

A Survey on Impact of COVID-19 Outbreak on Psychological and Social behavior of human beings in India.

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ABSTRACT: *A new respiratory disease called COVID-19 caused by the “novel corona virus” is spreading across the world and created the serious pandemic situation. The outbreak was identified in Wuhan, China in December 2019. The World Health Organization (WHO) declared the outbreak to be a Public Emergency of International Concern on 30 January 2020, and recognized it as a pandemic on 11 March 2020. CoVid-19 which is caused due to severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). CoVid-19 which has now spread over 185 countries across the world each at least having one case of corona virus. The countries include China, Italy, France, USA, India etc. Globally the CoVid-19 cases are more than 2.6million and more than 2,00,000 have died. The worst affected countries are US, Spain, Italy, France, UK, Belgium. The situation goes out of hand in these countries as they did not take effective measures quickly like lockdown, closing international airports, maintaining social distance and many more measures. So, after having a glance at these countries India took the required measures as soon as possible and declared lockdown on 25th of March 2020 and shut down all the International and national airports, including the entire transport system leaving the essential services. The major and big decision was lockdown which is having a dramatic impact on people of India in many ways. Out of this worst affected part is The Indian Economy, with that I personally feel there is a slight impact on Psychological and Social Behavioral changes in Human Beings. So, with reference to this i have conducted a survey, and got really impressive responses from people.*

Keywords: *COVID-19, SARS-CoV-2, WHO, Lockdown, Pandemic etc.*

INTRODUCTION

CoVid-19 pandemic which is an ongoing pandemic, caused due to severe acute respiratory syndrome coronavirus 2 (SARS-CoV2), which spreads through coughing, sneezing of CoVid-19 infected person, the droplets of sneezing and coughing settle on surface rather than staying in air. for a longer time. The precautions for this are washing hands frequently with hand wash for about 20s or sanitizing the hands frequently, maintaining social distance among people, wearing mask while coughing/sneezing or going outside the house. The government of India thinks that all this can be maintained and the disease can be prevented by reaching out many people only by complete lockdown. Lockdown is the major step taken by the Government of India, which has its own positive and negative sides, but the crucial change is seen in The Indian Economy, with that a lenient change in the Psychological and Social Behavior of Humans. So, the question arises of what is Social Psychology?

Social Psychology is about understanding individual behavior in a social context. The scientific study of how individuals think. Feel, and behave toward other people and how individual's thoughts, feelings and behaviors are affected by other people. In order to understand people's behavior towards each other I prepared a questionnaire which have all sort of questions regarding depression, anxiety, frustration, social contacts, interpersonal relationships. The questionnaire also includes question related to eating

and buying habits of Human beings.

Psychological and Social Behavioral changes on Human being is the main topic of this research. The rationale behind this is studying their habits and behavior during the lockdown, some of the habits may continue even after the lockdown which are going to be necessary till the situation is under control. Therefore, researcher has selected the above topic for the research.

Objective of the Study :

1. To study the CoVid-19 and its awareness among people of India.
2. To study the behavioral changes and social changes of human beings.
3. To find out the impact on human being due to this pandemic situation.

Hypothesis :

Hypothesis is a set of assumptions which gives direction to the research work. For this research paper the researcher has considered following hypothesis.

H0- There is No effect on Human behavior due to this CoVid-19

pandemic situation.

H1- There is an effect on Human beings due to this CoVid-19

pandemic situation.

Methodology of Study :

Research is the journey of unknown facts to the known. Research is the systematic process of investigation of the problem. Research is the systematic, clear, precise, flexible, unbiased process in which researcher tries his/her level to find various known as well as unknown facts behind the aim of research. In this research both primary as well as secondary data was collected. For primary data collection, a structured questionnaire was prepared in order to know responses of people. Secondary data is collected from WHO, Television, Website, Newspaper and Magazines.

Research Design

Research design is the blueprint of the research work. Research design is the systematic and logical arrangement of the sources of the data collection and analysis of the data. It is conceptual framework and guidelines within which the research is conducted.

