



## IMPACT OF COVID – 19 ON INDIVIDUAL LIFESTYLE

Tejasri. I<sup>1</sup> & Dr. M. Rekha<sup>2</sup>

<sup>1</sup>Student, PG Department of Accounting and Finance,

Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women

<sup>2</sup>Assistant professor, PG Department of Accounting and Finance,

Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women

Email: [p21af032@sdnbc.edu.in](mailto:p21af032@sdnbc.edu.in)<sup>1</sup>, [rekha.m@sdnbc.edu.in](mailto:rekha.m@sdnbc.edu.in)<sup>2</sup>

### ABSTRACT

*In this paper is focused the impact of COVID – 19 on individual lifestyle. The COVID - 19 was one of the virulent diseases where it blowout all over the world during the period of 2019 – 2021. The COVID –19 was a hectic period of every individual life because it affected all the aspects of a human creature's lifestyle. In simple terms the COVID – 19 is also stated as corona. The virulent disease spread from person to person without any limitations. The COVID – 19 was the primary reason to announce pandemic lockdown in every country. The aim of the study is to analyze individual's lifestyle during COVID – 19 and post COVID – 19 including their meal pattern, regular activities, food intake and other daily routine during their pandemic lockdown. The data were collected from 250 respondents who were impacted by COVID – 19. The tools used for the study were Percentage analysis and Factor analysis. The study concludes that the folks During COVID – 19 and After COVID – 19 had dramatic changes over in food pattern.*

*Keywords: lifestyle, COVID – 19, Pandemic, Daily routine activities.*

### INTRODUCTION

COVID – 19 a deadly disease which created an enormous impact on every individual's life on their personal lifestyle during and after COVID – 19. The first and foremost case of COVID – 19 was reported in china December 2019. The WHO declared the novel corona virus as a pandemic disease in March 2020 as showing that everyone in the world is directly or indirectly infected with symptoms. The well - known word of 21<sup>st</sup> century from the age of 10 years to 60 years were aware of COVID – 19 and the spread of disease. The COVID – 19 was also termed as corona virus on 11<sup>th</sup> Feb. The meaning of COVID – 19 IS CO denotes corona, VI denotes virus, D disease and 19 is the year of occurrence.



It is a breathing disease that impacts the health of every individual life. Long ago, India faced syndromes such small pox which was the first ever viral spread disease that had a great impact on every individual life with fear. The disease is a virus like dengue and other viral disease but not easy as the extreme people faced through the other virus infectious diseases. It was a virulent disease that spread among not only the persons it also spread amongst the animals and other living species in the world. The symptoms of corona were fever, cough, cold, sore throat, laryngitis, body pain, tracheal nonconformity, unrest, wooziness, muscular pain and difficulty in breathing. The blowout was through easy – peasy way of getting infected via Air.

During the Mid of COVID – 19 people are tend to face health shockwave and economical breakdowns which is inter - related with one other. The utmost effect of COVID – 19 was mortality. The first case reported in India was on January 30, 2020 from southern state Kerala a young girl who returned from Wuhan. The virulent disease had a great impact on every individual's life behavior from society. In this study analyzed impact of COVID – 19 on individual lifestyle.

## REVIEW OF LITERATURE

- **Archana Kumari et al., (2020)** founded the persisting impact of COVID 19 pandemic and allied restrictions were bound to be significant on lifestyle-related behavior as well as diet, physical activity and sleep. The study prepared questionnaire with 20 items to assess the lifestyle-related behavior of people. The data collected from two groups - overall public and professionals from diverse turfs of dose, nutrition, exercise physiology, clinical psychology and metabolic experts. The results of the study found that roughly three-fourths of the participants reported either an enlarged or a similar consumption of main meals, snacking between meals, lots of meals/snacks and a stable diet including whole wheat, peas, legumes, eggs, nuts, berries and veggies. On the additional, 50% of the participants stated an increased intake of resistance boosting foods during COVID – 19.
- **Dr. Pravat Kumar Jena (2020)** emphasized India should develop artistic tactics to guarantee that all children should have workable admittance and rapid adoption of technology to learn during pandemic COVID-19. The paper highlights India should develop creative strategies to ensure that all children must have sustainable access to learn during pandemic COVID-19 Indian Government and different sponsors of education have discovered the chance of Open and Distance learning (ODL) by accepting altered digital technologies to deal with the crisis of COVID-19. The Indian guidelines must take in diverse individuals from varied backgrounds counting remote areas, marginalized and minority groups for actual distribution of education where it should be prolonged after the lockdown.



