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THE IMPACT OF COVID-19 LOCKDOWN ON HUMAN BEHAVIOUR W.S.R.T MUMBAI

Sachin Dalvi

Abstract— A new strain of corona virus, also known as COVID-19, was confirmed in the Wuhan city of China in December 2019 and has spread around 188 countries around the globe causing the WHO to declare it as a global pandemic.

This research is an attempt to find out how psychological factors affects to the changes in human behaviour during this COVID-19 lockdown. Three prominent psychological factors were considered. The three prominent psychological factors are motivation, perception and attitude. A structured questionnaire consisting of 18 questions (including demographic data) was prepared and 388 responses were recorded. The data collected from this questionnaire was reviewed and analyzed. Deductive approach of research was used in order to study how psychological factors affects to change in human behaviour during this lockdown.

The objectives of the study was to see whether people are aware of the behavioural changes that they might experience during this lockdown. It was observed that majority of the people were aware of the behavioural changes that they may experience during this lockdown. Major behaviour changes experienced were laziness, becoming ill-tempered and anxiety. Chi square test and Mann-Whitney U test were used to find relationship between psychological factors and changes in human behaviour.

Findings from this research suggests that people are unable to deal with this lockdown. There are certain coping mechanisms that people are using to better deal with this lockdown. Coping mechanisms such as doing household chore, office work, using social media and internet were majorly used by the people to deal with this lockdown.

In these troubled times of an outbreak of a pandemic it is important to understand how psychological factors affects to change in human behaviour. This understanding will help us to better deal with the situation and minimizing the impact of this disease on human health.

Index Terms— **COVID-19, global pandemic, psychological factors, motivation, perception, attitude, human behavior, coping mechanisms.**

I. INTRODUCTION

It was around mid-march when the government authorities said to the general public to stay away from floral display, and most importantly from one another. The novel corona virus (COVID-19) had reached all the corners of the globe. People all over the world have been impacted. Even the most powerful nations like United States of America have miserably failed to find a solution to this problem. They are running short of medical supplies. It is quite clear that the novel corona virus has affected all of us. Since there are no proper medication available yet, lockdown and social distancing are the only ways we can try to control the spread of this COVID-19. Harsh regulations have been imposed by the government to contain the spread of this disease. However, the study of human behaviour suggests that people will find it harder to stick to these rules the longer the situation continues. Previous research suggests that the pandemic can be stressful and people may experience behaviour changes.

As people often struggle to adjust to these new realities, behaviour of the people undergoes certain changes. People's reaction to this pandemic may differ from individual to individual. Fear is something that can drive a human behaviour, as we see in super markets and grocery stores i.e. panic buying! It is a time where people are unclear about what is happening and what is going to happen. People want to take action in order to take control over the situation. Such changes in the human behaviour is due to unclear communication of factual information between the authorities and the public. Studies shows that high level of media exposure after a disaster can lead to high level of psychological distress among people. During crisis people become more reliant on media than they would actually be in a typical situation. Media has a very important responsibility to communicate what is known clearly and accurately to the general public. All over the world people are scared and confused about what to do and whom to turn to in such a situation!

Without an effective vaccine or even a proven therapeutic treatment and shortages of supplies including personal protective equipment, nurses and doctors are the worst affected in this fight. Doctors and nurses will be developing severe depression and other disorders during such times. Usually during a pandemic situation a countries first response would be trying to reduce the spread of the disease, taking care of the affected ones and vaccine development, however it has been noticed that the psychological aspects were ignored during this process! Therefore it is important to understand the psychological impact of this COVID-19 lockdown on the general public.

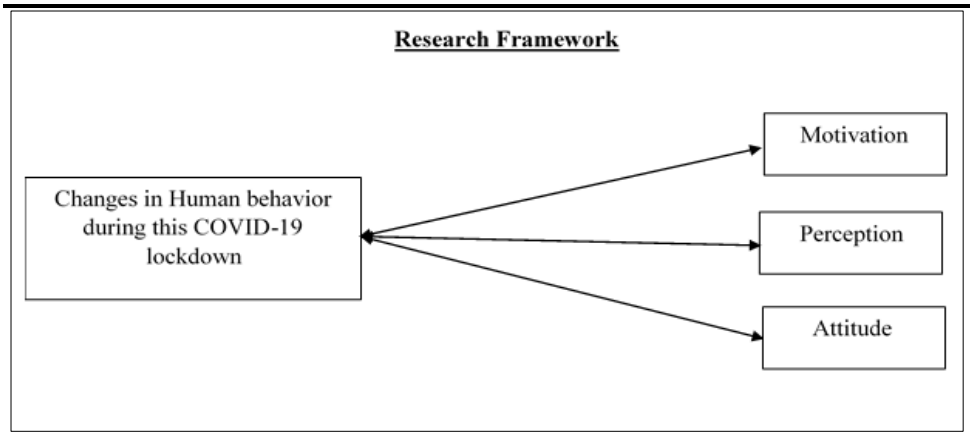

Figure 1: shows the research framework

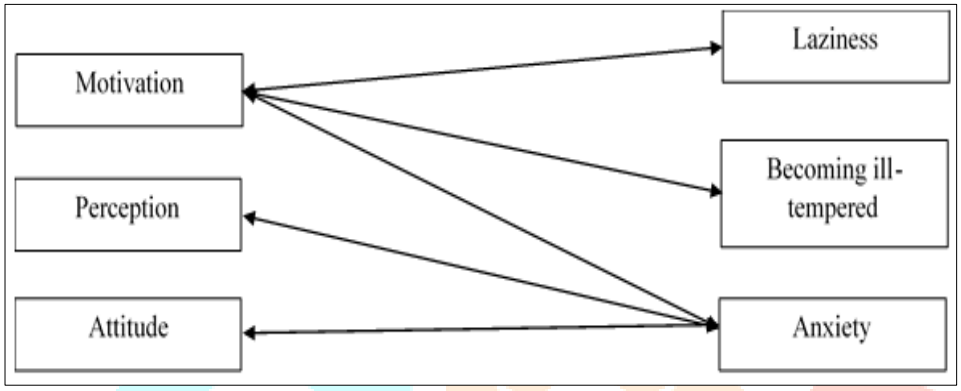

Figure 2: shows the relationship between the psychological factors

The word "COVID-19" was derived from the year it was first detected (2019) and from the letters CO-rona-VI-rus-D-isease-2019. Coronaviruses are a group of related RNA viruses that cause diseases in mammals (including humans) and birds. COVID-19 is one of the virus from the corona virus family. The word "coronavirus" is derived from the Latin word "corona" which means crown. The name was first used by June Almeida & David Tyrrell who first observed and studied human coronaviruses. Seven species of human coronaviruses are known to us of which three human coronaviruses produces symptoms that are potentially sever and can kill a human being. Those three coronaviruses are MERS (Middle East respiratory syndrome), SARS (Sever acute respiratory syndrome) and COVID-19 (Coronavirus disease 2019). The current COVID-19 is a part of SARS.
At the time of writing this paper, there have been 19,008,420 confirmed cases worldwide and 711,906 confirmed deaths all over the world. As per government of India data, there are 1,967,700 confirmed cases and 40,772 confirmed deaths in India as of 8th August 2020.
There are very few studies conducted on the people of Bombay highlighting the behaviour changes during this pandemic. There is very limited literature available to understand the behavioural changes in a human being during a pandemic, as the world has not encountered a pandemic of COVID-19 magnitude in nearly 100 years.