Types of the Research Design:

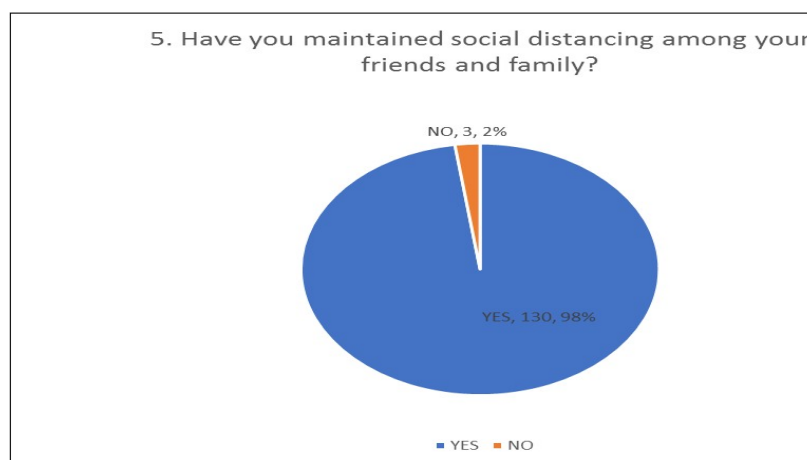
1. Descriptive Research Design
2. Exploratory Research Design
3. Experimental Research Design

For this research paper researcher used Descriptive and Exploratory Research Design.

Data Analysis And Interpretation :

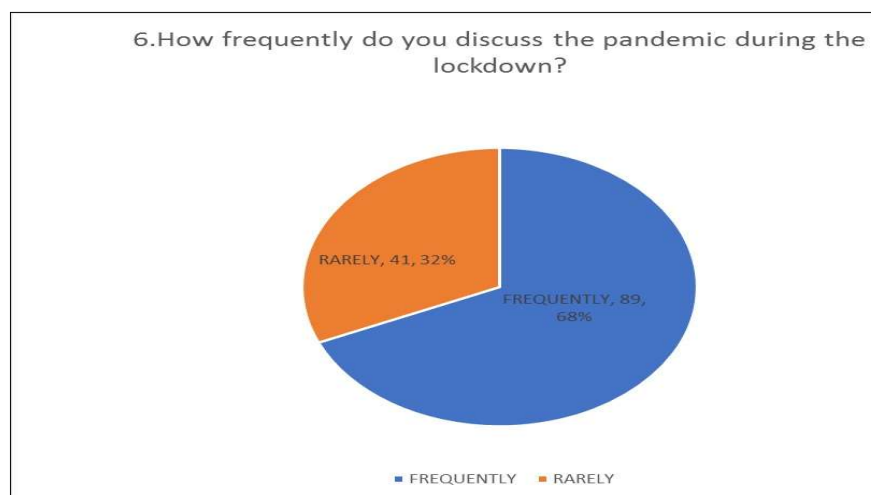
As per the collected data the researcher has observed that there are 46% of males and 54% of females who attempted the questionnaire, ranging from the age of 14 years to 80 years. As the questionnaire was circulated through social media. The most of the responses are from Nasik region. Apart from Nasik there was also a good response from nearby cities like Mumbai, Pune, Bangalore, Haryana, and Jammu. Majority people were from working profession, comprising of students, farmers, housewives.

The interpretation of data analysis is as follows:



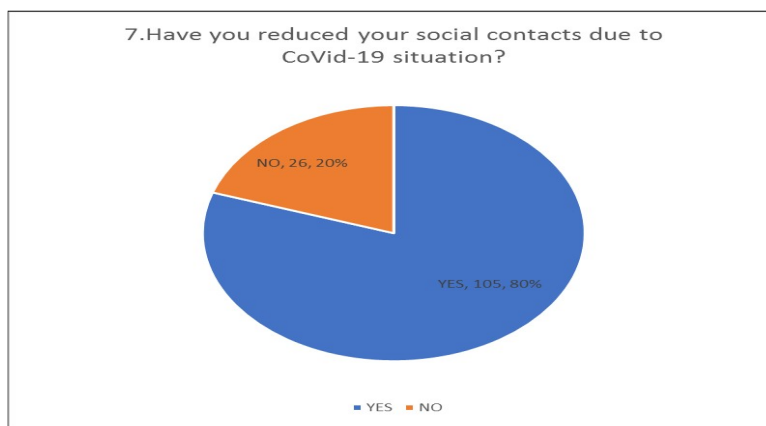
Interpretation:

The above pie chart shows that there is positive response towards maintaining social distancing among friends and family, as 99.2% of people are maintaining it during the lockdown and hope will continue it till the situation gets in control.

