Impact of Lockdown Among People Due to Covid-19

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Abstract: Introduction: The novel coronavirus diseases that were employed at the top of 2020 started to threaten many people's lives. Highly infectious disease with the risk of severe respiratory illness. The Public Health system was quickly impacted by the governments since there is no proper discovery of vaccines, prevention is the only way to control this Pandemic of covid-19. The current outbreak of coronavirus (COVID-19) was first seen in wahan, china with a continuously rising number of confirmed cases. The COVID-19 pandemic is becoming reality and social distancing, lockdown measures was practised by canceling events and gatherings, closing of public places, as well as school and universities.

Aim : The aim of the study was to analyse the impact of lockdown among people due to COVID-19

Materials and methods: An online survey was conducted among 200 general public based on their impact on lockdown due to COVID-19. The online survey included 20 questions on the impact of lock down among people due to COVID-19.

Results: In our study, 82% say that lockdown is helpful in controlling the pandemic of covid and 19. 82.4% feel changes in the daily routine due to this lockdown

Conclusion: 82.4% feel changes in the daily routine, this is because it’s been more than 50 days in a lockdown. On 24th March, PM of India ordered a nationwide lock down for 21 days and now we're in phase -5 for extension of this lock down till 30th June

Keywords: Lockdown; Covid-19; pandemic; spread; India; Quarantine.

INTRODUCTION

The novel coronavirus illnesses that were employed at the top of 2020 began to compromise numerous individuals' lives. The infection is essentially spread between the individuals during close contact, most frequently by means of small droplets created by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces rather than travelling through air over long distances (Dolinski, 2000). Moreover individuals get used to by contacting a contaminated surface or objects and then touching their face. It is more contagious during the first three days and spread is possible although it doesn’t show any symptoms (Long and Hessel, 2020). The coronavirus has a significant attack on the respiratory system resulting in acute respiratory distress syndrome (ARDS) (Husain, Das and Ghosh, no date). The symptoms of the diseases include shortness of breath, fast breathing and a low oxygen level in the blood due to abnormal ventilation (Contributors to Wikimedia projects, 2004) and Other common symptoms include muscle fatigue and general weakness, low blood pressure, a dry, hacking cough, and fever (Bakowitz, Bruns and McCunn, 2012). The Public Health system was quickly impacted by the governments since there is no proper discovery of vaccines, prevention is the only way to control this Pandemic of covid-19 (Lemko et al., 2020). The current outbreak of coronavirus (COVID-19) was first seen in wahan, china with a continuously rising number of confirmed cases. The COVID-19 pandemic is becoming reality and currently this has become a global pandemic and India Ranks 11th in it. Moreover, the international flight traffic has been affected. Social distancing and lockdown measures was practised by canceling events and gatherings, closing of public places, as well as school and universities.

The use of medicinal plants for the treatment has increased due to this covid-19 (Lakshmi et al., 2017). Interestingly, there are different measures taken to reduce interaction between infected and non-infected individuals, where one of the measures is lock down (Carvalho, 2020). Lockdown is a state, period of place of isolation on which people or animals are not allowed to move unnecessarily(Gupta, 2020). It is the limitations of movements of individuals and goods which is expected to stop the spread of the diseases. It is more interesting to note that there is a public awareness of this disease.
frequently used during war, during high contagious disease where its clinical findings and treatment are uncertain (Wilder-Smith and Freedman, 2020). Lock down has affected many country's economy. In an attempt to stop the spread of the virus from individuals travelling into Indian from endemic areas to internal, the community spread, a feature of stage 3 of disease process of temporary 15 days lockdown (complete restriction on all international, domestic travel, social isolation, suspension of all non essential services) as announced by Prime Minister of India on March 24th 2020.(Anitha and Ashwini, 2017). On other hand this could be the limitations to the spread of a virus, however likely it has a great impact on the people's life. Being in lockdown around 50 days leads to both mental and social problems. The patients who suffer from a lot of diseases, who had been hospitalized for a long period of time, started feeling more threatened and unsafe (Ashwini, Ezhilarasan and Anitha, 2017). The optimal intensity and duration of the lockdown depends on the cost of fatalities, as measured by the value of a statistical life, effectiveness of lockdown (the reduction in number of contacts once people are asked to stay home) and possibility of testing i.e. identity who acquired immunity to diseases. Even the markets and other accessory shops have been closed for a long period of time people started running out of commodities (Website, no date). The people who have good immune systems were affected the least (Lakshmi et al., 2015). By the end of December 2019, china started to experience this covid-19 and followed by several countries like Italy, Spain and Australia were fighting with COVID-19 pandemic by following strict measures like national wide lockdown in the areas that were suspected of having risk of community spread. Taking cues from the foreign counterparts, the government of India undertook an important decision of nationwide lockdown on March 21 for 21 days from March 26 to April 14, 2020 (Taneja et al., no date). India being with the highest population of 1.3million started facing more irreversible damage. When the Prime Minister of India announced the lock down it did not come as a surprise to people because they were actually given the idea about lockdown through Janata curfew for 14 hours on March 22 from 7 am to 9pm (Xu, Yaqian and Chen, no date).