II.REVIEW OF LITERATURE

Vishwanath & McCauley conducted a research during 2009 H1N1 (also known as Swine flu/ pig influenza) pandemic. The primary objective of this research was to understand whether flu pandemics can be a significant source of individual and social distress. A total of 46 participants were surveyed for this research. The results of this research suggests that apart from anxiety over personal health and stress a flu pandemic can lead to stigmatization of marginalized social groups. The research paper also suggested ways about how the authority/ management can anticipate and mitigate the negative impacts of pandemics on human beings in future. [1]

Bish & Michie conducted a research during the 2002/03 SARS outbreak. The primary objective of this research was to identify factors that can influence to change in behaviour of people during a pandemic. While conducting this research three broad categories of behaviour was studied: preventive, avoidant, management of disease behaviour. In addition to that twenty-six research papers were studied. The results of this research suggests that there is a relationship between demographic factors, attitude and behaviour change. Demographic differences in behaviour were observed through this research. [2]

Blakey, Reuman, Jacoby & Abhramowitz in his work he tried to identify the psychological changes in people (with varying levels of anxiety) responding to the 2014 Ebola outbreak. The research was conducted during the 2014 Ebola outbreak. For this purpose they surveyed one hundred and thirty seven undergraduate psychology student at the University of North Carolina. In their study they suggested that people are not highly fearful of the Ebola virus. [3]

Chen & Ryan in their research paper highlighted the role of Intolerance of uncertainty as a moderating factor of anxiety. The objective of this research was to understand the role of intolerance of uncertainty and stress among individual. A research was conducted among 132 undergraduates. Various parameters of stress were studied, such as: intolerance of uncertainty, worry, anxiety and daily hassles. Results showed that individuals with higher intolerance of uncertainty was associated with anxiety and worry as compared to those with lower intolerance of uncertainty. [4]

Cheng & Cheung in their study examined anxiety and coping methods to the outbreak of SARS w.s.r.t. Hong Kong. This research was conducted during the 2002-03 SARS outbreak. This study was conducted over a period of time and was divided into 4 study periods. The aim of this research was to examine the changes in human behaviour in terms of state anxiety over all 4 study periods. For this purpose 72 Chinese undergraduates between the age group of 17-24 years were surveyed. Results of this research showed that all people might be facing the same fear of unknown health risk but not all of them have the same extent of anxiety or adopt same coping mechanism. Study also showed that coping responses may change after occurrence of some drastic sever event. [5]

Dijkstra & Homan conducted a research to study why some coping strategies are effective in reducing the negative effects of stressors and some are not that effective in doing. A survey was conducted for this purpose and data was collected from a large sample of 543 participants. Seven different strategies of coping with stress was assessed. Findings of the research concludes that strategies such as: passive reaction pattern, palliative reaction and avoidance were consistently related to deteriorate psychological well-being of an individual. [6]

Brooks, Webster, Smith, Woodland, Wessely, Greenberg & Rubin tried to study the psychological impact of quarantine on human beings. They reviewed 24 papers on psychological impact of quarantine on human behaviour. The results of this research showed that longer periods of quarantine were associated with stress, anger and avoidance. This research paper suggests that the psychological impact of quarantine is wide ranging, substantial and can be long-lasting. [7]

Balinksa & Rizzo conducted a research during the H1N1 (Swine flu) outbreak of 2009. The objective of this research was to find the consequences of an influenza pandemic SARS on public health authorities, health care workers and general population. The results of this research suggests that the public health authorities were quick to recognize this influenza outbreak as a pandemic, and were expecting three epidemic waves: first mild, the second bitterly hostile and third declining. The general public were really worried about this influenza in the beginning but with time the wave of fear declined mainly for the reasons of psychological stress due to isolation. Overall people experienced a behavioural change during that time. [8]

Singhal & Vijayaraghavan, conducted a research during COVID-19 Pandemic Lockdown Period in India. The objective of this research was to examine the public reactions to the COVID-19 pandemic in terms of anxiety and coping techniques adopted during the lockdown period. This research was conducted during the 2019/20 COVID-19 pandemic. A total of 231 participants were surveyed for this research. The results of the research suggests that there was a change in people behaviour during this lockdown period. The results shows that people are getting cautious to any bodily changes, cold, fevers, sneezing etc. and attribute those changes to the symptoms of COVID-19. [9]

III. RESEARCH METHODOLOGY

Objectives of the research

1. To understand the awareness of people relating to the changes in human behaviour during this lockdown
2. To understand how psychological factors affect the changes in human behaviour during the lockdown.
3. To understand what measures people are taking to control such changes.

In order to meet the objectives of the research a qualitative as well as quantitative data was collected. Qualitative data was collected from sources such as newspapers, magazines and internet. Various blogs websites and previous published research papers were considered while writing this research paper.

IV. DATA COLLECTION METHODS AND TOOLS

Since it was an attempt to formulate a set of hypothesis which needs to be confirmed or rejected during the research process, thus the approach of research followed would be a deductive approach. This deductive approach will find whether the psychological factors are associated to change in human behaviour during this lockdown and which techniques are significant for better dealing with this lockdown.

A structured questionnaire was prepared for collection of data. The questionnaire was a combination of open ended and close ended questions. This questionnaire was prepared via google forms and was circulated through mobile phones and emails. 388 responses were recorded from the questionnaire. Data collected from the questionnaire was reviewed and analyzed, for analysis purpose IBM SPSS Statistics version 23 was used.

V. ANALYSIS AND INTERPRETATION

Of the 388 respondents 51% were females and 49% were males. Chi-square test was used to find an association between psychological factors and changes in human behaviour. Mann-Whitney U test was used to find how people are dealing with this lockdown. The accepted significance level used for this research was 0.05 i.e. 5%.

Motivation can be explained as the force or energy that directs an individual behaviour. As the COVID-19 lockdown continues it can be difficult to maintain the same level of enthusiasm for doing our daily chores. Perception can be explained as one's view or interpretation about something whereas attitude is closely related to action or behaviour. Attitude is often expressed through words or behaviour. It is very important to understand how these psychological factors can lead to changes in human behaviour during this lockdown

An attempt was made to find association between the psychological factor "motivation", "perception", "attitude" and behavioural changes that a person may experience during this lockdown. Following are the hypothesis that were framed.

Initially we tried to find association with the psychological factor "motivation" and "laziness". Laziness was one of the most experienced changes in human behaviour during this lockdown. Therefore it was very important to study these variables. Following are the hypothesis that were framed.