- **Sakshi Chopra. A et al., (2020)** examined the study to assess the impact of COVID-19 on lifestyle-related behaviors: eating, physical activity and sleep behavior on the improvements in ingesting behaviors, although its affect was limited. It remains the essential to scrutinize certain key queries for instance lifestyle behaviors are highly shaken, how cruel is the impact of COVID-19 on these behaviors, what the causes for these changes are and which demographic section is the most jammed. A online - based cross sectional study was conducted on the over-all populace to evaluate the impact of COVID-19 on diurnal lifestyle related routines for example dietetic, activity, sleep routine and leisure interest. The respondents answered different questions on the variations faced in their lifestyle earlier and through the Lockdown. The Respondents counts of 995 were collected. The analysis findings that an enhancement in nourishing meal intake pattern and a limit of unhealthy food stuffs was spotted, especially in the youthful population (age <30 years). Isolation provoked stress and anxiety flaunted an increase by a unit in closely one – fourth of the respondents.
- **Parami P.R. Hettiarachch et al., (2022)** focused on virulent disease (CORONA) which definitely had no peripheries as it blowout to countries on all continents, so support should encompass beyond every individual areas to battle in contradiction of COVID - 19 to alleviate its consequences. The paper discusses on world before COVID – 19, impact on education, impact of vocational training, impact on online education, challenges and problems during COVID – 19 period, impact on environment, effect of virus on healthcare sector, effect on economy, the effect of COVID – 19 in daily life behavior. The study concludes that some countries sleeping pattern were switched vividly the review data depicts that in Netherland 14% of the participants expose a fall in sleeping habit and 13% of respondent show upturn in sleeping pattern, same a alike in Indian survey it showed that there is a noteworthy increase in sleeping hours. The participation of people in leisure and sports activities was lessened with quarantine period publics were trapped in housing. The amount of time spent in sedentary hours and screen time like (TV, games) intensely upturned. Due to shrinkage in physical activities and increased in sitting and screen time heaps of people (nearly 30% and beyond) result in weight gaining. The world initiated to change with the pandemic in every phase such as education, health, economy, environment, and whole daily life routine.

## **OBJECTIVES**

- The main objective of the study is to examine the impact of COVID – 19 on individual’s lifestyle.
- The study investigated the change in people’s living style during and after COVID -19 Period.



## RESEARCH METHODOLOGY

In this research based on descriptive study. In this study used convenience sampling method. Research data collected from Google form and 250 respondents gave information related to impacted by COVID – 19. The study used primary and secondary information's for the research. Primary information's were collected from the persons are analysed. Secondary information's were collected from books, articles, websites etc.,

## ANALYSIS & INTERPRETATION

### PERCENTAGE ANALYSIS

**Table 1: Demographic profile**

Demographic	Category	Percentage
Gender	Male	52.3
Age	21 – 30	77.8
Educational qualification	Under – Graduate / post – Graduate	71.3
Occupation	Private job	53.7
Monthly income	Below 25000	49.1
Marital status	Married	73.6

**Source: Primary Data**

- In the above table the research percentage according to gender the male were higher 52.3% than the female 47.7%
- 77.8% of the respondents in the study belong to the age group of 31 – 40 years, 3.2% belong to the age group of below 20 years, 9.3% belong to the age group of 31 – 40 years, 6% belong to the age group of 41 – 50 and 3.7% belong to the age group of above 50
- 71.3% of the respondents belong to the category of college (Under-Graduate / Post-Graduate), 3.7% were HSC, 15.3% were Professional, 2.8% were Diploma, 6.9% were others
- 53.7% of the respondents were working in private job, 6.5% in Government job, 9.7% in own business and 30.1% in others
- 49.1% of respondents fall under monthly income group of below 25,000, 29.6% of respondents fall under the income group of 25,001 – 50,000, 7.4% of respondents fall under the income group of 50,001 – 75,000, 7% of respondents fall under the income group of 75,001 – 1,00,000 and 6.9% of respondents fall under the income group above 1,00,000.



