



Changes in Life Style Behaviors during COVID 19

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Abstract

The COVID-19 pandemic addresses an amazingly enormous effect on human health, causing a rapid way of life changes, such as social separating and isolation at residence, with cultural and economic results. Enhancing public health during this pandemic requires not just comprehension from the medical and biological sciences, but additionally of all human sciences identified with way of life, social and conduct consider, including dietary propensities and way of life. Most of the employees are losing their job and most of the corporate has changed their work culture. COVID 19 period traditional work culture has changed to work from home culture. People are staying in their home no one migrates to other place or going to the relative house. In beginning one or two months everyone enjoys with their family. After few months it was difficult to lead their family. Due to home confinement, several changes are occurring in human life one of the big challenges is that his /her lifestyle behaviors are changed. In this study mainly focus on lifestyle behavior changes like eating habit, physical exercise, and sleeping habit. Data were collected from 60 respondents. By using two-way ANOVAs test for testing the hypothesis.

Key word: Life style behaviors, eating habit, physical exercise and sleeping habit.

Introduction

India has the second-largest population in the world. Nutrition and physical activities are the fundamental aspects of human health. This lifestyle behavior has been facing great challenges in COVID 19 pandemic condition. COVID 19 infectious disease was the first outbreak in December 2019 in Wuhan city of central Hubei province of China. This infectious disease spread easily all over the world, to control the spread of infectious disease the state and central government announced complete lockdown across the country. Some of them lose their job. Most of the corporate companies have started work from home policy. Globally this is the first time in a new environment for all. People faced big challenges to balance a new working environment. Under a new working environment, there was no time limit for working. Work from home environment

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employees working long hours in a day. This leads to lifestyle was completed changed. Hence this study was undertaken lifestyle behavior changes in COPVID 19 period.

Review of literature

Sakshi Chopra and Plyush Rajan et.al.,(2020)1 in their study entitles “ the impact of Covid19 on lifestyle-related behaviors” the researcher collected primary data from 995 respondents by adopting survey method. After analysing the data the study concluded that Covid19 marginally improved the eating behaviour, one –third of participants gained weight as physical activity. Mental health was also adversely affected.

Kasthuri Ranga and Thanalakshmi et.al, (2020)2 in their study entitled “Covid19 pandemic lockdown: the cause of sleep disturbance and psychological profiles among officer workers in Chennai”. The study mainly conducted to investigate sleep quality, stress level, and depression, and quality of life in the office shift workers and non-shift workers during the pandemic home confinement. The researcher conducted primary data were collected from 350 respondents in Chennai city. They conclude that the physical and psychological health is disturbed due to increased screen exposure who is corporate shift workers.

Zhao Hu and MD Xunuicin et.al.,(2020)the study entitled on “Impact of the covid19 epidemic on lifestyle behaviors and their association with subjective well-being among the general population in mainland China: a cross-sectional study” the objective of the study is to explore perceived lifestyle changes after the outbreak of covid19. The researcher collected primary data from 1033 respondents in the study area. The collected data were systematically analyzed for statistical purposes. A multivariate regression method was used. The study concludes that positive and negative impacts on different aspects of lifestyle behavior. Both unhealthy lifestyle behavior and negative lifestyle changes were associated with lower subjective well-being.

Vikhram Ramasubramanian et.al,(2020) in their study on “State-wide survey of psychological distress among people of Tamil Nadu in the Covid19 pandemic”. The objective of the study is to assess stress and the factors that influence it. The researcher collected primary data through an online survey from 662 respondents. Snowball sampling technique was used. Binomial Regression analysis was used to identify the extent of the relationship between Covid 19 per traumatic Distress Index and socio-demographic factors. The study concluded that the covid19 pandemic has created stress across all spheres of human life.

Objective of the study

To find out the life style behavior changes in eating habits, physical activities and sleeping time.

Methodology

The validity of any research depends upon accurate and adequate data. Hence due care was taken for collecting the required data for the study

Sampling Design:

The present study used primary data. For collecting primary data field survey technique was undertaken in the study area. Field survey technique was conducted in person and the data were collected as per the requirement. The first hand information collected from 60 respondents residing in Udumalpet town.