H0- There is no relationship between the psychological factor "motivation" and "laziness" during this lockdown.
H1- There is a relationship between the psychological factor "motivation" and "laziness" during this lockdown.

Table 1: Motivation factor v/s Laziness

		Laziness		Total
		No	Yes	
Motivation factor	Always	53	71	124
	Very often	22	58	80
	Sometimes	26	110	136
	Rarely	8	30	38
	Never	3	7	10
Total		112	276	388

Figure 3: Shows graphical representation of Motivation factor v/s Laziness

Table 2: Results of Chi-Square test between Motivation factor and Laziness

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	19.13	4	.001

As the significance level is less than < 0.05 we reject our null hypothesis and accept our alternate hypothesis and hence conclude that there is a relationship between the psychological factor "motivation" and "laziness" during this lockdown. There has been a decrease in the level of motivation thus leading to an increase in laziness among people.

We thought that there might be an association between the psychological factors "motivation" and the behaviour change "lack of sleep". Following are the hypothesis that were formed.

H0- There is no relationship between the psychological factors "motivation" and "lack of sleep" during this lockdown.
H1- There is a relationship between the psychological factors "motivation" and "lack of sleep" during this lockdown.

Table 3: Motivation factor v/s Lack of sleep

		Lack of sleep		Total
		No	Yes	
Motivation factor	Always	75	49	124
	Very often	50	30	80
	Sometimes	79	57	136
	Rarely	19	19	38
	Never	4	6	10
Total		227	161	388

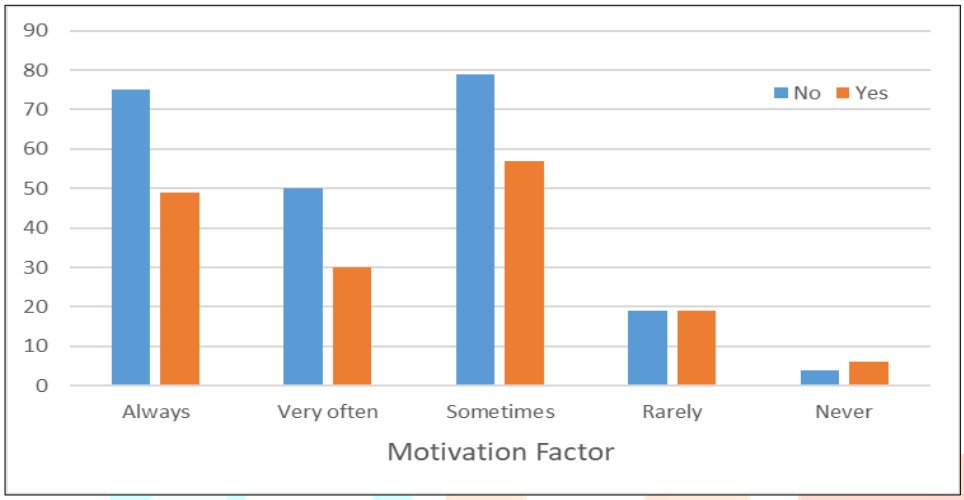

Figure 4: Graphical representation of Motivation v/s Lack of sleep

Table 4: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	3.278	4	.512

As the significance level is more than >0.05 we accept our null hypothesis and conclude that there is no relationship between the psychological factor "motivation" and "lack of sleep" during this lockdown.

Majority of people are becoming ill-tempered during this lockdown. Therefore an attempt was made to find relationship between psychological factor "motivation" and behaviour change "becoming ill-tempered" during this lockdown. The hypothesis framed are as follow

H0- There is no relationship between the psychological factors "motivation" and "have become ill-tempered" during this lockdown.
H1- There is a relationship between the psychological factors "motivation" and "have become ill-tempered" during this lockdown.

Table 5: Motivation v/s becoming ill-tempered

		Have become ill-tempered		Total
		No	Yes	
Motivation factor	Always	107	17	124
	Very often	64	16	80
	Sometimes	97	39	136
	Rarely	28	10	38
	Never	6	4	10
Total		302	86	388

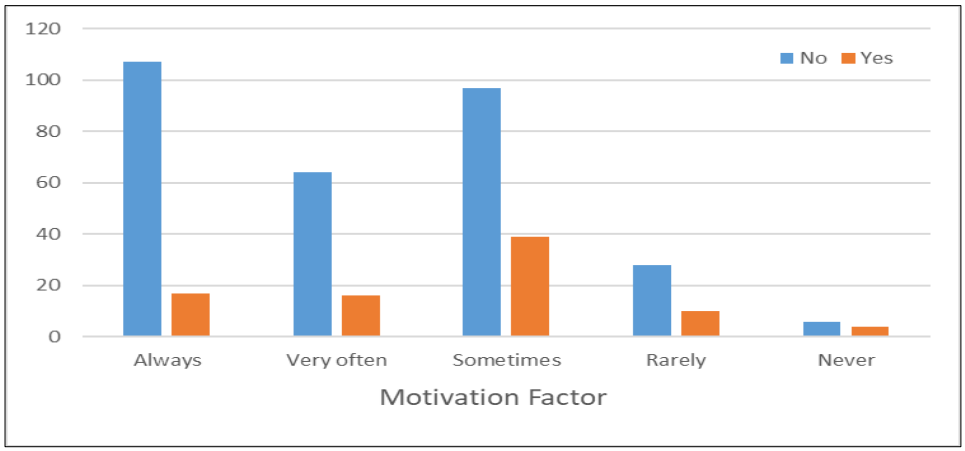

Figure 5: Graphical representation of Motivation factor v/s becoming ill-tempered

Table 6: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	10.922	4	.027

As the significance level is less than <0.05 we reject our null hypothesis and accept our alternate hypothesis and hence conclude that there is a relationship between the psychological factors "motivation" and "people becoming ill-tempered" during this lockdown. The possible reasons for such behaviour might be because of the sense of loss of contact with close friends, colleagues, family and loved ones, all of which can make them more irritable and angry. With so much happening in the surrounding people are unable to control their emotions, which in turn makes them angry and ill tempered.

One of the changes that people experienced was "lack of appetite". So we tried to find out whether there is an association between the psychological factor "motivation" and behaviour change "lack of appetite" during this lockdown. Following are the hypothesis that were framed.

H0- There is no relationship between the psychological factor "motivation" and "lack of appetite" during this lockdown.
H1- There is a relationship between the psychological factor "motivation" and "lack of appetite" during this lockdown.

