

MANAGING STRESS –“COVID-19 IMPACTS UNDER TOTAL LOCKDOWN SITUATIONS IN DELHI NCR”

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Pandemics are the huge amount of outbreaks of serious and infectious diseases that might impact over a wide geographic area and can cause economic, social, political and environmental disruption. According to US department of health and human services in various countries are concerned about the threat of various pandemic diseases like SARS influenza bird flu and many more. During the 2009 influenza pandemic international Health Regulations were updated and compelled all World health organization members to meet certain standards for detecting reporting and reacting for various outbreaks. (1)

To get a better clarity of pandemic various studies have been done. There are certain key features like wide geographic extension, Disease movement, High attack rates and explosiveness, minimal population immunity, novelty, infectiousness, severity and contagiousness are involved in with the term pandemic.(2)

Initially in 2013 the public health facilities were assistant introducing social distancing interventions due to social disruptions and productivity losses. There is a study that estimates the effectiveness and the total cost, from the point of view of society with the lifetime horizon, of a comprehensive range of social distancing and antiviral drug strategies under the range pandemic severity categories.(3)

Despite all these measures which were taken significant gaps and various kind of challenges exist for handling pandemic situations. These gaps evidently specify Resource Management, handling various aspects across boundaries and medical service Management. As this pandemics can result into widespread mortality and end up into economic damage and various other damages into macro and micro sectors of various countries.(1)

In these conditions, economic, social and health factors of the country are of great worry, therefore,

healthcare managers must properly manage and support health care centres(4) and use

management-supportive measures for the organization and staff to provide best healthcare services.

There are certain gaps which are identified by leading health organizations about such pandemics which include the preparedness for pandemic situation and the resulting efforts for that. In addition to this most of the countries lack a consistent methodology for estimation of economic impact of such kind of severe situation.

The WHO and NDMA have declared COVID-19 as a pandemic at National and global levels. Subsequently Government of India have declared total lockdown except ESMA(Essential Service Maintenance Act) for ensuring social distancing as the best preventive medicine against COVID-19 for a period of 21 days with effect from 25th March 2020 and again extended till May3, 2020.

COVID -19 spreads through droplets & fomites. When someone with COVID – 19 symptoms coughs & exhales release droplets. These droplets fall on nearby surfaces and objects such as desks, tables, or telephones etc. People can catch the infection by touching the contaminated surface / objects & touching their eyes, nose, mouth etc. COVID – 19 spreads in a similar way to flu. Most persons infected with COVID – 19 experience mild symptoms and recover. Elderly people, children, people with other medical illnesses are more vulnerable. A person can also directly inhale the droplets from a coughing infected person if he is too close.(5)

According to American Psychological Association the novel coronavirus caused various kind of interruptions into people's lives. This kind of distractions came up with an experience of anxiety stress and in some cases depression as well. This kind of stress anxiety and depression resulted differently in various age groups and genders. In

addition to this, the basic problem with people is a loss of control and a deviation from the routine life. Other than this, there has been a different level of stress associated with the people who are infected and quarantined. (7)

- Four out of five jobs affected by virus globally
- Coronavirus: A visual guide to the economic impact
- Global economy will suffer for 'years to come'

Investors witness the most dramatic nosedive in the recent history of stock exchanges, and market operators start preparing for the worst economic crisis since World War –II. (8)

What is lockdown? As an academican and social reformer we must understand the total lockdown means and includes confining person within homes for any specified place with directions only to move for certain purposes and not otherwise.

During the lockdown situation the people are required to stay inside their houses and follow the norms released by government during this outbreak of covid-19. The lockdown was declared for a day in India on March 22, 2020 which was known as Janta Curfew to make it reach to maximum people. Then again it was reinforced for three weeks. Now again on April 11, 2020 it's extended for two weeks as the infected cases in the entire country are rising up.

The Print also released guidelines issued by ICMR (Indian Council of Medical Research) about the stages of transmission of coronavirus on April 5, 2020. The novel coronavirus has four stages of transmission — like other contagious and infectious diseases (9):-

Stage 1 is the starting of the disease through people having any travel history, with everyone contained, their sources traced, and no local spread from those affected. The number of those infected would be quite low at this stage.

Stage 2 is local transmission, when those who were infected and have a travel history spread the virus to close friends or family. At this stage, every person who came in contact with the infected can be traced and isolated.

Stage 3 is community transmission, when infections happen in public and a source for the

virus cannot be traced. At this stage, large geographical lockdowns become important as random members of the community start developing the disease.

