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Problem faced by people during COVID-19 lockdown period

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Abstract

The present study entitled “Problem Faced by People during COVID-19 Lockdown Period” was undertaken during 2021-2022 in eight different localities of Kanpur Nagar. From the selected localities 15 respondents each were randomly selected and interviewed, whose total number was 120.

It was examined that respondents were facing many problems regarding COVID-19. Most of the respondents faced transportation halt and hike in prices of products, lack of contact with neighbours was another major constraint. Non availability of doctors/therapist in time, higher cost of medicine and people involved in businesses of non-essential items suffered major loss.

Keywords: Constraint, lockdown, pandemic, transportation, therapist

Introduction

Novel Coronavirus or COVID-19 is a virus which cause severe respiratory diseases. It was declared as global pandemic by World Health Organization in 2020. The global economy, livelihood, and physical and mental well-being have all been touched by the coronavirus illness (COVID-19) pandemic. A pandemic is more than just a medical emergency; it affects people and society, causing chaos, anxiety, stress, stigma, and xenophobia. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people’s usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise. Notable prevention strategies are isolation of the infected persons, proper ventilation, hand hygiene and use of personal protective equipment.

Objectives

To know the problem faced by respondents during COVID-19 lockdown period.

Research Methodology

To complete the above objectives, by employing the appropriate research methodology, the study was conducted in district Kanpur in the year 2021-2022. 8 localities were selected randomly in this study, from the selected localities 15 respondents each were randomly selected and interviewed. Thus, 120 respondents were selected. Dependent and independent variables, namely age, educational qualification, caste, religion, type of house, type of family, family size, annual income, occupation, material possession, source of information, awareness, impact, constraints and suggestions, etc. were used. The data so collected were subjected to statistical analysis for which statistical tools, such as percentage, rank order, weighted mean, standard deviation and correlation coefficient.

Results and Discussions

Table 1: Distribution of respondents according to the Problems faced during COVID-19

N=120

S. No.	Problems faced during COVID-19	Symbol	Always	Sometimes	Never	Mean Score	S.D.	Rank
1.	Lack of peer contact	A	33.3	63.3	3.3	2.30	1.81	VI
2.	Reduced opportunities for stress regulation	B	20.8	65.8	13.3	2.08	1.60	XII
3.	Lack of contact with neighbours	C	41.7	53.3	5.0	2.37	1.89	II
4.	Non availability of Doctors/Therapist in time	D	39.2	54.2	6.7	2.33	1.85	IV
5.	Higher cost of medicines	E	43.3	45.8	10.8	2.33	1.88	IV
6.	Difficulty in stepping out of the house for basic requirements	F	32.5	60.8	6.7	2.26	1.78	VIII
7.	Lack of knowledge about mental health issues	G	34.2	55.8	10.0	2.24	1.78	IX
8.	Lack of knowledge about physical health issues	H	35.0	56.7	8.3	2.27	1.80	VII
9.	Non availability of daily use items	I	33.3	53.3	13.3	2.20	1.75	X
10.	Difficulty in learning and practicing various activities	J	30.0	57.5	12.5	2.18	1.72	XI
11.	Survival crisis for daily wage workers	K	40.0	55.0	5.0	2.35	1.87	III
12.	No physical activity of children	L	38.3	53.3	8.3	2.30	1.83	VI
13.	Isolation fear affecting mental sanity	M	39.2	48.3	12.5	2.27	1.82	VII
14.	Transportation halt leading to problems in daily life	N	46.7	45.8	7.5	2.39	1.93	I
15.	Price hike on various products	O	50.0	39.2	10.8	2.39	1.95	I
16.	Delayed agricultural operations due to unavailability of seasonal labors	P	41.7	42.5	15.8	2.26	1.83	VIII
17.	Major loss to business owners	Q	42.5	45.8	11.7	2.31	1.86	V