Frame work of analysis:

For the purpose of analysis, master table was prepared with the information collected through interview schedule. The collected data were presented in the simple table and these tables systematically analyzed with the help of simple percentage, and Two -way ANOVA.

Table No.1:- Demographic Profile of the Respondents

Variables	No. of respondents	Percentage
Age group		
Young	25	41.67
Middle	27	45.00
Old	08	13.33
Sex		
Male	43	71.67
Female	17	28.33
Educational Qualification		
Illiterate	10	16.67
School level	19	31.67
College level	20	33.33
Diploma level	11	18.33
Occupation		
Agriculturalist	09	15.00
Government Employee	14	23.33
Private employee	27	45.00
Business men	10	16.67
Annual Income(Rs)		
500000-800000	26	43.33
800000-1100000	23	38.33
1100000-1400000	11	18.34
Family size		
2-3	28	46.67
3-4	24	40.00
4-5	08	13.33

Source: Primary data

From the above table 45 percent of the respondents come under middle age group.41.67 percent of the respondents come under young age group category.13.33 percent of the respondents comes under old age group category.71.67 percent of the respondents were male and 28.33 percent of the respondents were female. 33.33 percent of the respondents were educated at college level, 31.67 percent of the respondents were educated up to school level 18.33 percent of the respondents were educated at diploma level and16.67 percent of the respondents were illiterate.

45 percent of the respondents were private employees, 23.33 percent of the respondents were government employees, 16.67 percent of the respondents were doing business and 15 percent of the respondents were agriculturalist. 43.33 percent of the respondents were earned annual income between Rs.500000-800000, 38.33 percent of the respondents were earned Rs. 800000-1100000 p.a. and 18.34 percent of the respondents were earned annual income between Rs. 1100000-1400000. 46.67 per cent of the respondents family size between 2-3, 40 percent of the respondents family size between 3-4 members and 13.33 percent of the respondents family size between 4-5.

Table No.2 Life style behavior of the Respondents

Variables	Eating habit				Physical activities				Sleeping time		
	fruits	vegetables	Non-Veg	snacks	yoga	meditation	walking	jacquing	8to10 (hr)	10to12 (hr)	12to14(hr)
age	18	12	19	11	15	25	11	9	21	24	15
sex	13	16	22	09	19	21	15	05	28	21	11
Educational qualification	5	7	16	32	14	15	24	07	11	16	33
occupation	14	28	09	09	18	15	19	08	30	15	15
Annual income	14	13	19	14	24	24	10	02	16	23	21
Family size	17	13	15	5	23	28	05	04	30	22	08

Source: Primary data

Under age group, out of 60 respondents the highest 19 respondents were taken non vegetarian food during Covid 19 period. The highest 25 respondents were doing meditation. The highest 24 respondents were taken sleeping time between 10 to 12 hours. Under both male and female category the highest 22 respondents were taken non vegetarian food. Highest 21 respondents were doing meditation. The highest 28 respondents were taken sleeping time between 8 to 10 hours. Under educational qualification the highest 32 respondents were preferred snacks items. Highest 24 respondents were taken walking as physical activity.

The highest 33 respondents were sleeping time between 12 to 14 hours. Under occupation category highest 28 respondents were taken vegetarian food. The highest 19 respondents were preferred walking as physical activity. Highest 30 respondents were taken sleeping time between 8to 10 hour. The highest 19 respondents were preferred non-vegetarian food. Highest 24 respondents taken yoga and meditation as physical activity the highest .23 respondents were taken sleeping time between 10to12 hour. Under family size highest 17 respondents were preferred vegetarian food. Highest 28 respondents were doing meditation and the highest 30 respondents were taken sleeping time between 8to10 hours.