Stage 4 is when the disease actually becomes an epidemic in a country, such as it was in China, with large numbers of infections and a growing number of deaths with no end in sight. It is then considered to be endemic or now prevalent in the region.

After Stage 4 COVID-19 is serious, medico legal, economical and psychological and social crisis at National and International levels.

COVID19= Economic Crisis +Social Crisis

As a result of lockdown there have been lot of difficulties people are facing on individual and group level. There is no certainty of reopening of the country. It's a global economic shutdown which has never happened before. People are scared and having many kinds of fears and stresses in their mind. Many economists say that its warlike situation where doctors are sent to the frontline instead of soldiers.

In such kind of situation, it impacts all kind of income levels, whether rich or poor. It has impacted all sectors viz healthcare, tourism, education, IT, Hotels and hospitality and other sectors too. There will be long term impacts of such crisis globally.

Along with the macro economic crisis, it has negative impact on the behavior of various individuals of different age groups. The researchers are trying to find out various stress dimensions and trying to develop new theories in this challenging situation at the individual level.

OBJECTIVES OF RESEARCH

The objectives of this research can be pointed out in form of the research questions given below:-

Q1. What will happen to such persons who are busy in this modern world? An attempt has been made to observe and collect relevant data from the concerned persons for analyzing the degree and functional implications of stress and allied behavior deviations etc.

Q2. How these persons (lockdown in their own homes) shall manage stress dimensions for

adjusting and accommodating their challenges? Our government units will be implementing various teams and conditions including the local administration and other competent authorities these persons shall be subjected to compulsive conditions and conditioning for finding out there due to happiness and well-adjusted life. In this way indirect data collection has been done by the researcher by using questionnaire through Google forms for a sample of around 300 people who are having direct and indirect compulsive conditioning situations in Delhi and national capital region.

HYPOTHESES

Null Hypotheses belonging to different variables (gender/age/ socio economic status/ educational qualification levels and economic activities patterns) may not differ themselves to stress levels on COVID-19 pandemic impacts.

- 1) Persons belonging to two different variables like gender, wage, social economic status, educational qualification levels and economic activities pattern may not differ themselves to stress levels on covid-19 pandemic impacts
- 2) The qualitative and quantitative aspect of preventive, curative and rehabilitation under stress levels on COVID-19 pandemic impacts may not be different among Delhi and NCR areas being implemented under central government +state government+WHO supervision etc.
- 3) The covid-19 endemic spreading process may not be epicentric to specific organizations as carriers or victims in Delhi and NCR areas in India

RESEARCH METHODOLOGY

The sample is taken from all age groups and majorly four categories of occupation from Delhi and NCR. The occupational description is given below:-

- a) Students
- b) Academicians
- c) Professionals
- d) Business Professionals
- e) Retired Personals

Sample size is 300(176 males and 124 females) persons as per research design is selected and arranged for analyses purposes.

Sampling type: Purposive sampling

Data sources- Secondary and Primary(Questionnaire)

Tools used in the study: Mean, Standard Deviation, Charts, Graphs, Chi square and CRT test.

There are ten items studied through questionnaire method of primary data collection which are given below:-

S.N	Items
1	Do you feel physical comfort during total lockdown conditions?
2	Do you feel emotional problems during total lockdown conditions?
3	Do you feel annoyance or typical boredom during total lock down?
4	Do you want to breakdown the conditions and limitations during total lock down?
5	Do you feel certain abnormality in your latent and patent behaviour style during total lock down?
6	Do you require any special or general medication during total lock down?
7	Do you maximize your entertainment watching activities during total lock down?
8	Do you start quarrelling with your family members inside the premises where living, during total lockdown?
9	Do you use maximum mobile phone activities during total lock down?
10	Do you tolerate everything happily for the national good during total lockdown?