Table 7: Motivation factor v/s Lack of appetite

		Lack of appetite		Total
		No	Yes	
Motivation factor	Always	99	25	124
	Very often	63	17	80
	Sometimes	111	25	136
	Rarely	32	6	38
	Never	7	3	10
Total		312	76	388

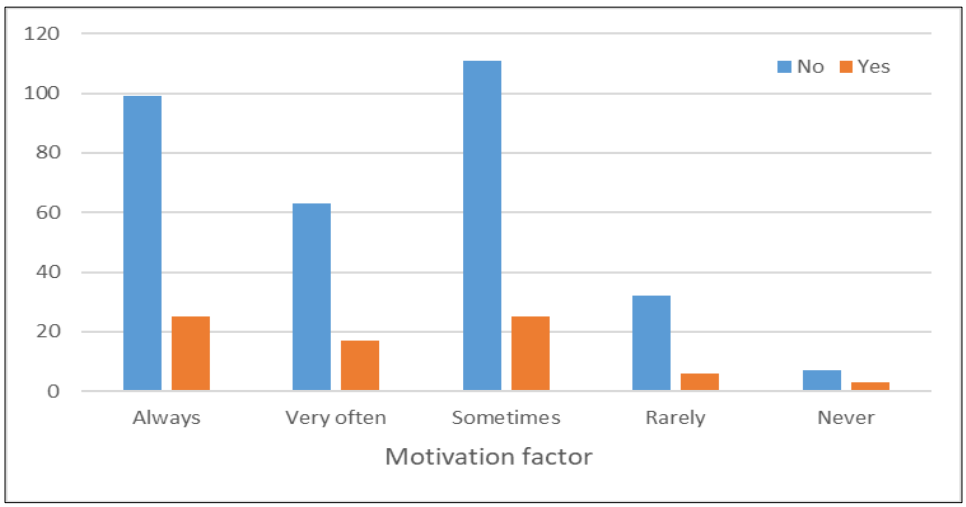

Figure 6: Graphical representation of Motivation factor v/s Lack of appetite

Table 8: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	1.328	4	.857

As the significance level is more than >0.05 we accept our null hypothesis and hence conclude that there is no relationship between the psychological factor "motivation" and "lack of appetite" during this lockdown. It was observed that there was no change in the appetite of the people during this lockdown.

Anxiety was one of the major changes that a human being may experience during such times. Therefore it is very important to understand whether there is any association of the psychological factor "motivation" and behaviour change "anxiety". Following are the hypothesis that were framed.

H0- There is no relationship between the psychological factor "motivation" and "anxiety" during this lockdown.
H0- There is a relationship between the psychological factor "motivation" and "anxiety" during this lockdown.

Table 9: Motivation v/s Anxiety

		Anxiety		Total
		No	Yes	
Motivation factor	Always	105	19	124
	Very often	56	24	80
	Sometimes	96	40	136
	Rarely	21	17	38
	Never	6	4	10
Total		284	104	388

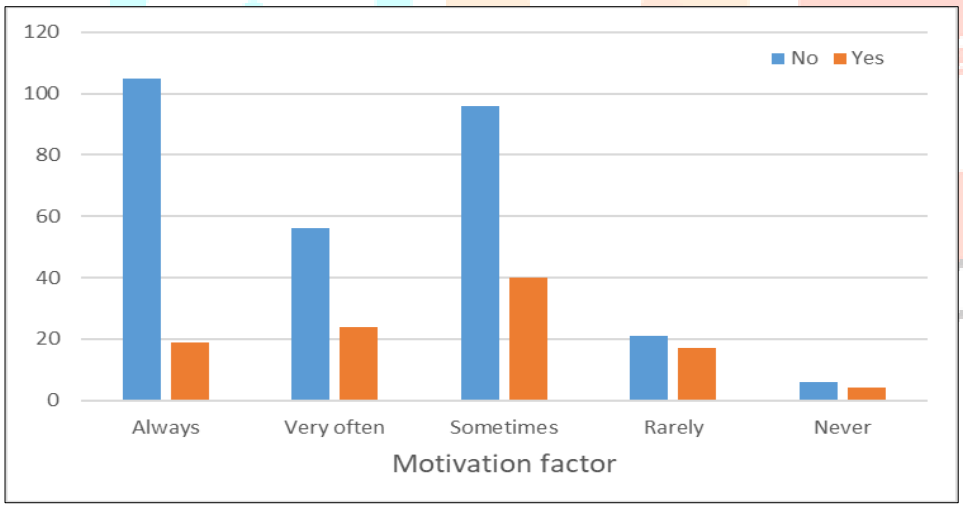

Table 10: Graphical representation of Motivation v/s Anxiety

Table 11: Results of Chi-Square test

	Value	Df	Asymptotic Significance (2-sided)
Pearson Chi-Square	16.336	4	.003

As the significance level is less than <0.05 we reject our null hypothesis and accept our alternate hypothesis and hence conclude that there is a relationship between the psychological factor "motivation" and "anxiety" during this lockdown. People are getting more anxious, especially aged people. Almost 60,000 people are being infected with this virus on a daily basis, all these things just add up to the anxiety levels of the people.

Perception can be explained as how one perceives or interprets something happening around him. At such times mainstream media plays an important role in changing the perception of an individual. Therefore, we tried to find out whether there was a change in perception of people during this lockdown period, which made people anxious. Following are the hypothesis framed.

H0- There is no relationship between the psychological factor "perception" and "anxiety" during this lockdown.
H1- There is a relationship between the psychological factor "perception" and "anxiety" during this lockdown.

Table 12: Perception v/s Anxiety

		Anxiety		Total
		No	Yes	
Perception factor	No	75	12	87
	Yes	209	92	301
Total		284	104	388

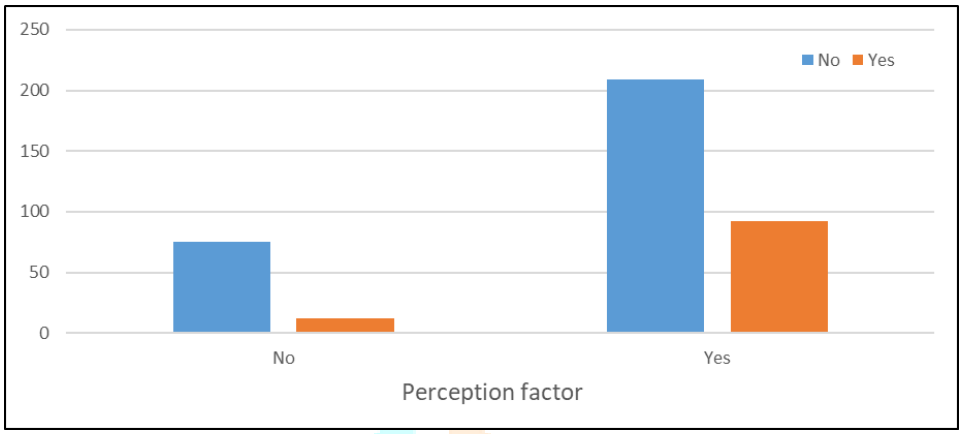

Figure 7: Graphical representation of Perception v/s Anxiety

Table 13: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	9.677	1	.002

As the significance level is less than <0.05 we reject null hypothesis and accept alternate hypothesis and hence conclude that there is a relationship between the psychological factor "perception" and "anxiety" during this lockdown. There is a sense of change in perception of the people during this lockdown. People do believe that main stream media affects their behaviour during such times. People rely more on media at such times than they would actually be otherwise.