Table No.3 Life style behavior and demographic factors (Two Way -ANOVA Table)

Age group of the respondents	Sum of square	V	Mean square	F Value	Table value	Significant
Eating habit						
Between column	54.5	2	27.25	0.91	4.76 5.14	**
Between row	16.67	3	5.55	0.19		
Residual	178.83	6	29.80			
Physical Activities						
Between Colum	54.5	2	27.25	2.18	4.76 5.14	**
Between row	50.67	3	16.89	1.35		
Residual	74.83	6	12.47			
Sleeping time						
Between column	72.67	2	36.33	1.49	6.94 6.94	**
Between row	14	2	7	0.29		
Residual	97.33	4	24.33			
Sex						
Eating habit						
Between column	144.5	1	144.5	2.84	10.13 09.28	**
Between row	45	3	15	0.29		
Residual	152.5	3	50.83			
Physical Activities						
Between column	144.5	1	144.5	9.527473	10.13 09.28	**
Between row	76	3	25.33333	1.67033		
Residual	45.5	3	15.16667			
Sleeping time						
Between column	192.66	1	192.66	11.91	18.51 19.00	**
Between row	73	2	36.52	2.26		
Residual	32.33	2	16.17			
Educational qualification						
Eating habit						
Between column	119.5	3	39.83	2.45	3.86	**
Between row	113.5	3	37.83	2.33		
Residual	146	9	16.22			
Physical Activities						
Between column	20.5	3	6.83	1.81	3.86	**
Between row	36.5	3	12.17	3.22		
Residual	34	9	3.78			
Sleeping time						
Between column	27.33	3	9.11	0.44	4.76 5.14	**
Between row	66.5	2	33.25	1.61		
Residual	124.17	6	20.69			
occupation						
Eating habit						
Between column	51.5	3	17.17	7.36	3.86	*

Between row	60.5	3	20.17	8.64	3.86	** No
Residual	21	9	2.33			
Physical Activities						
Between column	51.5	3	17.17	2.53	3.86	**
Between row	18.5	3	6.17	0.91		
Residual	61	9	6.78			
Sleeping time						
Between column	68.67	3	22.89	2.99	4.76	**
Between row	37.5	2	18.75	2.45		
Residual	45.83	6	7.64			
Annual income						
Eating habit						
Between column	31.5	2	15.75	0.83	5.14	**
Between row	7.33	3	2.44	0.13		
Residual	113.17	6	18.86			
Physical Activities						
Between column	31.5	2	15.75	1.89	5.14	**
Between row	118.67	3	39.55	4.75		
Residual	49.83	6	8.30			
Sleeping time						
Between column	42	2	21	1.64	6.94	**
Between row	8.67	2	4.33	0.34		
Residual	51.33	4	12.83			
Family size						
Eating habit						
Between column	56	2	28	3	5.14	**
Between row	56	3	18.67	2		
Residual	56	6	9.33			
Physical Activities						
Between column	56	2	28	12.6	5.14	*
Between row	66.67	3	22.22	10		
Residual	13.33	6	2.22			
Sleeping time						
Between column	74.67	2	37.33	1.16	6.94	**
Between row	82.67	2	41.33	1.28		
Residual	128.67	4	32.17			

significant, *Significant

The above table clearly shows that the demographic variable like age, sex, educational qualification and annual income .the calculated values of F are less than the table value at 5% level of significance. The hypothesis is accepted. Hence there is no significant difference between age group and eating habit, physical activities and sleeping times, sex and eating habit, physical activities and sleeping times, educational qualification and eating habit, physical activities and sleeping times. Under occupation, the calculated values of F are greater than the table value at 5% level of significance. The hypothesis is rejected.

Hence there is a significant different between occupation and eating habit, whereas. Physical activities and sleeping time F value is less than the table value hence hypothesis is accepted. Hence there is no significant different between occupation and Physical activities and sleeping time. Under size of family in physical activities F Value is greater than the table value at 5% level of significance. The hypothesis is rejected Hence there is a significant different between family size and physical activities. Eating habit and sleeting time F value are less than the table value at 5% level of significance. The hypothesis is accepted. Hence there is no significant difference between Family size and eating habit and sleeping times.

Conclusion

Covid 19 pandemic is unpredictable our lives during lock out period life style are changed. The COVID-19 pandemic may have positive and negative impacts on different aspects of lifestyle behaviors. The study concluded that the COVID-19 marginally improved the eating behavior and the respondents were long hours time taken as sleeping.

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