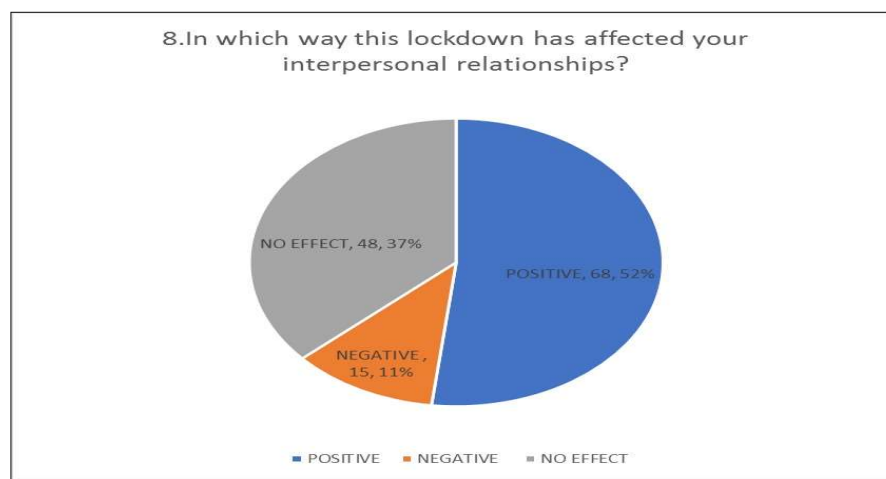


Interpretation:

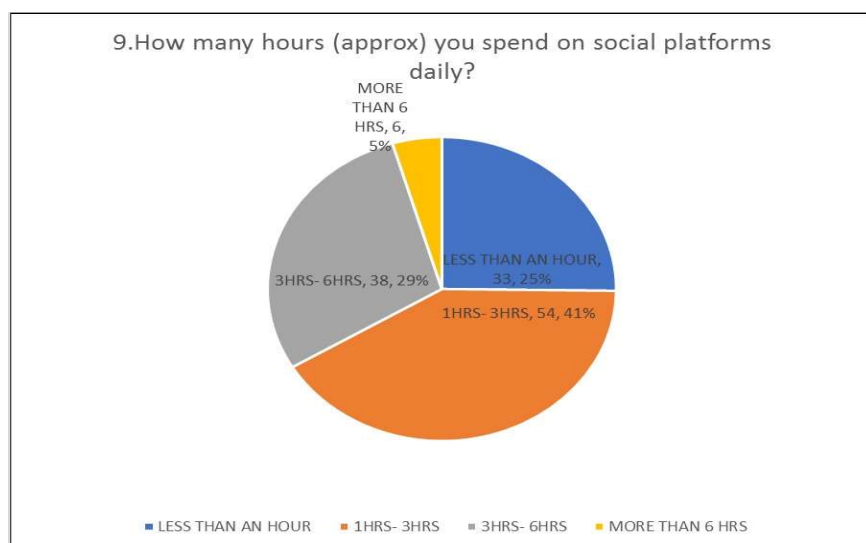
Due to the epidemic of CoVid-19, everyone around here is scared and anxious about the disease spreading so fastly and is different ways around the country and even the world. So people talking about it is natural as it is the latest hot and catchy topic. According to the survey 68% people talking about the CoVid-19 frequently and 32% people are talking rarely. Maximum people are talking frequently about the pandemic situation because they are worried about there health.

**Interpretation:**

As corona virus is a disease which spreads through sneezing, coughing or being in contact with an ill person, due to these reasons people may not be able to decide whether to meet other people or not, but for a safer side they avoid meeting friends and family. As per the survey, 80% people have reduced their social contacts due to the CoVid-19 situation. But still there are 20% of people who have not reduced their social contacts.