On comparing the previous literature between the country following quarantine and not following, concluded that lockdown has the power of controlling the widespread of diseases and saves people life. Literature says that “while human quarantine, nature conquers new urban spaces” (Sharma et al., 2019). Humans have been exploring nature to meet their own needs. A report by the UN global assessment says that nature has been destroyed from 10 -100 times more in this decade but now everything has changed due to this lock down(Lynch, 2020). Many positive things have occurred to nature due to the lock down. Our team has rich experience in research and we have collaborated with numerous authors over various topics in the past decade (Deogade, Gupta and Ariga, 2018; Ezhilarasan, 2018a; Ezhilarasan, Sokal and Najimi, 2018; Jeevanandan and Govindaraju, 2018; J et al., 2018; Menon et al., 2018; Prabakar et al., 2018; Rajeshkumar, Kumar, et al., 2018; Vishnu Prasad et al., 2018; Wahab et al., 2018; Dua et al., 2019; Duraisamy et al., 2019; Ezhilarasan, Apoorva and Ashok Vardhan, 2019; Gheena and Ezhilarasan, 2019a; Malli Sureshbahu et al., 2019; Mehta, Deeksah, Tewari, Gupta, Awasthi, Singh, Pandey, Chellappan, Wadhwa, Collet, Hansbro, Kumar, et al., 2019; Panchal, Jeevanandan and Subramanian, 2019; Rajendran et al., 2019; Rajeshkumar et al., 2019; Ramakrishnan, DhanaLakshmi and Subramanian, 2019; Sharma et al., 2019; Varghese, Ramesh and Veeraiyan, 2019; Gomathi et al., 2020; Samuel, Acharya and Rao, 2020)

The current study gives detailed statistics on the impact of lockdown among people due to covid19. This survey based study had concentrated on the pros and cons during this lock down. The aim of the study was to analyse the impact of lockdown among people due to COVID -19

MATERIALS AND METHOD
A cross sectional survey research approach using electronic distribution of a questionnaire was done based on the impact of lockdown among people due to covid-19 and the sample size was 200 participants. This was the best approach for the collection of data as a large number of the general population of the chennai city were involved and also suitable in present conditions where people have to avoid gathering, close contact etc. The online survey included 20 questions based on lockdown, work from home, epass etc. The data were collected through an online portal that is the Google form, survey planet. Then the collected data was recorded and statistically analysed using the latest version of SPSS software. The inclusive criteria were age, sex, awareness of covid-19. Chi square test was used, with p value less than 0.05 to be statistically significant.

RESULTS AND DISCUSSION
The nationwide have been under straight lock down to stop the spread of coronavirus 19 and have experienced an unintended benefit. This outbreak has contributed to the noticeable drop down in the human population. The people already suffering with the underlying causes like diabetes, cancer, respiratory problem and immunocompromised suffer the most, (Perumalsamy et al., 2018). This lockdown has a remarkable effect on people’s life and caused an unexpected effect on the earth (Ezhilarasan et al., 2017). Around 57% of men took the survey and 42.9% of females have taken the survey(Fig 1). Around 73.7% who attended this survey were students, because the age group we selected mostly came under, students are the next generation of our nation
and 16.6% of them are working. In this current generation it’s so obvious that children are facing more respiratory problems like wheezing and asthma (Mehta, Deeksha, Tewari, Gupta, Awasthi, Singh, Pandey, Chellappan, Wadhwa, Collet, Hansbro, Rajesh Kumar, et al., 2019). COVID-19 is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-COV-2). It was first identified in December 2019, in Wuhan, China and spread globally (Ezhilarasan, 2018b). The majority of cases result in mild symptoms, some progress to acute respiratory distress syndrome (ARDS), causes multiple organ failure, septic shock and a blood clot (Ezhilarasan, Sokal and Najimi, 2018). Around 86.3% know all these symptoms and about COVID-19. Only 13.7% or not aware (fig3). 82.4% feel changes in the daily routine, this is because it’s been more than 50 days in a lockdown(fig 4). On 24th March, PM of India ordered a nationwide lock down for 21 days and now we’re in phase -5 of extension of this lock down till 30th june. So it has an unremarkable effect on the body and mental status of the people, where more biochemical changes take place (Gheena and Ezhilarasan, 2019b).