- 73.6% of the respondents were married and 26.4% of the respondents were unmarried.

**Table 2: Other research questions**

Variable	Category	Percentage
Daily sitting time at work	6 - 8 hours	35.6
Breaks from sitting	1 - 2 breaks	45.4
Daily screen time	1 – 2 hours	38.4
Daily hours of sleep	6 - 8 hours	63.4
Quality of sleep	Good	50.0
Level of stress or anxiety	A little	44.4
Fear of infected by corona virus	No	68.1

**Source: Primary data**

- In the above table the percentage of daily sitting time at work of 6 – 8 hours were 35.6%, more than 8 hours were 30.1%, 4 – 6 hours were 14.8%, less than 2 hours were 10.2% and respondents 2 – 4 hours were 9.3%.
- Break from sitting of 1 – 2 breaks were 45.4%, 3- 4 breaks were 35.2%, 5 – 6 breaks were 7.1%, No breaks were 6.5% and more than 6 breaks were 5.1% of respondents.
- Daily screen time of 1 – 2 hours were 38.4%, 1 hour were 24.1%, 3 – 4 hours were 19.4%, more than 5 hours were 10.2% and respondents 4 – 5 hours were 7.9% of respondents.
- Daily hours of sleep of 6 – 8 hours were 63.4%, less than 6 hours were 27.3% and more than 8 hours were 9.3% of respondents.
- Quality of sleep on good were 50.0%, Very good were 19%, excellent were 15.3%, bad were 14.4% and respondents very bad were 1.4%.
- Level of stress or anxieties of a little were 44.4%, much were 26.9%, very much were 15.7%, not at all were 6.9%, and extremely were 6% of respondents.
- Fear of infected by corona of No were 68.1% and Yes were 31.9% of respondents.



## EXPLORATORY FACTOR ANALYSIS (EFA)

Exploratory factor analysis is used to recognize compound interrelations of among factors and components that are chunk of combined models. The study does not make a former statement about the correlation between components.

### DURING COVID – 19

KMO and Bartlett's Test		
Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.893
Bartlett's Test of Sphericity	Approx. Chi - square	1996.525
	Df	153
	Sig.	0.000

The value of KMO measured adequacy is 0.893; Bartlett's Test of Sphericity shows a significance of 0.000.

Total Variance Explained						
Component	Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	6.999	38.882	38.882	5.009	27.827	27.827
2	2.631	14.616	53.498	3.468	19.266	47.093
3	1.392	7.733	61.231	2.545	14.138	61.231

The 18 variables are reduced to predominant factors of cumulative variance 61.231 %. These 3 factors individually possess the variances in 27.827 %, 19.266%, 14.138%. The individual variable loadings are given in the Rotated Component Matrix.



Rotated Component Matrix			
	Component		
	1	2	3
<b>FOOD PATTERN and ACTIVITIES</b>			
Frequency of your fruits and vegetables intake	.737		
Consumption of balanced diet by including healthy ingredients (wheat & nuts)	.563		
Consumption of milk or its products (curd, lassi, cheese, paneer)	.740		
Consumption of regular meal pattern	.770		
Consumption of serving pulses, egg or meat in a day	.601		
Participation in household chores (laundry, cleaning)	.682		
Participation in leisure activities (grocery shopping, walking in park, gardening)	.568		
Consumption of home cooked foods	.805		
Sanitization	.767		
<b>EATING HABITS</b>			
Consumption of fast food		.791	
Consumption of fried food		.811	
Consumption of junk foods as snacks		.835	
Consumption of sweetened beverages		.662	
Consumption of foods with sugar		.582	
Emotional Eating (boredom/distress/disappointment)		.575	
<b>DAILY ROUTINE</b>			
Participation in 30 min of moderate intensity aerobic exercises/sports			.690
Meditation and yoga			.809
Reading books			.736
"Extraction Method: Principal Component Analysis.			
Rotation Method: Varimax with Kaiser Normalization."			
a Rotation converged in 5 iterations			





From the Rotated Component Matrix table these are the three factors influencing during the impact COVID -19 are mentioned in the following order.