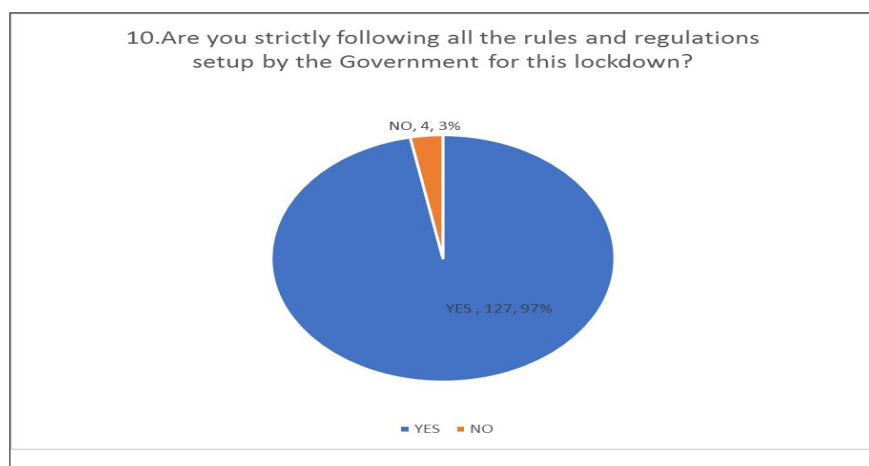


As you can see the social contacts have already reduced so it's obvious that the relationships will be disturbed. So, everyone in here is understood with the situation and handling their interpersonal relationships positively. So, there are 89% of people are handling it properly and has no effect on their relationships, whereas 11% negatively handling it.



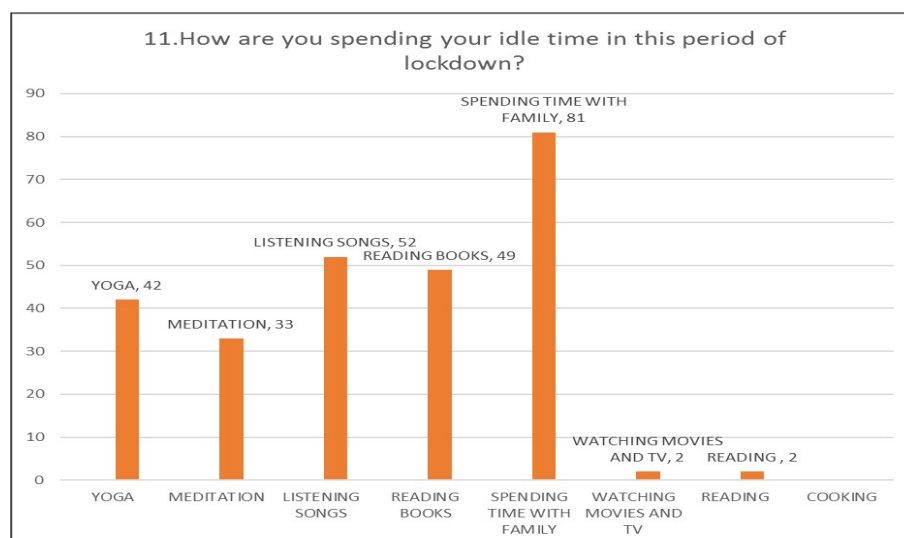
Interpretation:

As everyone is quarantine in home, one of the few choices left with them for contacting friends and family is social platforms. There are 41% people using social platforms for about 1 to 3hrs, 29% for 3 to 6hrs, and less than an hour are 25% of people. As per the observation near about 100% of people are using social media platform for their day to day activity. With this we conclude that people have control on themselves for using social platforms and hope they do not get addicted to it.



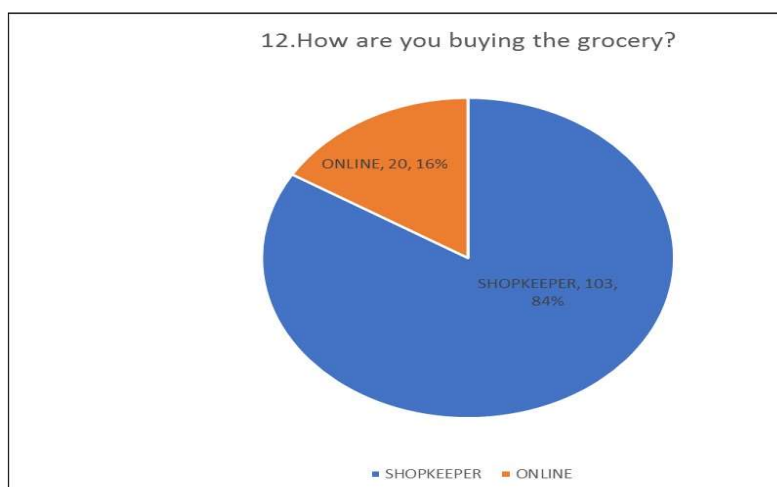
Interpretation:

After all lockdown is mainly about self-discipline, as not every time someone is going to look after us, so its moral duty to follow all rules and regulations laid by the Government. About 97% people are supporting the govt. and following all the rules and regulations. Eventually, it's our responsibility to take care of our country. Still few people are trying to disturb the law and order laid by the Government which tense the situation.



Interpretation:

Now the question comes to spending time during the lockdown. So, it's very obvious and good to know that people are spending time with family. Apart from these they are spending their time on yoga, meditation, listening songs, reading books, watching television and movies, etc.

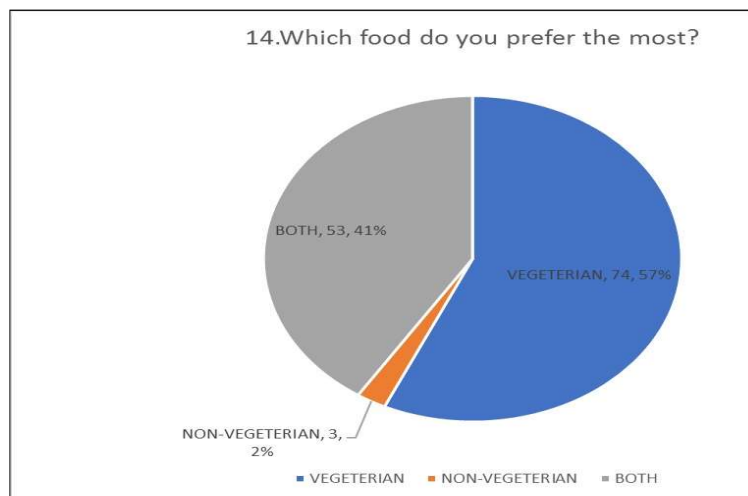


Interpretation:

Due to lockdown people cannot go outside, but for essential services they have to go outside, like for buying grocery. About 84% people buy grocery from nearby shopkeepers and there is also 15.5% of public buying it online. Apart from these things, there is also facility in few community livings, where one shopkeeper provides grocery to all members.

13. What care do you take while buying grocery and after?

Now the question rises about essential care they take after and before buying the grocery. As per the survey, the grocery is isolated for 2 to 3 days after washing it with water and soda/salt, after isolating cleaned properly. People personally going to the shopkeeper, take care of themselves by wearing masks, gloves and take a bath after coming back from shopping. We can also see slight change in payment method as majority transitions are done by online payment method.



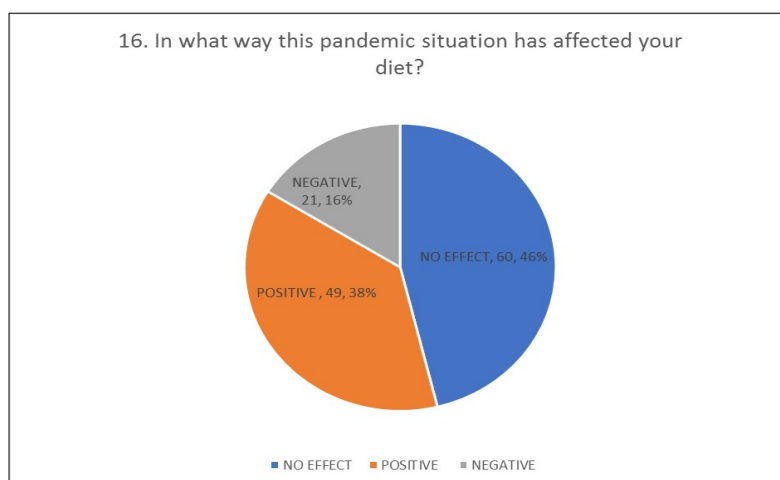
Interpretation:

People prefer eating both vegetarian and non-vegetarian food. They are not believing in the myths of chicken/meat/eggs spreading the virus. Most of them are thinking scientifically.