Attitude and perception are closely related to one another. Perception is what one perceives or interprets about what is happening around him and attitude can be explained as how one react to these things that are happening around him. Therefore we tried to find out whether there was a change in attitude of the people during this lockdown which makes them anxious. Following are the hypothesis framed.

H0- There is no relationship between the psychological factor "attitude" and "anxiety" during this lockdown.
H1- There is a relationship between the psychological factor "attitude" and "anxiety" during this lockdown.

Table 14: Attitude v/s Anxiety

		Anxiety		Total
		No	Yes	
Attitude factor	No	86	20	106
	Yes	198	84	282
Total		284	104	388

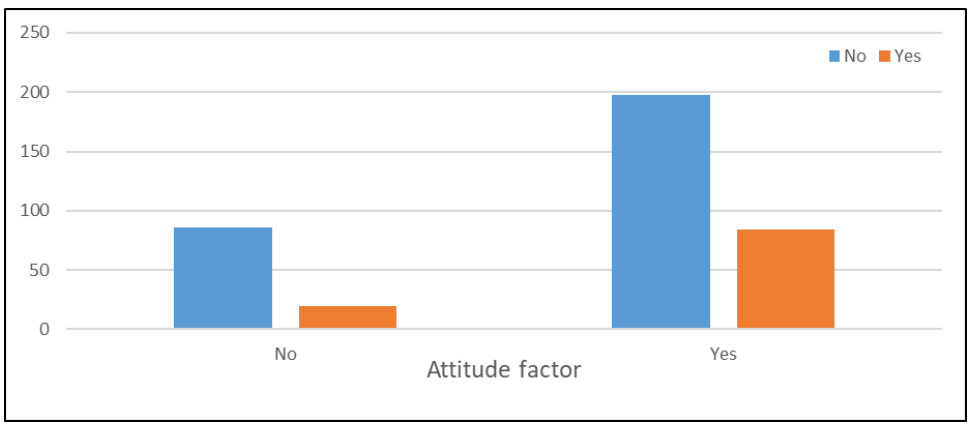

Figure 8: Graphical representation of Attitude v/s Anxiety

Table 15: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	4.682	1	.030

As the significance level is less than <0.05 we reject the null hypothesis and accept our alternate hypothesis and hence conclude that there is a relationship between the psychological factor "attitude" and "anxiety" during this lockdown. There is a change in the attitude of the people during this lockdown. People get conscious and worried when someone coughs and sneezes around them. Even the slightest of cough and sneeze makes people anxious which they would never be otherwise.

Doing house hold work was one of the major techniques that was used by people to better deal with this lockdown. We tried to find out whether the association of this technique is gender specific or not. Following are the hypothesis framed.

H0- there is no association between "household work" and people's gender while dealing with lockdown.
H1- there is an association between "household work" and people's gender while dealing with lockdown.

Table 16: House hold work v/s Gender

		House hold work		Total
		No	Yes	
Gender	Female	56	145	201
	Male	114	73	187
Total		170	218	388

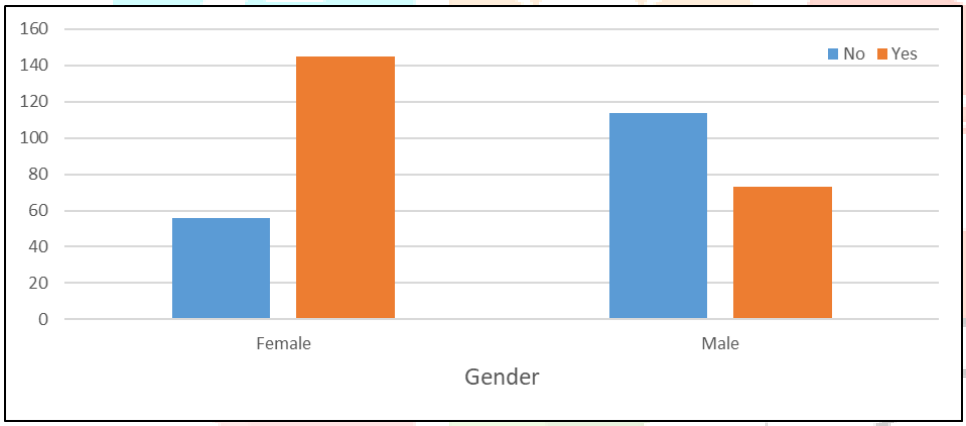

Figure 9: Graphical representation of House hold work v/s Gender

Table 17: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	43.119	1	.000

As the significance level is less than <0.05 we reject our null hypothesis and accept our alternate hypothesis and hence conclude that there is an association between "household work" and people's gender dealing with lockdown. Females prefer doing house hold work than males as a good way of keeping themselves busy and a way of passing time.

H0- there is no association between "office work" and people's gender while dealing with lockdown.
H1- there is an association between "office work" and people's gender while dealing with lockdown.

Table 18: Office work v/s Gender

		Office work		Total
		No	Yes	
Gender	Female	146	55	201
	Male	111	76	187
Total		257	131	388

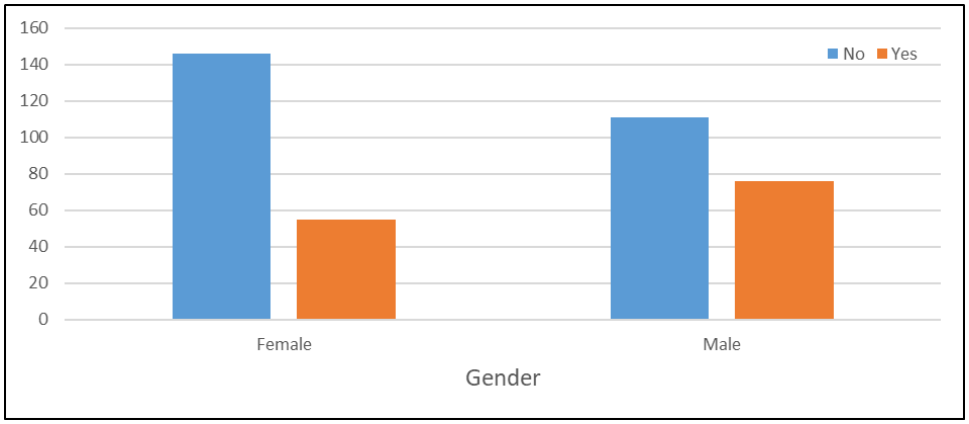

Figure 10: Graphical representation of Office work v/s Gender

Table 19: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	7.638	1	.006

As the significance level is less than <0.05 we reject our null hypothesis and accept our alternate hypothesis and hence conclude that there is an association between "office work" and peoples gender while dealing with lockdown. It was observed that more males prefer doing office work than females as a good way of dealing with this lockdown.

One of the objectives of this research was to find out whether people are aware of the changes that they might undergo during this lockdown. The hypothesis that were framed are as follows.

H0- People are not aware of such changes in human behaviour.
H1- People are aware of such changes in human behaviour.