- Consumption of home cooked food (0.805). Hence these elements can be baptized as - **FOOD PATTERN** and **ACTIVITIES**.
- Consumption of junk foods as snacks (0.835). Consequently these dynamics of factors can be entitled as - **EATING HABITS**
- Meditation and yoga (0.809). As a result these aspects can be titled as - **DAILY ROUTINE**.

### AFTER COVID - 19

KMO and Bartlett's Test		
Kaiser-Meyer-Olkin Measure of Sampling Adequacy		.929
Bartlett's Test of Sphericity	Approx. Chi - square	2422.444
	Df	153
Sig.		.000

The value of KMO measured adequacy is 0.929; Bartlett's Test of Sphericity shows a significance of 0.000.

Total Variance Explained						
Component	Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	8.523	47.350	47.350	4.938	27.435	27.435
2	2.120	11.776	59.126	3.760	20.888	48.323
3	1.206	6.703	65.829	3.151	17.506	65.829

The 18 variables are reduced to predominant factors of cumulative variance 65.829 %. These 3 factors individually possess the variances in 27.435 %, 20.888%, 17.506 %. The individual variable loadings are given in the Rotated Component Matrix.





Rotated Component Matrix			
	Component		
	1	2	3
<b>FOOD PATTERN and ACTIVITIES</b>			
Consumption of regular meal pattern	.742		
Frequency of your fruits and vegetables intake	.809		
Consumption of balanced diet by including healthy ingredients (wheat & nuts)	.743		
Consumption of milk or its products (curd, lassi, cheese, paneer)	.820		
Consumption of serving pulses, egg or meat in a day	.629		
Participation in household chores (laundry, cleaning)	.572		
Participation in leisure activities (grocery shopping, walking in park, gardening)	.565		
Consumption of home cooked foods	.829		
Sanitization	.508		
<b>EATING HABITS</b>			
Consumption of fast food		.876	
Consumption of fried food		.853	
Consumption of junk foods as snacks		.859	
Consumption of sweetened beverages		.609	
Consumption of foods with sugar		.587	
Involvement in eating out and socializing		.541	
<b>DAILY ROUTINE</b>			
Participation in 30 min of moderate intensity aerobic exercises/sports			.741
Meditation and yoga			.796
Reading books			.745
"Extraction Method: Principal Component Analysis			
Rotation Method: Varimax with Kaiser Normalization."			
a Rotation converged in 5 iterations			



From the Rotated Component Matrix table these are the three factors influencing after the impact COVID -19 are mentioned in the following order.

- Consumption of home cooked food (0.829). Hence these elements can be baptized as - **FOOD PATTERN and ACTIVITIES**
- Consumption of fast food (0.876). Consequently these dynamics of factors can be entitled as- **EATING HABITS**
- Meditation and yoga (0.796). As a result these aspects can be titled as - **DAILY ROUTINE.**

### **Inference:**

- Similarly, the output from the analysis of DURING and AFTER COVID – 19 prove that the individual's lifestyle is highly influenced with three factors as Food Pattern and Activities, Eating Habits and Daily Routine

### **SUGGESTIONS:**

- The COVID – 19 will be the example of a disease where it thought us how healthy we are to be also ready to face any illness in future days and importance of health.
- The employed people can have a leisure activities and involve in yoga, meditation and exercises like walking, aerobics to reduce their stress and anxiety caused due to their work pressure in order to keep them healthy and free from depression
- The individual could have adopted the technology were it has become mandatory to go with the flow of the running world instead of adopting to new food patterns and changing their sleep patterns and living style.
- Every individual would have recognized their own talents during the pandemic lockdown bringing it to the outer world.

### **CONCLUSION**

The World's shrunken virulent spread disease COVID 19 had immense huge effect on People's living style, behaviour and daily habits, education, financial losses and employment yet it had a huge impact of Individual lifestyle. The COVID – 19 has changed the whole world by pandemic lockdown which will remain in the surviving peeps in the world because of the colossal impact created by the virulent disease. As a result of study the impact of COVID – 19 has shown that every individual's lifestyle had dramatic change in their daily routine. The three factors that influenced by the disease Corona are Food Pattern and Activities, Eating Habits and Daily Routine. The study concludes that the



folks During COVID – 19 and After COVID – 19 had a dramatic change over in FOOD PATTERN.

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