Table 1: Details of the items used in primary data collection Research Design

Research Design		
Male	Female	Independent Variables categories
N= 176	N= 124	Occupational Status
N= 176	N= 124	Educational Qualification
N= 176	N= 124	Age wise Segregation
N= 176	N= 124	Family Background
N= 176	N= 124	Religious Status
Mean score have been calculated subcategory wise		
Data received from various sources		

Special data received from Government of India for Delhi /NCR

Table 2: Research Design paradigm ANALYSIS OF DATA

The interpretation of data is based on the following score table:-

Range	Levels of stress for various scores
Below 13 Score	Low Stress Level
Above 13-25	Moderate Stress Level
Above 25-40	High Stress Level
Above 40	Excessive Stress Level

Table 3: Scoring table for various items

The data is collected through google forms. Some inferences from data are given below:

1. Age group of the primary data is given below:-

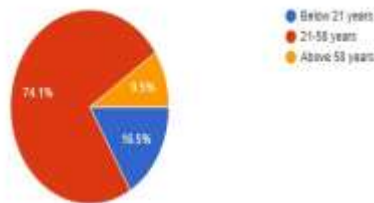


Chart 1: Age Group of the sample

The graph clearly indicates that around 90% people are below than 58 years of age group. 10 percent of the entire sample is elderly group people.

2. Family background of the primary data

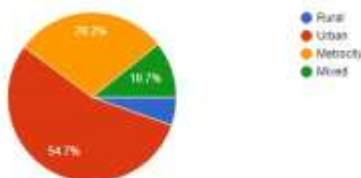


Chart 2: Family Background

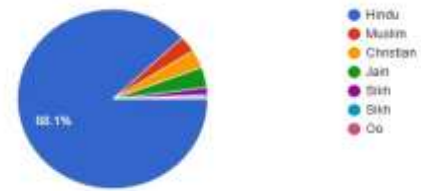


Chart 3: Religious status of primary data
 The pie chart shows that around 89% of the sample belongs to one community i.e. Hindus.

Educational qualifications



Chart 4: Educational qualification of the sample

The pie chart clearly shows that majority of the sample belongs to professional community 5.

Item 1 inference from data:

Do you feel physical comfort during total lockdown conditions ?

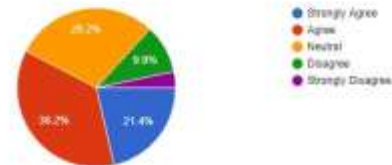


Chart 5: Item 1 inference from compiled data

The pie chart clearly shows that around 58 % people feel physical comfort during lockdown, hence there is no physical discomfort or stretch for people during lockdown. While around 14 % people disagree with the fact which are majorly working women who have to stretch themselves due to lockdown situations during work from home and additional responsibilities too in absence of the support mechanism due to lockdown. The people show different perception due to individual's differences and the other environmental factors like locality, neighborhood, resources etc.

6. Item 2 inference from data

Do you feel emotional problems during total lockdown conditions?

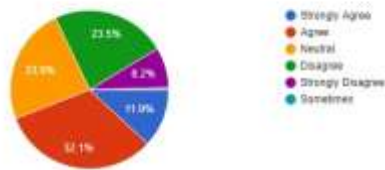


Chart 6: Item 2 inference from compiled data

Chart 6 clearly shows that 45% people agree that they feel emotional difficulties while 20% disagree to it. Around 24% people are neutral which shows that concealment factors come in between about communication the inner sense to the third person. It can be interpreted that sometimes they might feel emotionally disturbed. The people show different perception due to individual's differences and the other behavioral factors.

7. Item 3 inference from questionnaire

Do you feel annoyance or typical boredom during total lock down?



Chart 7: Item 3 inference from compiled data

The pie chart here clearly indicates that around 44% feel that boredom become part of their life during lockdown and around 25% feel disagree to it. 28% people have mixed feelings about this and feel this particular feeling seldom. The people show different perception due to individual's differences and the other environmental factors like locality, size of the family, interest of other family members, resources etc.

Chart 9: Item 7 inference from compiled data

The chart clearly shows that people are maximizing their entertainment activities during the lockdown period.

10. Inference of Item 8 from the primary data collected

8. Item 4 inference from questionnaire

Do you want to breakdown the conditions and limitations during total lock down?

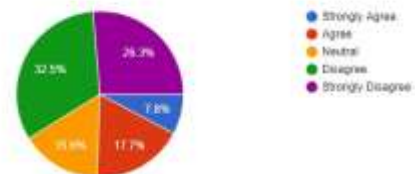
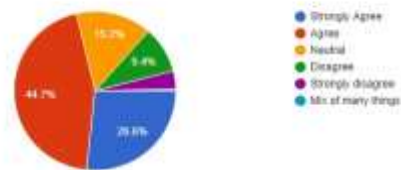


Chart 8: Item 4 inference from compiled data

The pie chart clearly shows that around 60% people do not want to breakdown the conditions and limitations imposed on them. It shows support towards preventive measures taken by Government of India and states. The people show different perception due to individual's differences and the various personality factors.