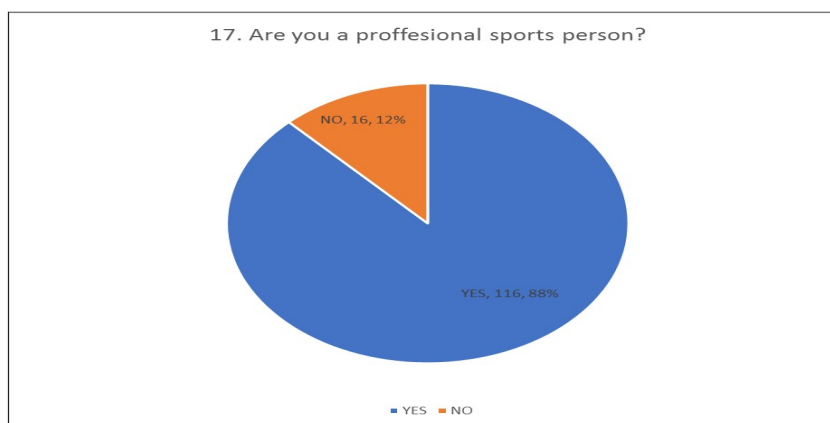


Interpretation:

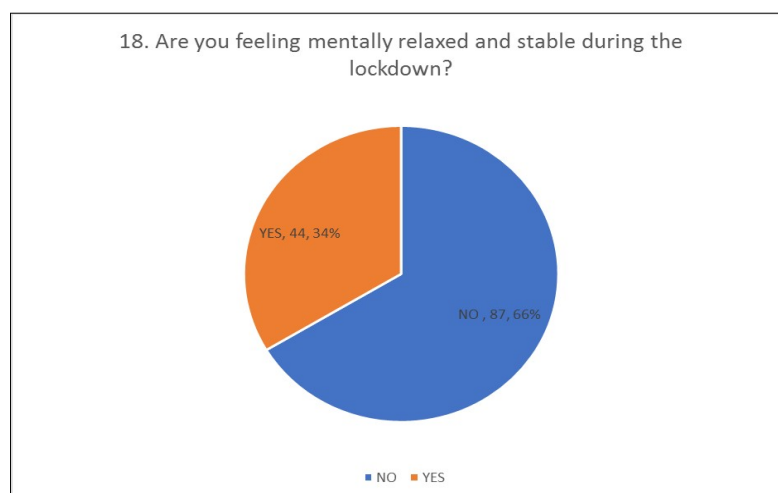
About 95% of public have stopped ordering food online. Still few people order food online occasionally.

**Interpretation:**

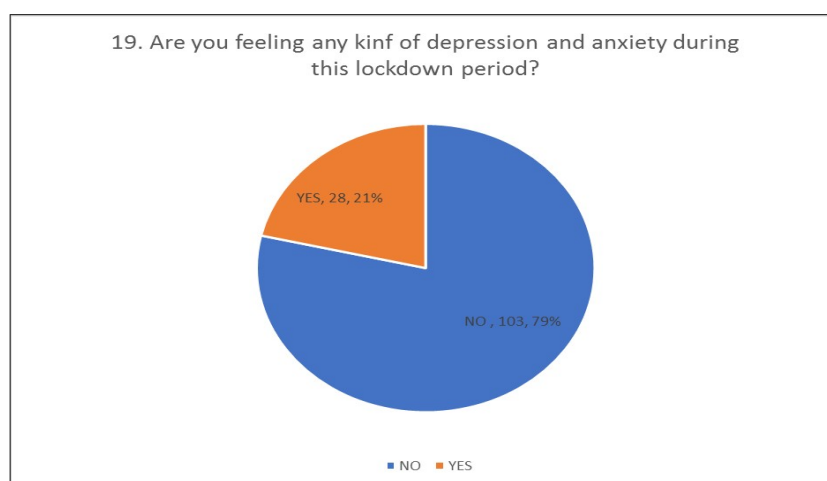
Near about 84% of people's eating habit have not changed whereas 16% people whose diet is affected negatively.

