	Percent	Percent
One hour	58	52
Two hour	18	16
More than 3 hours	24	32
Infront of television		
One hour	67	54
Two hour	27	33
More than 3 hours	6	13
Infront of laptop		
2-3 hours	56	11
4-5 hours	31	37
More than 6 hours	13	52
Out door physical activities		
1 hour	75	72
2 hour	8	9
More than 3 hours	7	9
Respondents wearing mask		
Yes	28	85
No	72	15
Binge Eating		
Yes	12	97
No	88	3
Respondents sleeping time		
9-10 PM	29	22
10-12 PM	57	58
After 12 PM	14	20
Time duration spent on sleeping		
7 hours	44	34
7-8 hours	49	53
More than 8 hours	7	13

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Table no. 2 depicts that , 51 % of the population used to wake up between 5-7 AM in the morning to which the percentage got decreased to 46 % during the pandemic . 43% of the population used to wake up between 7-9 AM where this percentage increased to 47 %. 6 % of the population used to wake after 10 AM in the morning before the pandemic to which the percentage increased to 7 % during the pandemic. This finding is in agreement with the research done by Celliniel et al., (2020) which suggests that during home confinement, sleep pattern changed , people were going to bed and waking up late .Thus , the data also infers the increment in sleeping time of the participants during lockdown which was also found in the above stated research . The possible reasons for this is the increased use of digital media near bedtime.

49 % of the population used to do exercise before the pandemic to which the percentage decreased to 38% during the pandemic. While the percentage of people not exercising was 51 % before the pandemic to which the percentage of people not exercising increased to 62 %. 34 % of the population were exercising for half an hour before the pandemic to which the percentage increased to 43 %. 15 % of the population were exercising for one hour before the pandemic while it increased to 20 % during the pandemic . 6 % of the population were exercising for more than one hour to which the percentage decreased t0 1 % during the pandemic. On the other hand the percentage of people not exercising was 45 % before the pandemic that decreased to 36 % during the pandemic. According to one of the research by Constandt et al., (2020) it showed less number of people exercsing during lockdown. This reduction in the number of people exercising during lockdown is due to having less time, sitting more, and missing the familiar way and competitive element of exercising 62 % of the population were involved in meditation before the pandemic to which the percentage decreased to 54 % during the pandemic . While the percentage of people not involved in meditation was 38 % before the pandemic where it increased to 46 % during the pandemic. This reduction in meditation may be due to disturbance in the sleep cycle, change in routine .

58 % of the population spent one hour sitting out of 24 hours to which the percentage of such people decreased to 52 %. 18 % of the population spent 2 hours sitting in a day to which the percentage decreased to 16 % during the pandemic . On the other hand 24 % of the population spent more than 3 hours sitting in a day to which the percentage increased to 32 % during the pandemic. It was found that 67 % of the population used to watch television for one before the pandemic while during the pandemic it decreased to 54 %. 27 % of the population used to spend 2 hours before the pandemic while it increased to 33 % during the pandemic . On the other hand 6 % of the population used to spend more than 3 hours before the television which increased to 13 % of the population doing the same . 56 % of the population used to spent 2 -3 hours on laptops before the pandemic which decreased to 11 % during the pandemic . 31 % of the population used to spend 4-6 hours on laptops before the pandemic to which the percentage increased to 37 %. .On the other hand the percentage of people spending more than 6 hours on laptops increased to 52 % during the pandemic in comparison to 13 % before the pandemic75 % of the population used to spent one hour in outdoor activities to which the percentage decreased to 72 % during the pandemic. 8% of the population used to spend 2 hours in outdoor activities before the pandemic while the percentage increased by 2 % which became 9 % of the population spending 2 hours in outdoor activities . Lastly 7 % of the population used to spend more than 3 hours in outdoor activities which also increased by 2 % and became 9 % during the pandemic. This data is in agreement with the review by Abida Sulatana (2020) that suggested increased screen time in family members during the lockdown..The possible reason for this could be limited outdoor activity , increased online work and classes and gaming activity by the people.

28 % of the population were wearing mask before the pandemic to which the percentage increased to 85 % of the population wearing mask during the pandemic. On the other hand the percentage of population not wearing mask was 72 % before the pandemic which got decreased to 15 % during the pandemic.This data is in agreement with the research conducted by Matthew et al., (2020) which suggested significant increase in reported mask wearing and mask buying. The possible reason for this could be perhaps due to the guidelines issued by the government to follow the preventive measures strictly during covid -19 pandemic .

12 % of the population used to do binge eating when got bored before the pandemic to which the percentage increased to 97 % during the pandemic . On the other hand 88 % of the population did not do binge eating before the pandemic which decreased to 3 % during the pandemic .

29 % of the population used to sleep between 9-10 PM before the pandemic while it decreased to 22 % during th pandemic . 57 % of the population used to sleep between 10-12 PM before the pandemic which increased to 58 % during the pandemic . On the other hand 14 % of the population used to sleep after 12 before the pandemic which increased to 20 % of population sleeping after 12 during the pandemic. 7 % of the population used to sleep for 7 hours before the pandemic which increased to 34 % during the pandemic . 49 % of the population used to spend 7-8 hours sleeping before the pandemic where the percentage increased to 53 % during the pandemic. 7 % of the population used to sleep more than 8 hours before the pandemic which increased to 13 % during the pandemic.