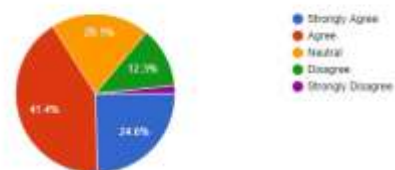
9. Inference of Item 7 of questionnaire

Do you maximize your entertainment watching activities during total lock down?



of available medicines is the key to ensure

Do you use maximum mobile phone activities during total lock down?



Do you start quarreling with your family members inside the premises where living, during total lockdown?

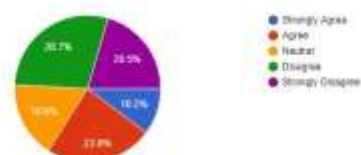


Chart 10: Item 8 inference from compiled data

The chart clearly shows the diverse answers by the sample. 33% people agree that this lockdown has bought some differences between family members. Most of these 33% people are

professionals who generally spend their time in their workplaces. 17 % people are neutral which again denotes a concealment factor about revealing a personal matter to the third party. Around 50 % people disagree to the statement. The people show different perception due to individual's differences and the various personality factors.

stified measures which are preventive and causing some discomfort to them . Other than the above pie charts Other there are few more analysis point which are added by the researcher

The graph below indicated standard deviation among all the items that are selected. Item 4 and Item 8 shows maximum deviation. Both the variables as specified above through pie chart shows that there is lot of diverse thoughts about quarreling with family members and breaking down the limitations imposed during lockdown. Both the facts are related to reactive behavior mechanism for any individual. Due to some action most of the individuals react, few react patiently in calm manner and most of the individuals react in an impulsive manner.

Chart11: Item 9 inference from compiled data

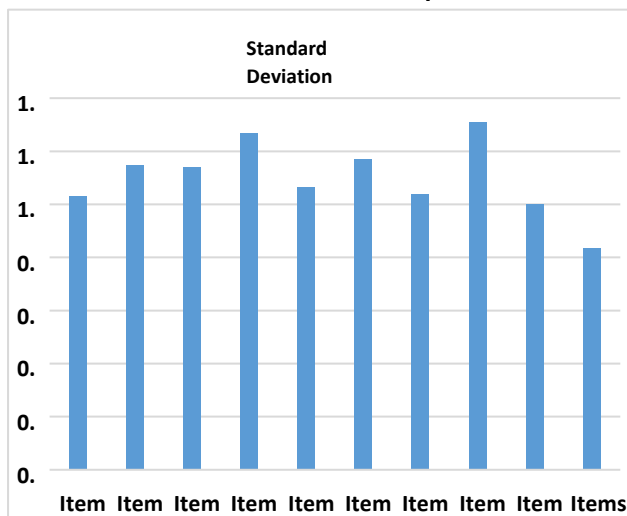
The pie chart clearly shows that the people have maximized usage of mobile phones for various activities. The open ended question revealed that more than 65% of people have been using mobile phone for entertainment purposes for watching movies and social media news, the rest have mentioned that they are using it for knowledge gaining purposes like online classes and reading various news articles. Hence it shows that telecom sector can grow in such kind of pandemic situation as well.

12. Inference of Item 9 from the primary data collected

Do you tolerate everything happily for the national good during total lockdown ?



Chart12: Item 10 inference from compiled data



The above mentioned pie chart shows that around 86% people are happy to tolerate these kind of

Chi square test between males and females for various stress parameters.



Chart14: Educational Qualification wise mean score of the sample

The chart 14 shows that irrespective of educational qualification people show similar behavior and are close to the mean value for each item. In addition to this, we can also observe that for item 8 professionals and postgraduate show high agreement than other two categories which interprets that they agree with the fact of quarreling inside family does happen during lockdown due to stress which we have also seen earlier with high value in standard deviation of individuals. Professionals feel more stresses as work from home might not give them desired result as compared to working at their workplace. Hence it shows that importance of workplace play very important role in execution of work and affect the stress level in professionals.

Comparing between genders (Degrees of freedom =4)			
Items	Chi square Calculated	Chi square Tabulated at 5% level of significance	Chi square Tabulated at 1% level of significance
Item 1	0.876	9.49	13.28
Item 2	0.732	9.49	13.28
Item 3	0.172	9.49	13.28
Item 4	0.563	9.49	13.28
Item 5	0.358	9.49	13.28
Item 6	0.057	9.49	13.28
Item 7	0.398	9.49	13.28
Item 8	0.051	9.49	13.28
Item 9	0.907	9.49	13.28
Item 10	0.897	9.49	13.28

Table 4: Chi square table for all the items with respect to genders.

