

**RESEARCH ON PSYCHOLOGICAL IMPACT OF AND LIFE LESSONS
LEARNED FROM PANDEMIC COVID-19 WITH SPECIAL REFERENCE
TO JAMNAGAR CITY**

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ABSTRACT

We are currently in the midst of a worldwide trial that has changed our lives beyond recognition. The pandemic of Corona Virus (COVID-19) has affected our country greatly. When the system is busy testing, preventing transmission, finding vaccines, putting the health and sanitization in order a great deal of mental wellbeing and psychological problems in adjusting to the current lifestyles and fear of the disease has not been attended to. This research aims at assessing the psychological impact of and life lessons learned from Pandemic COVID-19. Exploratory research design has been used for this study. Primary data has been conducted through questionnaire by taking a sample size of 200 by non-probability convenience sampling method. Findings reveal that demographic profile makes no impact on the psychology of respondents due to various reasons.

Key words: COVID-19, Pandemic, Psychological Impact, Life Lessons

INTRODUCTION

We are confronted with the true uncertainty of human existence and the true vulnerability of human life. The corona virus infection or COVID-19 outbreak is one of the biggest medical challenges to humankind in recent times. The outbreak of COVID-19 infection started in China in December 2019, and since then, it has spread to almost all the countries of the world by January–February 2020. The World Health Organization (WHO) declared COVID-19 to be a pandemic on March 11, 2020. In India, cases of COVID-19 started to rise by the 2nd week of March 2020, and by March 31, 2020, more than 1356 cases were reported with 46 deaths ([World Health Organization](#),

[2020](#)). COVID-19 pandemic provides a unique opportunity to study the psychological impact of a condition, which, on the one hand, poses serious threat of a contagious

illness, threat to physical and psychological integrity of a person, and in the long run a huge socioeconomic impact.

Pandemic has truly taught life lessons which we need to hang on to these essential life lessons even when we start moving forward and go back to whatever new normal awaits us.

LITERATURE REVIEW

Kaustay Chakraborty, Moumita Chatterjee (2020) has studied Psychological impact of COVID-19 pandemic on general population in West Bengal: A cross sectional study. This research studies the impact of COVID-19 on general masses psychologically it concluded on the negative mental effects on people which will really last for too long. Worry and sleep disturbances were found common among respondents.

Reynolds DL, Garay JR, Deamond SL, Moran MK, Gold W, Styra R.(2020) in the research paper Understanding, compliance and psychological impact of the SARS quarantine experience. This study examines a cohort of persons quarantined during the 2003 SARS outbreak in Canada and describes their understanding of, difficulties and compliance with, and the psychological impact of the quarantine experience. The low compliance with quarantine requirements introduces concerns about the effectiveness of quarantine as a public health measure. Improvements in compliance and reduced psychological distress may be possible by minimizing duration, revising requirements, and providing enhanced education and support.

RESEARCH OBJECTIVES

This research aims at analyzing the psychological impact of and life lessons learned from Pandemic COVID-19 19 by residents of Jamnagar city. It tries to study the impact of demographic variables on psychology of respondents

HYPOTHESIS

- H₁: Impact of Gender on Psychology of respondents
- H₂: Impact of Age on Psychology of respondents
- H₃: Impact of Marital Status on Psychology of respondents
- H₄: Impact of Family system on Psychology of respondents
- H₅: Impact of Occupation on Psychology of respondents

RESEARCH METHODOLOGY

Research Design	Exploratory
Sampling design	Non probability convenience sampling
Sample size	186 (Total 200 of which 14 were not filled fully and thus have not been considered)
Respondents	Residents of Jamnagar city
Area of research	Jamnagar
Data for analysis	Primary data
Data collection	Questionnaire
Methodology	Regression analysis

LIMITATIONS OF THE STUDY

- As the major source of data is primary, biasness on the part of respondents can be a major limitation to this research.
- The scope of the research is limited to Jamnagar city only.
- The inexperience on the part of researcher in the research field might affect the result.

Demographic characteristics	No. of Respondents	Percentage
Gender		
Male	84	45.2
Female	102	54.8
Age		
Below 25 years	69	37.1
25 to 35 years	57	30.6
35 to 45 years	45	24.2
45 to 55 years	12	6.5
Above 55 years	3	1.6
Marital Status		

Single	79	42.5
Committed	9	4.8
Married	98	52.7
Family System		
Joint	107	57.5
Nuclear	79	42.5
Occupation		
Salaried	77	41.4
Business	23	12.4
Professional	21	11.3
Homemaker	14	7.5
Student	49	26.3
Others	2	1.1

Interpretation:

- The study is based on balanced no. of samples in terms of Gender.
- The age ranging from 25-45 years has been in majority in terms of response.
- Half the respondents are single and half are married.
- Roughly 58% of the respondents live in joint family.
- The majority of respondents are salaried and 25% is students.