The perusal of table 1 shows general constraints faced by respondents during covid 19. In case of general constraints, transportation halt and price hike on various products was the largest constraint that comes across by greater part of respondents in which 50.0% of respondents always faced price hike issue on various products while 39.2% sometimes faced it and 7.5% of respondents never faced it with mean score value 2.39, standard deviation 1.95 and Rank I, similarly on rank I, there were transportation problems in daily life in which 46.7% always faced this issue, while 45.8% sometimes, 7.5% never faced transportation issue with mean score value 2.39, standard deviation 1.93. 41.7% of respondents always, 53.3% sometimes, 5.0% never faced this problem of lack of contact with neighbors with mean score 2.37, standard deviation 1.89 and rank II followed by 40.0% of respondents always faced problem of daily wage worker's survival, followed by 55.0% of respondents sometimes and 5.0% never faced this type of problem with mean score 2.35, standard deviation 1.87 and rank III. Besides, 43.3% of respondents always faced problem of higher cost of medicine, 45.8% of respondents sometimes, 10.8% of respondents never faced such issues with mean score 2.33, standard deviation 1.88, also 39.2% of respondents always faced issue with non-availability of doctors or therapist, 54.2% sometimes and 6.7% never faced this constraint with mean score 2.33, standard deviation 1.85 and rank IV respectively. One more significant problem faced by respondents was major loss to business that includes 42.5% always, 45.8% sometimes, 11.7% never faced this problem with mean score 2.31, standard deviation 1.86 and rank V. No physical activity of children was another constraint that includes 38.3% of respondents always, 53.3% sometimes and 8.3% never faced this problem with mean score 2.30, standard deviation 1.83 along with lack of peer contact 33.3% always, 63.3% sometimes, 3.3% never faced this problem with mean score 2.30, standard deviation 1.81 and rank VI respectively. On the other hand, isolation fear affected mental sanity was always faced by 39.2%, sometimes by 48.3%, 12.5% of respondents never faced this issue with mean score 2.27, standard deviation 1.82 and rank VII. Sharing the same rank, 35.0% of

respondents always, 56.7% of respondents sometimes had lack of knowledge regarding physical health, 8.3% never faced this problem with mean score 2.27 and standard deviation 1.80. 41.7% of respondents always faced some issue with delayed agricultural operations due to unavailability of seasonal labors, 42.5% sometimes, 15.8% never faced this issue with agricultural practices with mean score 2.26, standard deviation 1.83 whereas, 35.0% of respondents always faced difficulty in stepping out of the house, 60.8% sometimes and 6.7% never faced this issue with mean score 2.26, standard deviation 1.78 and rank VIII respectively. On rank IX, 34.2% of respondents always faced issue with lack of knowledge about mental health, 55.8% of respondents sometimes, 10.0% never had this issue with mean score 2.24, standard deviation 1.78. 33.3% of respondents always faced non availability of daily use items, whereas 53.3% sometimes and 13.3% of respondents never faced this issue with mean score 2.20, standard deviation 1.75 and rank X, 30.0% of respondents always had difficulty in learning and practicing various activities, 57.5% sometimes and 12.5% never faced this issue with mean score 2.18, standard deviation 1.72 and rank XI. Lastly on rank XIII, 20.8% of respondents always and 65.8% sometimes faced issue with opportunities for stress regulation and 13.3% never with mean score 2.08 and standard deviation 1.60.

So, it may be concluded that the major constraints faced by the respondents were transportation halt and price hike due to which their lives were affected, which in conformity with the study of Lynn, *et al.* (2021) who observed in the early aftermath of COVID-19 mobility restriction, physical activity appears to be more severely affected than sleep. Evaluation uncovered heterogeneity of responses to lockdown that could associate with different outcomes should the resolution of COVID-19 be protracted.

Conclusion

The study leads to the conclusion that among all the constraints, most of the respondents faced transportation halt and hike in prices of products, lack of contact with neighbours was another major constraint. Non availability of

doctors/therapist in time, higher cost of medicine and major loss to businesses were some of the problems that respondents faced.

Recommendations and Suggestions

- Practice Social Distancing. Stay at home as much as possible. Avoid physical contact like handshakes, hand holding or hugs.
- Be kind to yourself. Go easy on yourself if you're experiencing more depression or anxiety than usual. Be kind to others. An infectious disease is not connected to any racial or ethnic group, so speak up if you hear negative stereotypes that only promote prejudice.
- Find ways to exercise. Staying active will help you release anxiety, relieve stress, and manage your mood. While gym and group classes may be out, you can still cycle, hike, or walk.
- Self-monitor for signs of illness and report to the Medical Officer, immediately if any symptoms develop. Monitor symptoms – In case you feel that the symptoms are getting worse, you should call your healthcare provider and get checked.

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