**Interpretation:**

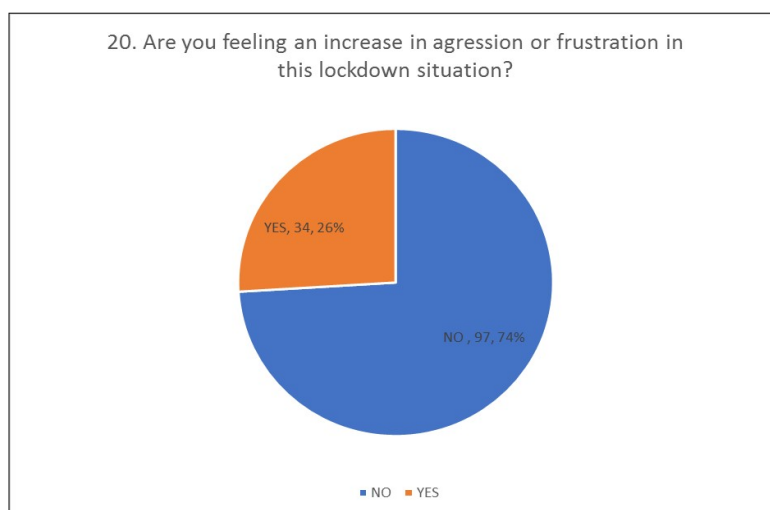
This question was to know the conditions of sports person. According to the survey majority people are not a sport person, but a few of them are professional sports person. Out of these few sports persons many have positive and negative effect on their diet. Few of them are not mentally relaxed and stable. Although they are exercising regularly in their house. They are not facing any kind of depression, frustration or anxiety.

**Interpretation:**

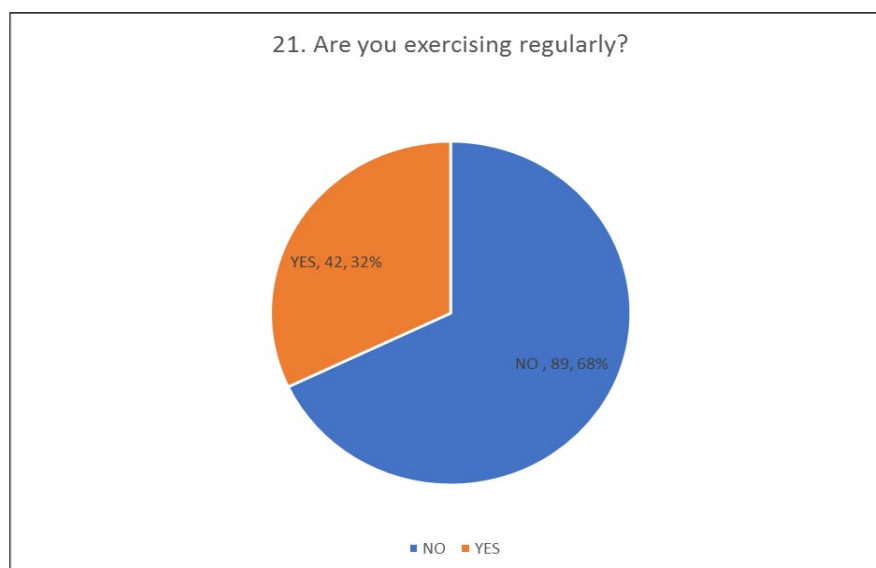
There are 66% people feeling mentally relaxed and stable during lockdown. But on contrary 34% people are feeling the exact opposite, which is also not a less percentage.

