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A study to assess positive things happened among people during the lockdown covid-19 pandemic in selected states of India

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Abstract

The COVID-19 pandemic in India is part of the worldwide pandemic of corona virus disease 2019 caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) and for prevention and control of spread lockdown was initiated. Lock down was very challenging period for all of us, to be positive and emotionally balance was one of important role during this duration.

An emergency situation in which people are not allowed to freely enter, leave, or move around in a building or area because of danger.

Objectives: To assess positive things happened among people during the lockdown COVID-19 pandemic in selected states of India.

Method: This was a quantitative survey study of participants from different states of India, aged 18 -60 years both male and female. The participants were from different areas of India. Non-probability continent sampling technique was used and data collected through Google quiz to obtain necessary data for the study, Participants self reported through quiz from May 2020 to Dec 2020.

Results: Majority of samples i.e. 88.60% of them had time for self & for their hobbies where as 92.90% samples had healthy diet & home care. 88.20% had adequate sleep and relaxation, 75.60% were health consciousness & worked out, 89.80% had good family time, understanding and coordination in family and 79.90% had use of social Media and apps for social networking. 84.60% were happy and joyful, 81.10% emotional & psychological balanced, 92.50% of participants understood importance of family and developed strong bonding with the family members and 91.30% could understand human being value, Society, Nation.

Conclusion: The positive things can happened during lockdown as people gives quality time to family members. It is very much necessary to take the many things in positive way in any situation.

Keywords: positive things, lockdown, COVID-19

1. Introduction

The COVID-19 pandemic in India is part of the worldwide pandemic of corona virus disease 2019 caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) and for prevention and control of spread lockdown was initiated. Lock down was very challenging period for all of us, to be positive and emotionally balance was one of important role during this duration.

2. Objectives: To assess positive things happened among people during lockdown COVID-19 pandemic in selected states of India.

3. Method and Material: This was a quantitative survey study of 254 participants from different states of India, aged 18 -60 years. The participants were from different areas of India. Non-probability continent sampling technique was used and data collected through Google quiz to obtain necessary data for the study, Participants self reported through quiz. from May 2020 to Dec 2020.

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4. Result

4.1. The findings of sample characteristics

Table 1: Age in years of participants

n=254		
Score	Frequency	%
18- 30	154	60.63%
31 - 40	53	20.87%
40 - 50	35	13.78%
50 - 60	12	4.72%

Table No.1 shows age of participant's i.e. maximum samples were from age group of 18 -30 years (60.63%) & 31-40 years (20.87%).

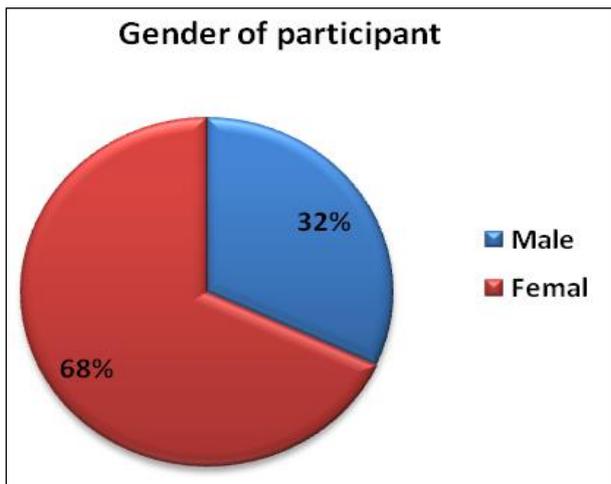


Fig 1: shows gender of participants i.e. 68% of participants were Female & 32% of them were Male.

Table 2: Educational status of participants

n=254		
Items	Frequency	%
till 12th std	92	36.20%
Graduate	126	49.60%
Post Graduate	33	13%
Ph.D.	3	1.20%

Table 4. shows that the 88.60% of samples had

n=254			
Sr. No.	Positive things happened during lock down	Frequency	%
1	Time for self & Time for hobbies	225	88.60%
2	Healthy diet & Home care	236	92.90%
3	Adequate sleep and relaxation	224	88.20%
4	Health Consciousness & Work out	192	75.60%
5	Family time, Understanding and coordination in family	228	89.80%
6	Social Media and apps for social networking	203	79.90%
7	Happy and Joyful	215	84.60%
8	Emotional & Psychological balanced	206	81.10%
9	Understanding and bonding in the family	235	92.50%
10	Understood human being value, Society, Nation.	232	91.30%

Table No.4 shows that the 88.60% of samples had time for self & for their hobbies where as 92.90% samples had healthy diet & home care. 88.20% had adequate sleep and relaxation, 75.60% were health consciousness & worked out, 89.80% had good family ti me, understanding and coordination in family and 7 9.90% had use of social Media and apps for social networking.

Table No.2 depicts educational status of Participants and majority of samples were graduate i.e.49.60%

Table 3: Occupation of participants

n=254		
Items	Frequency	%
Home maker	35	13.80%
Private service	46	18.10%
Govt. Service	8	3.10%
Self employed	20	7.90%
Unemployed	8	3.10%
Student	137	53.90%

Table No.3 shows that majority of samples were students (53.90%) & private service (18.10%)

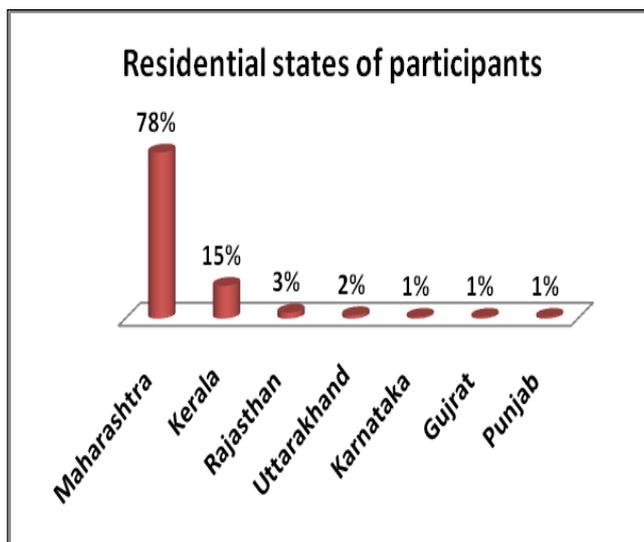


Fig 2: Highlights that majority of samples were from Maharashtra state i.e. 78%

4.2. Positive things happened among people during lockdown Covid-19 Pandemic

84.60% were happy and joyful, 81.10% emotional & psychological balanced, 92.50% of participants understood importance of family and developed strong bonding with the family members and 91.30% could understood human being value, Society, Nation.

5. Discussion

The result shows that many of participants had quality time with their family members, developed strong family bonding and many of them had time for self and developed their hobbies. Majority of participant became health conscious & had healthy practices and understood importance of social life & Nation.

6. Conclusion

The positive things can happened during lockdown as people gives quality time to family members. It is very much necessary to take the many thing in positive way in any situation.

7. Acknowledgement

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