Activity	No. of respondents	Percentage
Reading Books	60	32.3
Watching movies	100	53.8
Doing household chores	101	54.3
Listening to music	93	50
Sleeping and resting	84	46.2
Social media and mobile phones	112	60.2
Following your passion	54	29
Work from home	92	49.5
Others	40	21.5

Interpretation:

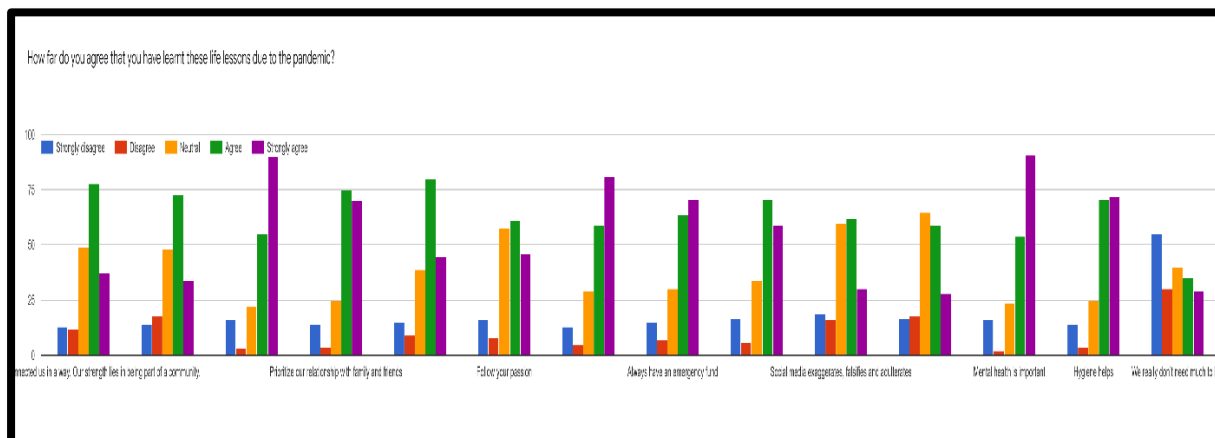
- Social Media and Mobile phones, Movies have taken the major share of time of during lockdown. Respondents have also considerably spent time doing household chores, listening to the music, sleeping and resting during lockdown.
- Work from home has been a new normal for half of the respondents.

Table 3 Psychological Impact on respondents		
Feeling worried or depressed		
Yes	35	18.8
No	102	54.8
Maybe	49	26.3
Feeling worried or depressed after reading WhatsApp or Facebook messages		
Affected greatly	15	8.1
Affected to some extent	122	65.6
Not affected at all	49	29.63
Found it difficult to adjust with new normalcy		
Yes	74	39.8
No	64	34.4
Maybe	48	25.8

Interpretation:

- 55% of the respondents do not feel worried or depressed due to the time of pandemic.
- 66% of the respondents are affected to some extent by the WhatsApp or Facebook messages and news about COVID-19.
- 40% of the people find it difficult to cope up with the new normal life.

Graph 1 Life lessons learned during pandemic



Interpretation:

- The survey depicts that majority of the respondents strongly agree to the following statements:
 - Health and wellness come above everything
 - Respect mother Earth. Cause no harm or it may retaliate
 - Always have an emergency fund.
 - Mental health is important
- Widely held statements that are agreed upon by the respondents are:
 - Pandemic has connected us in a way.
 - There is a good in every evil.
 - Prioritize our relationship with family and friends.
 - Take care of myself and devote more time to myself.
 - Follow your passion.
 - Career back up plans are important.
 - Hygiene helps
- More than 50 disagree to the statement we really don't need much to live.

Hypothesis	β	t	p
H ₁ : Impact of Gender on Psychology of respondents	2.16526	6	0.55718
	6	13.4706	6

H ₂ : Impact of Age on Psychology of respondents	2.05003 8	18.3726 6	0.80135 6
H ₃ : Impact of Marital Status on Psychology of respondents	1.98672 9	9.32733 1	0.66970 8
H ₄ : Impact of Family system on Psychology of respondents	2.10493 3	14.0163 8	0.83461 7
H ₅ : Impact of Occupation on Psychology of respondents	2.02142 9	20.6032 9	0.52675 9

FINDINGS

- None of the hypothesis is supported as per the significance values.
- The study is based on Jamnagar city and more importantly on the lockdown period. This happens to be one of the major reason for hypothesis being not supported.
- The analysis depicts no impact which could be based on the reason that since the city was not highly affected with the pandemic especially during the lockdown 1, 2 and 3 the residents have not been very serious about its far-reaching effects and could come back to normal life very soon during unlock period.
- The gestation period unlike other mega and metro cities was comparatively very less due to which the impact on psychology happens to be less.
- Moreover, another noteworthy point is around 80% of the respondents have not come in contact with the COVID-19 patients thus could not realize the intensity and fatality of the disease. This could be another major reason for the hypothesis not being supported.

CONCLUSION

The time is ripe and we must realize that the need of hour is to change our way of living, cause no harm to Mother Earth and environment, eat healthy stay healthy, live offline and with our family and spend quality time with them, stop worrying and start living and schedule time for yourself.

Yoga and meditation should be included in our routines. It will work as panacea and work wonders in our lives. Adopting healthy lifestyle is the last resort. Follow your passion, spend your leisure with your favourite activity.

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