Table 20: Awareness of behaviour change v/s Gender

		Awareness of people about changes in human behaviour		Total
		No	Yes	
Gender	Female	34	167	201
	Male	54	133	187
Total		88	300	388

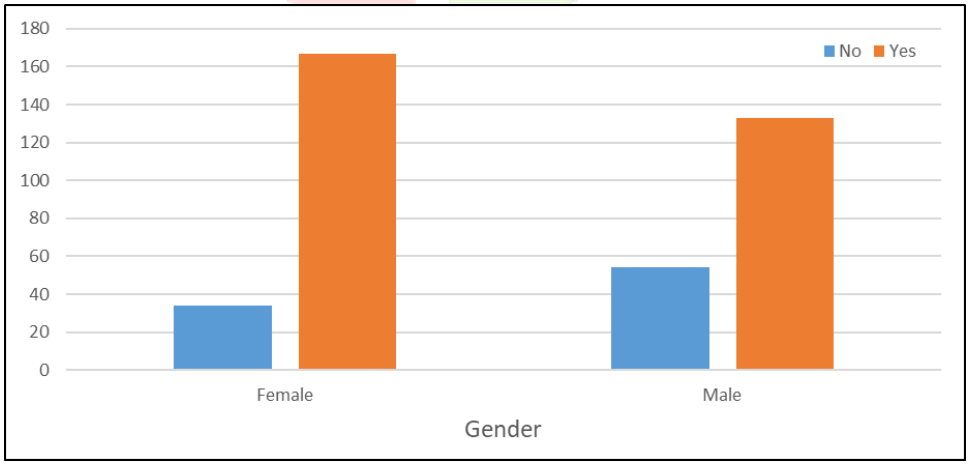

Figure 11: Graphical representation of Awareness of behaviour change v/s Gender

Table 21: Results of Chi-Square test

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	7.904	1	.005

As the significance level is equal to =0.05 we accept our alternate hypothesis and hence conclude that people are aware of such changes in human behaviour. Majority of people are aware of the behavioural changes they might undergo during this lockdown period.

Lastly we tried to find out how people are dealing with this lockdown. Hypothesis that were framed are as follows.

H0- people are not really feeling good about this lockdown
H1- people are really feeling good about this lockdown

Table 22: How people are feeling about this lockdown

	N	Mean	Std. Deviation	Minimum	Maximum
On a scale of 1 to 5, how do you feel about this lockdown?	388	2.863	1.2005	1.0	5.0
Gender	388	.482	.5003	0.0	1.0

Table 23: Results of Mann Whitney U test

	On a scale of 1 to 5, how do you feel about this lockdown?
Asymp. Sig. (2-tailed)	.343

From the above analysis we can see that the mean average of how people are dealing with this lockdown is 2.863, we can say that most of the people are not really enjoying the lockdown.
As the significance level is more than <0.05 we accept our null hypothesis and conclude that people are not really feeling good about this lockdown.

VI. GRAPHS

How people are dealing with boredom during this lockdown?

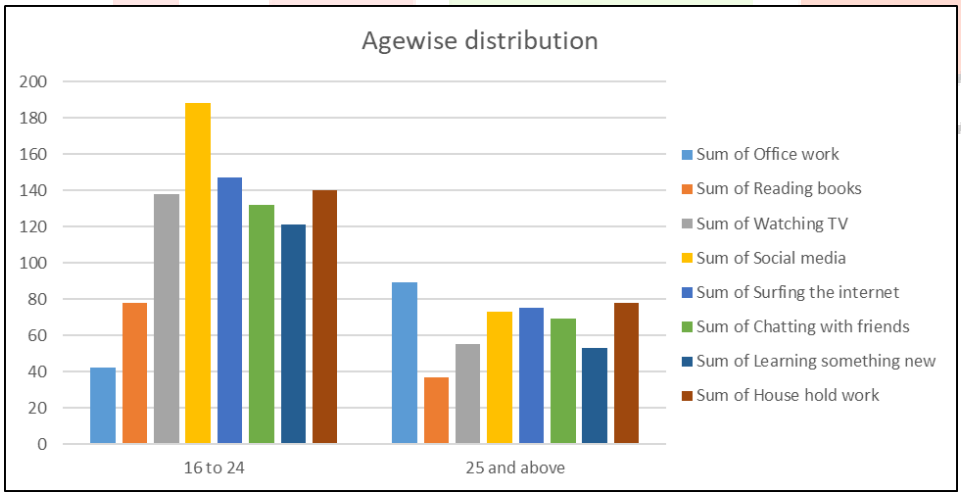

Figure 12: Age wise distribution of People dealing with this lockdown

Above graph shows age wise distribution of how people are dealing with this lockdown. The graph shows that people between the age group of 16 to 24 prefer "social media" and "surfing internet" as a better option of dealing with this lockdown, whereas people between the age group of 25 and above prefer "office work" and "household work" as a way of dealing with this lockdown.

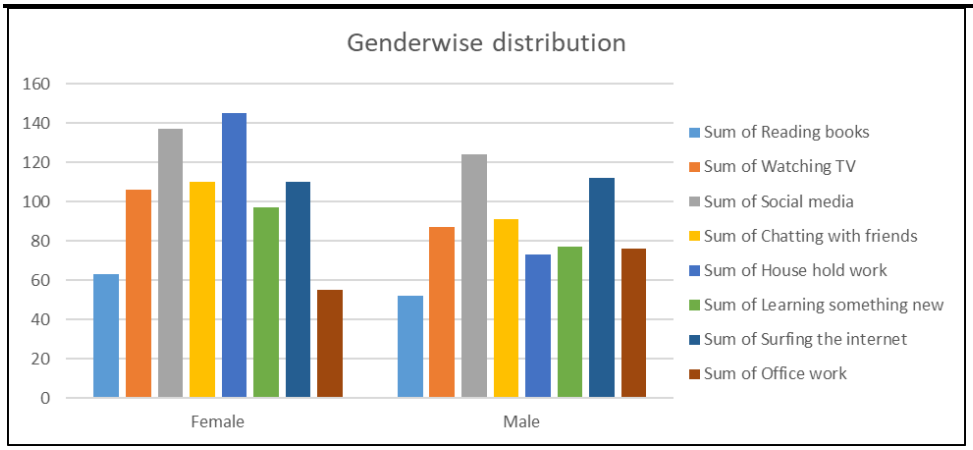

Figure 13: Gender wise distribution of people dealing with this lockdown

Above graph shows the gender wise distribution of how people are dealing with this lockdown. The graph shows that females spend most of their time doing "house hold work" followed by "Social media". Men spend most of their time on "social media" followed by "surfing internet".