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This data is in agreement by the findings of Basu et al.,(2020) that suggested the changes in the sleeping time of the respondents before and during the covid-19 pandemic lockdown . The possible reason in an increase in sleeping time of people could be due to multiple factors like oversleeping, reduced physical activity, stress and anxiety which could be due to an unprecedented unemployment like situation which the lockdown has created. Lack of an appropriate schedule of work has also contributed to change in sleeping patterns. The anxiety of the pandemic situation and its after effects are also contributing factors to the increased sleeping hours.

IV. CONCLUSION

With the findings it can be concluded that the people were more prone to sedentary lifestyle . Less or no exercise , waking up late , being eating , spending more time near television and laptops , no outdoor activities and sleeping late at night these were the lifestyle practiced by most of the individuals during the lockdown which used to more active before the covid -19 lockdown**.**

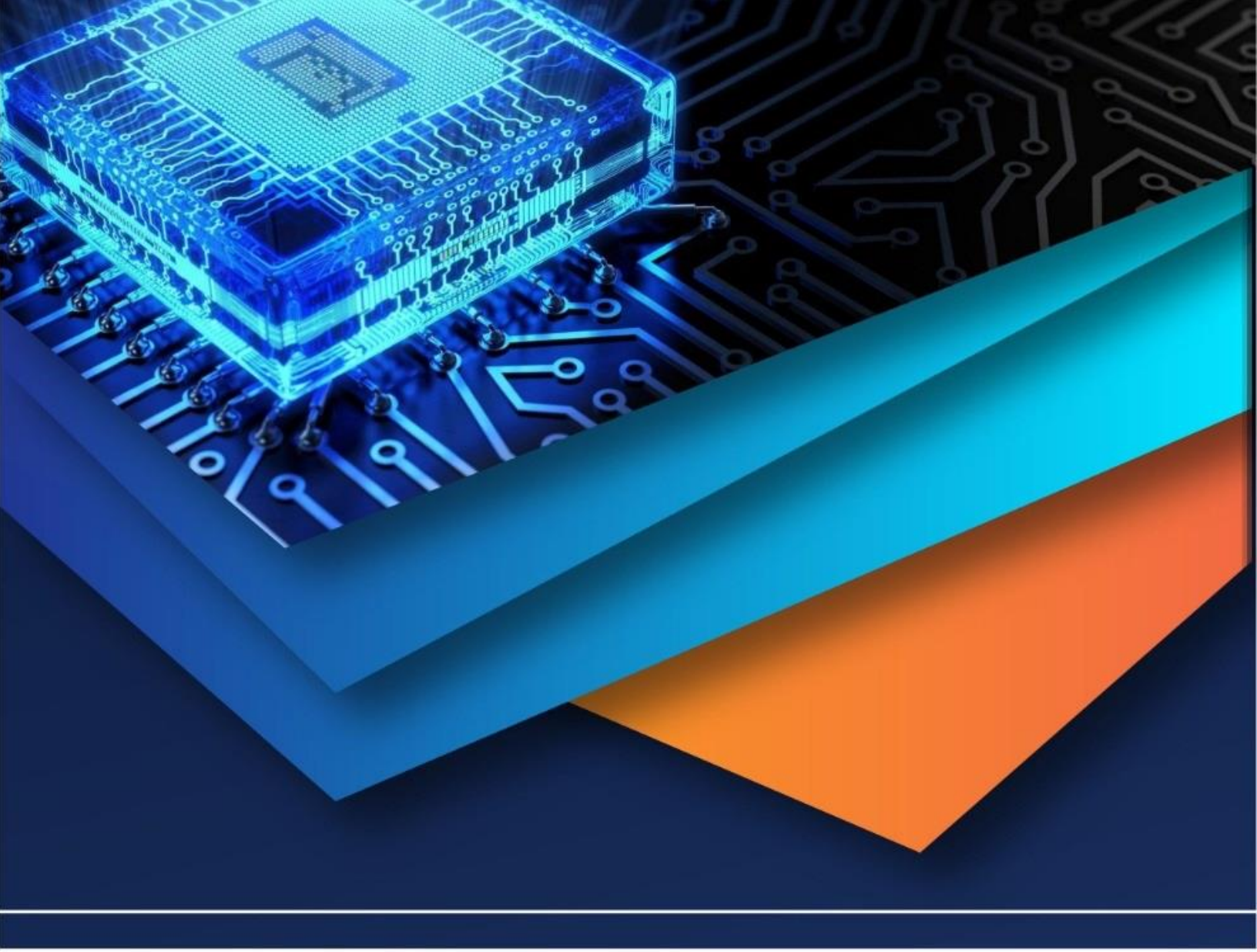
V. RECOMMENDATION

The lifestyle of the people during a sedentary period should be in a planned way. People during this time has no or very less work or have a desk job . To maintain the body weight and to avoid any bad lifestyle induced diseases proper amount of time should be given to physical activity like exercising or certain activities like climbing stairs , walking after the lunch, taking a stroll in between the work , cleaning the house, gardening etc. should be practiced.

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