



EFFECT OF COVID-19 LOCKDOWN ON BEHAVIOURAL PATTERN AMONG ADULTS IN CHENNAI CITY

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ABSTRACT

This study employs a Cross-sectional Descriptive study to find out the positive and negative changes in the Behavioural pattern during the covid 19 - Lockdown. e.g. Anxiety/ Stress, Depression, Anger, Sadness, Defense Mechanism, Sleeping Pattern, Screen timing and Exercise Habits. The study enlisted the participation of 120 adults in Chennai. The Investigator created an online questionnaire titled "A Questionnaire on Adults' Behavioural Patterns." to study the Behavioural Pattern among the selected sample. Samples were asked to complete a Google Forms-based online questionnaire. Through this study it can be concluded that positive as well as negative behavioural changes were observed as consequences of lockdown. Positive behavioural changes as spending more family time, exercises, humanity, positive defense mechanisms to deal with stress and maintaining healthy family environment were observed. Negative behavioural changes as too much stress anxiety, more screen time, helplessness and hopelessness, disturbed sleep, economical crisis, depression and anger were noticed through this study among adults.