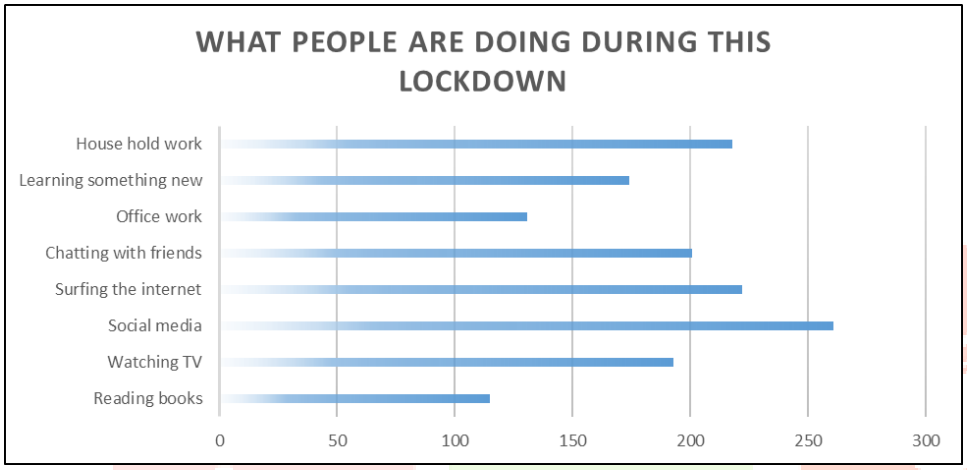

Figure 14: What people are doing during this lockdown

Above graph shows over all view of what people are doing to deal with this lockdown. The graph shows that people spend most of the time on "social media" and "surfing internet" and very few people prefer "reading books" and "learning something new" in this lockdown.

Have people experienced any changes during the lockdown?

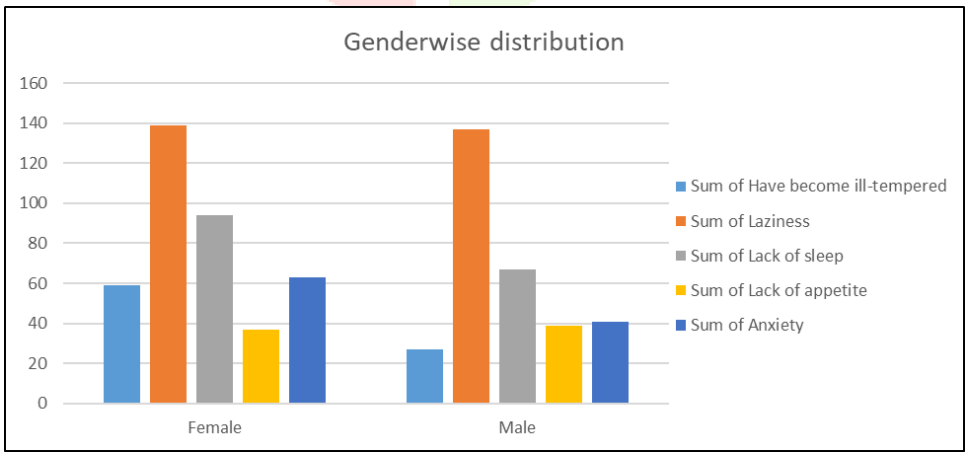

Figure 15: Gender wise distribution of changes experienced by people during this lockdown

Above graph shows gender wise distribution of what changes people are experiencing during this lockdown. The graph shows that "laziness" adds to most of the changes in both males and females followed by "lack of sleep" during this lockdown.

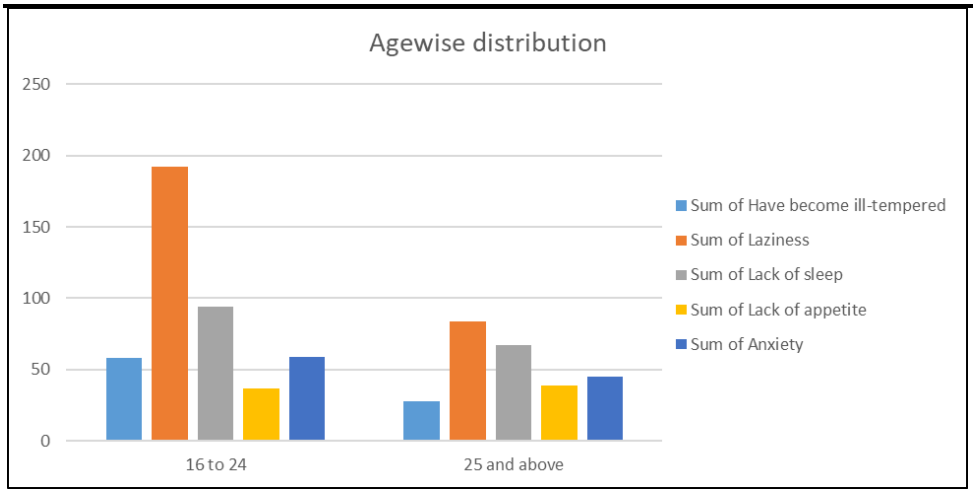

Figure 16: Agewise distribution of changes experienced by people during this lockdown

Above graph shows age wise distribution of what changes are experienced by people during this lockdown. The graph shows that "laziness" and "lack of sleep" are the major changes that are seen in both the age groups during the lock down.

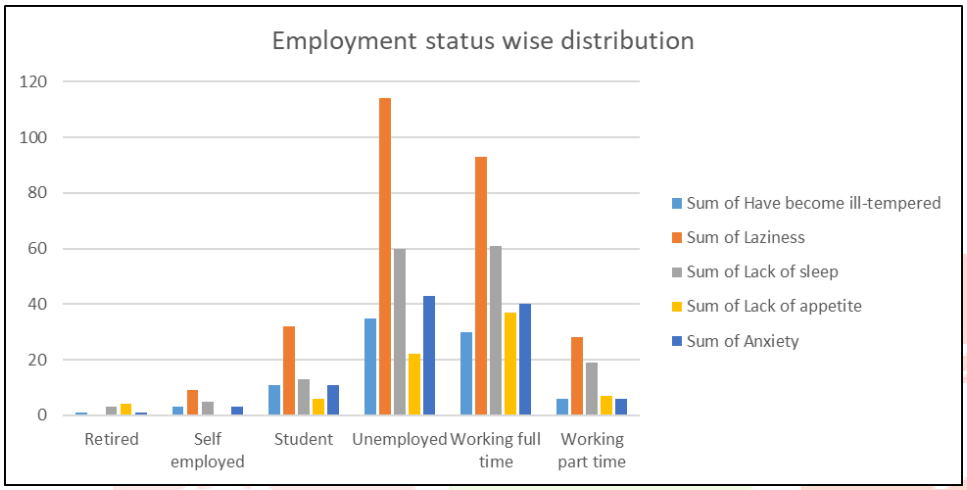

Figure 17: Agewise distribution of changes experienced by people during this lockdown

Above graph shows "employment status" wise distribution seen in people during this lockdown. The graph shows that "laziness" and "lack of sleep" are the major changes experienced among all of the above groups. It also states that "anxiety" levels are quiet high among students, unemployed and those who are working full time.

Are you satisfied with the life you are leading, since the lockdown?