The fact that 79% of them gained a new habit(fig 5), the fact being in a lockdown made them gain a new habit and around 70.7% lose their daily routine habit(fig 6). The one fine example is waking early and sleeping early, till before this lock down, people were in a proper sleep cycle now everything has changed upside down. Since the entire country is in strict lockdown, there is no way of getting basic requirements and then the government of India understood these circumstances and made shops open for a few hours to get the basic requirement. Around 76.6% get the basic requirements in their area (fig 7). World is facing the impact of covid-19, on all aspects of life, in all countries and in all industries. No one is certain about how much and how long the impact of the pandemic will last on the global economy (Menon et al., 2018). During this lockdown IT industry made employees work from home (WFH) as per government mandate (Rajeshkumar, Venkat Kumar, et al., 2018). This WFH has made 39.5% happy and 22.7% of them stressful working (fig8). Around 82% of them say this lock down helps in controlling this pandemic(fig 9). This lock down restricts people from stepping out of the homes. All transport services - road, air, rail were suspended, with expectation for transportation of essential goods, fire, police and emergency services (Karthiga, Rajeshkumar and Annadurai, 2018). Services such as food shops, banks and ATMs, petrol pumps are exempted. The home Ministry stated that anyone who fails to follow the restriction can face up to 1 year in jail (Rajeshkumar, Agarwal, et al., 2018).

This lockdown helps around 80% to spend quality time with the family members(fig 10). The government has taken sufficient steps to overcome this pandemic, around 82.9% agree to this(fig 11). During the phase -1 of lock down all services and factories were closed completely and the government has made steps by relieving some factories and services (Chen et al., 2020), about 70.7% were able to move out during emergency conditions in this lockdown (fig 12). With factories and workplaces shut down for a longer period millions of people started having a shortage of income. Around 63.9% face a shortage of income and 36.1% have no shortage of income(fig 13). The Government of India has announced this e-pass, since the country is locked down for the 4th time, so now the government has made some relaxation. People are allowed to move around a bit and visit the home town if only an emergency (Merchant and Lurie, 2020). 76.6% are aware of the e-pass (fig 14) and the procedure to get it and 53.7% feels it’s beneficial(fig 15).
Fig. 2: The pie chart shows the category of the participants, where the majority 73.7% are students (blue), whereas 16.6% are working individuals (green).

Fig. 3: The pie chart shows awareness on COVID-19 among participants, where the majority of the people 86.3% (blue) are aware of COVID-19, whereas 13.7% (green) are not aware.

Fig. 4: The pie chart shows responses to the question on whether there were any changes in the daily routine due to lockdown, where the majority of people 82.4% (blue) have responded yes, whereas 17.6% (green) have no changes in their daily routine.
Fig. 5: The pie chart shows about gaining a habit during the lockdown of covid-19, where the majority of them 79% (blue) gained a habit, whereas 21% (green) did not gain a habit.

Fig. 6: The pie chart shows about losing a habit during the lockdown of covid-19, where the majority of the people around 70.7% (blue) lost a habit, whereas 29.3% (green) have not lost a habit.

Fig. 7: The pie chart shows about getting basic requirements in their area, where the majority of the people 76.6% (blue) are getting the basic requirements in their area, whereas 23.4% (green) are not getting basic requirements in their area.
Fig. 8: The pie chart shows the feeling of doing work from home due to this lockdown, where 39.5% (blue) of them feel happy and 32.7% (green) feel stressed and 18% (yellow) feel normal.

Fig. 9: The pie chart showing whether this lockdown is really helpful in controlling this pandemic, where the majority of the people 82% (blue) say this lockdown is helpful in controlling the pandemic, whereas 18% (green) say lockdown is not helpful in controlling the pandemic.

Fig. 10: The pie chart showing whether this lockdown is helpful in spending quality time with their family, where the majority 80% (blue) of the people responded yes, whereas 20% (green) says lockdown is not helpful in spending quality time with family.
Fig. 11: The pie chart shows whether their government has taken steps to overcome this pandemic, where the majority 82.9% (blue) of the people says their government has taken sufficient steps, whereas 17.1% (green) says their governments have not taken sufficient steps.