Table 2 clearly indicates that Chi square calculated value is less than tabulated value for each item hence our first hypothesis is retained. There is no significant difference in stress levels of both the genders.

13. CR(t) test results:

CR(t) calculated value= 7.01 while the tabulated value for 5 and 1 % level of significance is 1.97 and 2.59 respectively which shows that our null hypotheses are rejected. Assuming other variables causing constant effects on sex as independent variable, our calculated results show that gender has different nature, perceptual functioning and being influenced by total stress ambits in selectivity processes etc.

CONCLUSIONS

The conclusion of the research done by researchers elaborate on many points which are given as under:-

After having conducted a concurrent online database study on stress management against

covid-19 in Delhi and NCR region the following conclusions have been written

1. Our persons residing in Delhi and NCR do have positive attitudes strong will and positive styles towards stress management against covid-19. By following more than 90% in number of persons all laws and rules in force to minimize stress and adverse effects of covid-19 these have been declared as fundamental National duties to protect India and Indians. Especially we Indians have been fighting against pandemic covid-19 in positive manners.
2. Our collected responses through Google format and services have rejected all null hypotheses in collective interests public health and right to live with human dignity along with greatest happiness to our greatest numbers.
3. Our statistical analyses, graphs bar diagrams and postulated theories do support our conclusions and consolidated findings.

SUGGESTIONS

The suggestions can be penned down in form of certain theories based on the findings and conclusions. The researchers have formulated the theories keeping in view management, psychological and legal implications of the research problem on individuals and groups which can be in form of family, organization, society or country.

Theories on stress management against pandemic covid-19 1. Preventive theory of stress management

According to this theory every person subject to place time situations and laws etc. should prevent himself or herself from causes and effects of stressors and manage to minimize adverse effects or impacts on him or her either temporarily or permanently or as the cases may permit him or her to do so eg.

- A) Lock down against covid-19 Quarantine and isolation management of suspected COVID19 persons for patients belonging to pandemic or epidemic diseases.
- B) Online teaching learning methods during long time conditions and control over situations
- C) Door to door supply of milk or other domestic goods by local administration etc.

D) Work from home concept and practice

2) Deterrent theory on stress management against pandemic covid-19

According to this theory all independent dependent and intervening variables relating to pandemic covid-19 cause directly or indirectly deterrence impacts on groups mind. These factors may be influenced by management, psychological and legal bondings and activate us to adopt proper ways to stress management suitable and just for us in so doing viz. Social distancing methods to get prevention from being infected covid-19 and infect others too.

3. Interest fulfilment theory of stress management

The nature scope and functional implications of stressors (+-) adjustment levels result into goal achievement and satisfaction dynamics. According to this theory individual interests (+-) collective interest is directly proportional to National stress management levels. E.g.

Social distancing plus lock down under covid-19 impacts covid-19 patients (+-) infection suspended persons which results into three categories viz. Quarantined isolation and sealing of colony or homes or streets.

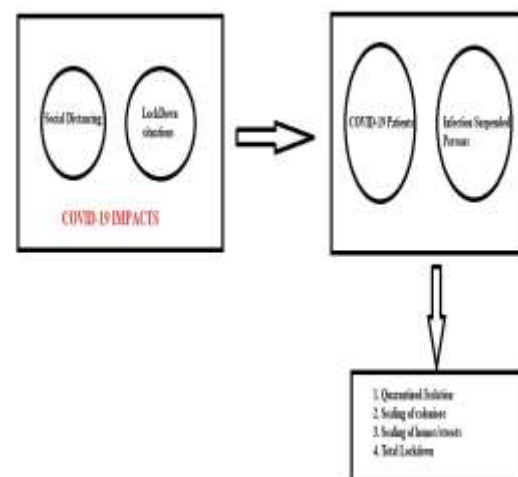


Figure1: Interest Fulfillment Theory

Retribution theory of stress management

According to this theory many infected persons under political directions conspiracy and for other reasons take retaliation against some particular group or organization or states and countries e.g.

Covid-19 patient Jamati markers case under secret agent of enemy countries or otherwise have been causing spreading of covid-19 infections and not coming before the local administration for their medical treatment or safety and security etc. This person have been committing crimes under the DMA, 2005 and the Epidemic Act, 1897 and other laws.

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