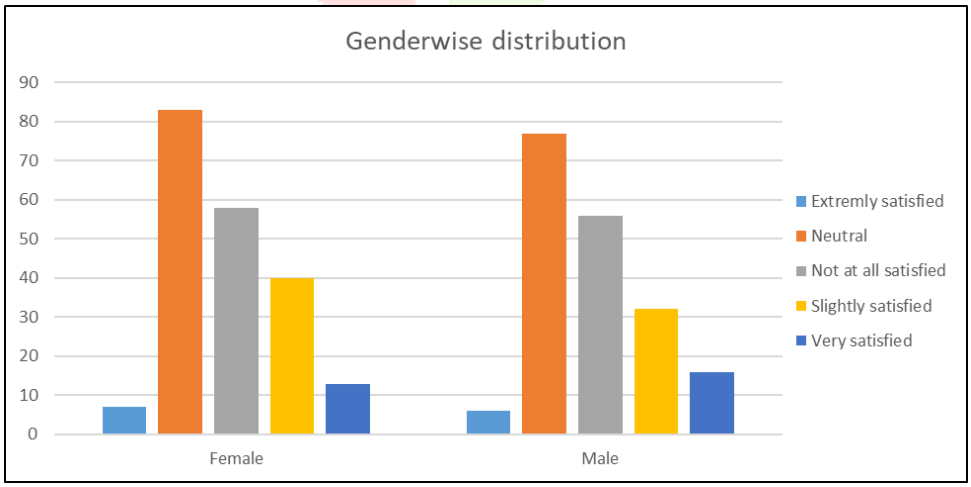

Figure 18: Gender wise distribution of level of satisfaction of life lead during this lockdown

Above is the genderwise distribution of "whether people are satisfied with the life they are leading since lockdown. The graph show both males and females neutrally satisfied with the life they are leading since lockdown.

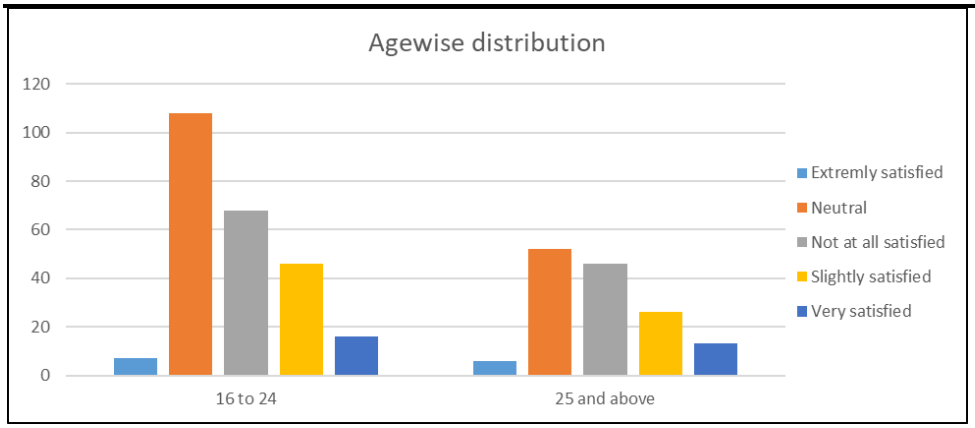

Figure 19: Age wise distribution of level of satisfaction of life lead during this lockdown

Above is the agewise distribution of "whether people are satisfied with the life they are leading since lockdown. Graph shows that both the age groups are neutrally satisfied with the life they are leading since lock down.

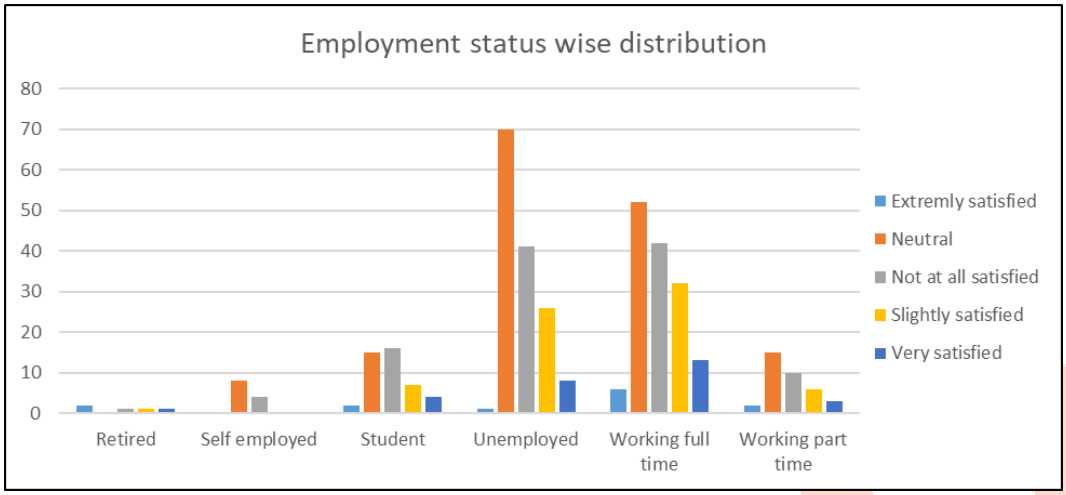

Figure 20: Employment status wise distribution of level of satisfaction of life lead during this lockdown

Above is the employment status wise distribution of "whether people are satisfied with the life they are leading since lockdown. The graph shows that those who are unemployed and working full time are neutrally satisfied with the life they are leading since lockdown, whereas students are not at all satisfied with the life they are leading since lockdown.

VII. CONCLUSION

It was observed that there is a relationship between the psychological factor "motivation" and "laziness". Collected data showed that there was high involvement of people on social media. . This can be viewed as a coping mechanism which was used by people. Although people are using social media to divert their mind from the boredom which they experience during this lockdown, it is just making them lazier. They are getting lazier day by day. As there no proper medication available yet, there is no sense of motivation among the people.

So many are losing their lives and nearly 55,000 people are being infected on a daily basis, all these things just add up to the anxiety levels of the people. With so much happening around them they are unable to control their emotions. Findings of this research indicates that people are not happy with this lockdown and they are finding it difficult to deal with it. People are becoming lazier as the lockdown gets extended. People are unable to control their emotions as they are becoming ill-tempered and getting anxious

It was also observed that there is a change in the attitude of the people during this COVID-19 lockdown. People are getting anxious even with the slightest cough or sneeze. There was also observed a change in the perception of the people.

Over all this research paper suggests that psychological factors do lead to changes in human behaviour during this COVID-19 lockdown. And psychological impact of this lockdown could be severe, substantial and long-lasting. This is not to suggest that lockdown should not be implemented but while implementing lockdown officials must take care that every measure is taken to make this experience as tolerable as possible, otherwise the psychological impact might be worse than the spread of disease.

The variables chosen for this study gives us an idea of the psychological state of the people of Mumbai during the COVID-19 pandemic. Further research can be conducted which will help the authority to better deal with this pandemic situation. Findings from this research will help the government to better deal with the mental health related problems, which will help the country to better deal with this pandemic.

VIII. REFERENCES

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