Fig. 12: The pie chart shows their ability to move out during any emergency situation in this lockdown, where the majority 70.7% (blue) of the people are able to move out during emergency conditions, whereas 29.3% (green) were not able to move out during any emergency situation in this lockdown.

Fig. 13: The pie chart shows the shortage of income among participants due to this lockdown, where the majority of the people 63.9% (blue) had a shortage of income, whereas 36.1% (green) does not face any shortage of income.
Fig. 14: The pie chart shows the awareness of e-pass and the procedure to get it, where the majority of the people 76.6% (blue) are aware of e-pass, whereas 23.4% (green) are not aware of e-pass and procedure to get it.

Fig. 15: The pie chart showing the beneficial role of e-pass during the lockdown, where the majority of the people 63.7% (blue) say e-pass was beneficial, whereas 29.8% (green) say e-pass is not beneficial and 16.6% (yellow) say it might be beneficial.
Fig. 16: The bar graph represents the association between the gender and awareness about COVID-19. X-axis represents gender and Y-axis represents awareness about COVID-19. Where (blue) yes and (green) No. 86.3% are aware of COVID-19, where 47.80% are male, 38.53% are female. Hence men were more aware of COVID-19 than women. Chi-square analysis was done at P 0.01 (p < 0.05) which was statistically significant.

Fig. 17: The bar graph represents the association between the gender and awareness about COVID-19. X-axis represents gender and Y-axis represents awareness about COVID-19. Where (blue) yes and (green) No. 86.3% are aware of COVID-19, where 47.80% are male, 38.53% are female. Hence men were more aware of COVID-19 than women. Chi-square analysis was done at P 0.01 (p < 0.05) which was statistically significant.
Fig. 18: The bar graph association between the gender and losing a regular habit during COVID-19. X axis represents gender and Y axis represents frequency of the participants who lost a habit. Yes (blue) and No (green). 70.7% lost their regular habit during this lockdown, where 38.04% are male and 32.68% are female. Hence, men lost their regular habits more than women. Chi square analysis was done $P = 0.049$ ($p < 0.05$) which was statistically significant.

Fig. 19: The bar graph represents association between the gender and whether this lockdown is really helpful in controlling this pandemic. X axis represents gender and Y axis represents lockdown is controlling the pandemic, Yes (blue) and No (green). 82% says this lockdown is helpful in controlling the pandemic, where 46.34% are male and 35% females. Males felt lockdown helped in controlling the pandemic than females. Chi square analysis was done $P = 0.01$ ($p < 0.05$) which was statistically significant.
Fig. 20: The bar graph represents association between the gender and whether this lockdown is really helpful in controlling this pandemic. X axis represents gender and Y axis represents lockdown is controlling the pandemic. Yes (blue) and No (green). 82% says this lockdown is helpful in controlling the pandemic, where 46.34% are male and 35% females. Males felt lockdown helped in controlling pandemic than females. Chi square analysis was done P 0.01 (p < 0.05) which was statistically significant.

Fig. 21: The bar graph represents association between the gender and beneficial role of Epass. X axis represents gender and Y axis represents the beneficial role of e-pass. Yes (blue), No (green) and May be (yellow). 63.7% feel epass is beneficial, where 31.21% are male and 22.43% are female. Males felt e-pass to be more beneficial than females. Chi square analysis was done P 0.049 (p < 0.05) which was statistically significant.
Our institution is passionate about high quality evidence based research and has excelled in various fields (Pc. Marimuthu and Devadoss, 2018; Ramesh et al., 2018; Vijayashree Priyadharsini, Smiline Girija and Paramasivam, 2018; Ezhilarasan, Apoorva and Ashok Vardhan, 2019; Ramadurai et al., 2019; Sridharan et al., 2019; Vijayashree Priyadharsini, 2019; Chandrasekar et al., 2020; Mathew et al., 2020; R et al., 2020; Samuel, 2021)

CONCLUSION
The findings of this study, it can be seen that most of the general public are following the protocol of lockdown due to COVID-19. The lockdown has been implemented to prevent the widespread diseases by the government of India. During this lockdown the public faced a tremendous impact on livelihood over access to the essential commodities, transportation and their need for their several emergencies, it also made people to gain more awareness about a pandemic, when individual personalities were also altered which had a great impact over their personal lives, though we conclude that we should follow this kind of measure to protect ourselves from this pandemic disease.

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