**Interpretation:**

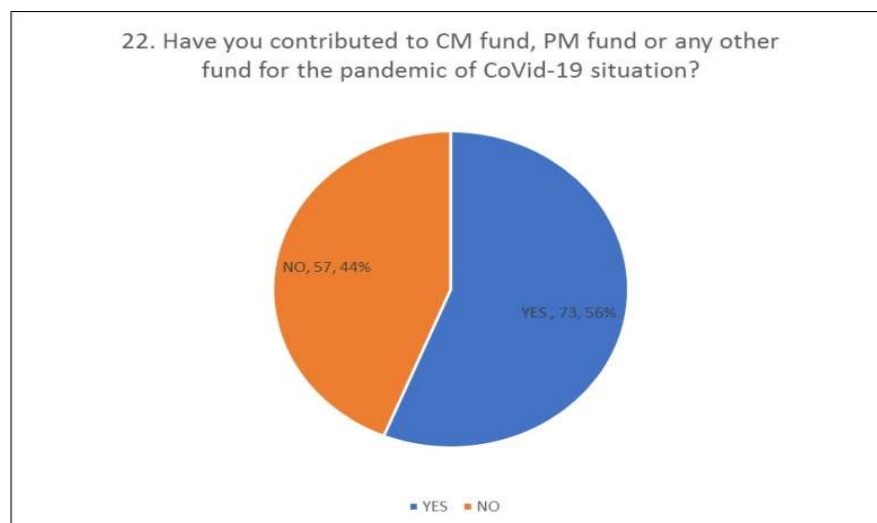
People who are fresh and positive are 79%. On the other side people with depression and anxiety are 21%, which is a major problem. This proves that people's thinking pattern has changed slightly and this group of people needs counselling.

**Interpretation:**

People tend to become more frustrated and aggressive when isolated or locked down, so there are 26% of people who feel the same, but on the other hand 74% of people do not feel frustration and aggression.

**Interpretation:**

Keeping oneself healthy should be a priority and there are about 68% people exercising regularly, but 32% of people not exercising. Physical activity usually helps them being mentally and physically strong so one should always exercise in order to keep them healthy which is important thing nowadays.



Interpretation:

56% of people have contributed to PM, CM fund and 44% of people have not, but still we have got a good response in spite of people not getting their daily income.

23. Write few words about your online learning and Work From Home (WFH) experience:

All the students are happy with e-learning and teaching platforms. Teaching became flexible due to online apps like Google classroom, Zoom, etc. Students are able to attend various webinars and lectures. They also got to know about online courses provided by different Universities and Websites. Students also had an experience of online tests conducted by their colleges. So, eventually they are happy with the online learning platforms. Coming to adults, they have both positive and negative experience, like for some people it's convenient and they are having a good new exposure. They find it interesting and good technology usage. But on the contrary few of them think its inconvenient as there is no fix schedule of working, WFH causes disturbance and we are not able to focus for a long period, even the office climate is not available. Some of them also have an issue of slow internet connectivity hence, they feel their efficiency is decreased and find it tiring. So, with this we can conclude that WFH has its own positive and negative points.

Findings :

1. As per the study of CoVid-19 pandemic situations the researcher personally feels that the CoVid-19 dangerous for the human being.
2. For the well-being of the humans it is necessary to take care pandemic situation.
3. As per the researcher's observation, it is necessary to maintain social distancing, wearing mask, washing hands frequently for avoiding spreading of virus.

4. As per the study the researcher observed that most of the people are taking care of purchasing grocery and consuming them.
5. As per the study the researcher has observed the social and psychological changes on human beings in various ways.
6. As per the study, the researcher has observed that this pandemic situation has affected the psychological and social behavioral changes of human beings.
7. Concern with the hypothesis, the null hypothesis has rejected on the basis of available data and accept alternative hypothesis i. e this pandemic situation has affected on human being.

Suggestions :

To deal with the CoVid-19 pandemic situation it is necessary to take care of 100% people. So its mandatory to take all required preventive measure to avoid the spread of virus. It is all compulsory to follow the rules and regulations laid by the Govt. so the situation gets under control as soon as possible. It's essential to keep ourselves calm and compose, in order to keep our mental health in a proper condition.

Conclusion:

In past few days, due to COVID19 outbreak our country is facing so many social and economic challenges. To overcome from this situation, govt. of India has declared complete Lockdown in India till 3 may 2020. This COVID19 outbreak and Lockdown has create huge impact on social life of human being and created so many economic challenges for the government and society. From this survey it is found that, this pandemic situation has affected the psychological and social behavioral changes of human beings. Most of the people are taking care by maintaining social distancing, wearing mask, washing hands frequently for avoiding spreading of virus. If we follow all the precautions and guidelines about COVID19 prescribe by government of India, then it is possible to overcome this dangerous COVID 19 Pandemic situation.

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