

An overview of lifestyle changes during the Pandemic and post-pandemic period- a case study on student's perception

**Dr. Amrita Chaudhuri, Smt. Debi Bhattacharya SACT- 1
Hiralal Mazumdar Memorial College For Women**

Abstract: Our planet has experienced a difficult period of pandemic due to covid 19. Globally COVID-19 has not only affected public health socially but also has rigorously affected the economy. Substantial declines in income and increases in unemployment, amenities and industrial sectors are amongst the major concerns of the pandemic disease extenuation. In this article, the diversified change of lifestyle and socio-economic scenario of college students during the Pandemic and post-pandemic period have been vividly observed. Research has been done on the primary database. A questionnaire survey was conducted to ascertain the student's perceptions. This research paper depicts how and why this pandemic marked an immense footprint on future generations and their lives.

Keywords: Pre-Pandemic, Post-Pandemic, Covid-19, Unemployment.

Introduction

The coronavirus disease (COVID-19), which originated in the Wuhan province of China, was. then it has spread beyond borders and affected the lifestyle behaviour of people.

The epidemic not only had a negative impact on people's physical health but also significantly altered their way of life. Although India has a well-known healthcare delivery system, there is a developing sense of crisis due to the absence of organized infrastructure, as the majority (66.53%) of its population lives in rural areas with severe healthcare delivery disparities. It goes without saying that this epidemic has made this shortage worse by focusing only on certain medical disorders and ignoring other problems relating to lifestyle choices..

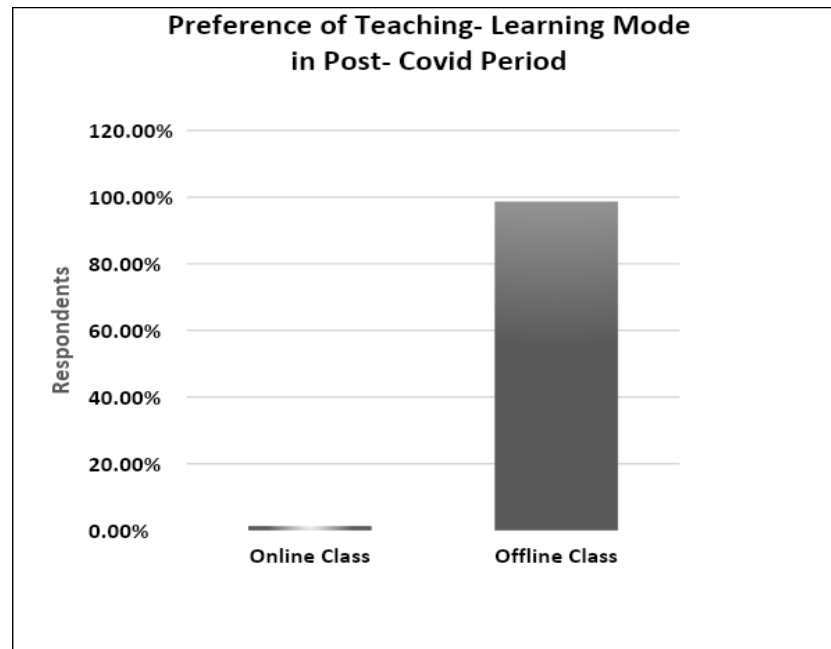
As a result of the COVID-19 crisis, which corresponded with an upsurge in cases, N-95 masks, personal protective equipment (PPE) kits, ventilators, thermo-regulators, oximeters, and other preventive and protective instruments were instantly in high demand. As a result, the majority of the current healthcare centers and facilities have either been transformed into solely COVID-19 centers or have had their management of existing healthcare resources moved to COVID-19. India underwent perhaps the strictest lockdown in 5 phases after a partial unlock, along with suggestions to stop the spread of disease, like restrictions on freedom of movement, social and physical distance, self-isolation, and quarantine measures. Health and well-being are top priorities for any country.

Scotopia: A multidisciplinary biannual peer-reviewed e-journal

ISSN: 2455-5975

Website: <https://scotopia.in/>

While the entire country is gradually 'unlocking' itself and maintaining its current state of confinement side by side, it is vital to determine how COVID-19 has affected changes in people's lifestyle choices. All of these restrictions may have contributed to rank and file members' deteriorated physical and mental health by affecting their eating or food habits,



sleep patterns, physical activity, and stress levels.

Methodology:

Primary survey: A questionnaire survey was carried out by the college students. Depending on the primary survey Cartographic representation was done.

Search strategy: A comprehensive literature search using the keywords (COVID-19) OR (pandemic) OR (lifestyle) AND (diet) AND (stress) AND (physical activity) AND (Sleep) of articles published on PubMed and Google Scholar was conducted from inception till October 2020.

Case Study

A case study was conducted on a group of college students, the majority of whom are UG girls students. A questionnaire survey was done on their lifestyle change during the pandemic and post-pandemic time period.

The COVID-19 pandemic has greatly impacted the lifestyle of students in India. Here are some common lifestyle changes that students have experienced.

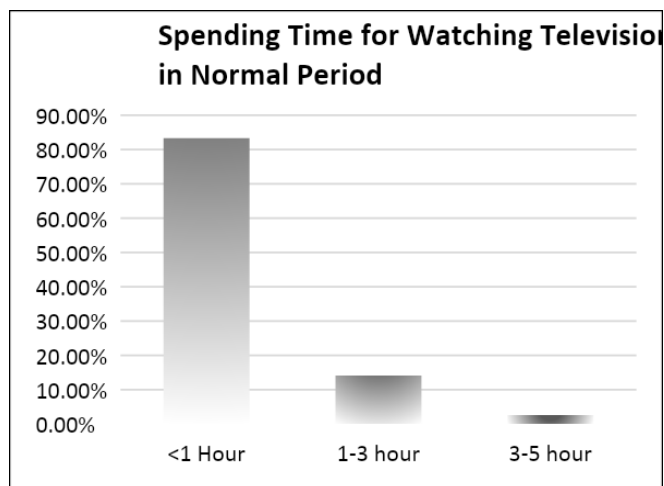
Scotopia: A multidisciplinary biannual peer-reviewed e-journal

ISSN: 2455-5975

Website: <https://scotopia.in/>

1. **Online education:** Students have shifted to online learning platforms with schools and colleges closed for in-person classes. They have had to adapt to attending virtual classes, submitting assignments online, and participating in online discussions.

However, our study shows that 98 % of students prefer the offline mode for teaching the teaching-learning process.



2. **Change in study routine:** During the pandemic student's study routine has been changed. An account of how people's lifestyles changed during and after the pandemic. The pandemic has interfered with students' regular study schedules. Nowadays, many people study at home, which calls for self-control and organizational abilities. Some students might have had to change their study plans to fit in with domestic chores or other responsibilities.

The survey shows that during the pandemic time watching television 50% of the students spent 1-3 hours time for television. 5% of students spent almost 5 hours time for this. But in normal times 80% spend less than 1 hour for watching television. Less than 5% of students spent time for 3-5 hours on television.

3. **Limited social interactions:** Students have had limited face-to-face interactions with their peers and friends due to social distancing guidelines. This has resulted in a decrease in social activities and the need to rely more on virtual communication platforms to stay connected.

4. **Health precautions:** Students have become more conscious about personal hygiene and health precautions such as regularly washing hands, wearing masks, and maintaining social distancing. These precautions have become an integral part of their daily routine.

5. **Reduced physical activity:** With restrictions on outdoor activities and the closure of gyms and sports facilities, students may have experienced a decrease in physical activity levels.

Scotopia: A multidisciplinary biannual peer-reviewed e-journal

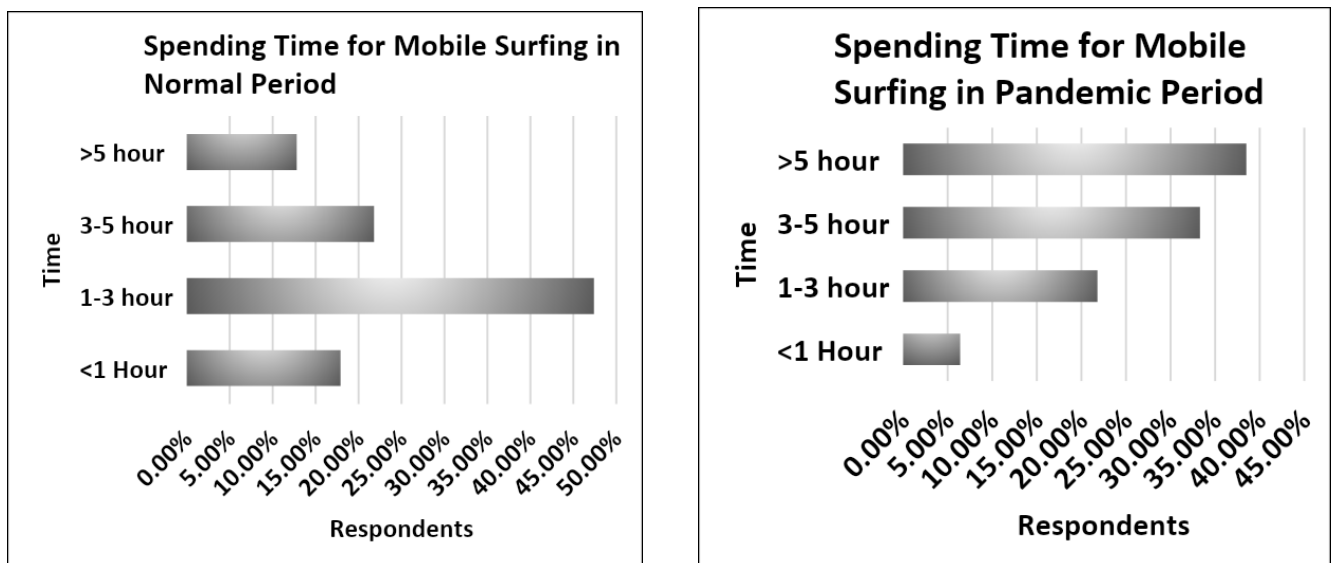
ISSN: 2455-5975

Website: <https://scotopia.in/>

However, many have been encouraged to engage in home workouts, yoga, or other forms of exercise to stay active.

6. Increased screen time: Online classes, virtual meetings, and entertainment activities have led to an increase in screen time for students. This can have both positive and negative effects on their lifestyle, and it is important for students to manage their screen time and take regular breaks.

Regarding Spending time for watching television:



38% of students spent more than 5 hours on mobile surfing during pandemic time. But during normal periods usually students spent 1-3 hours time on mobile surfing.

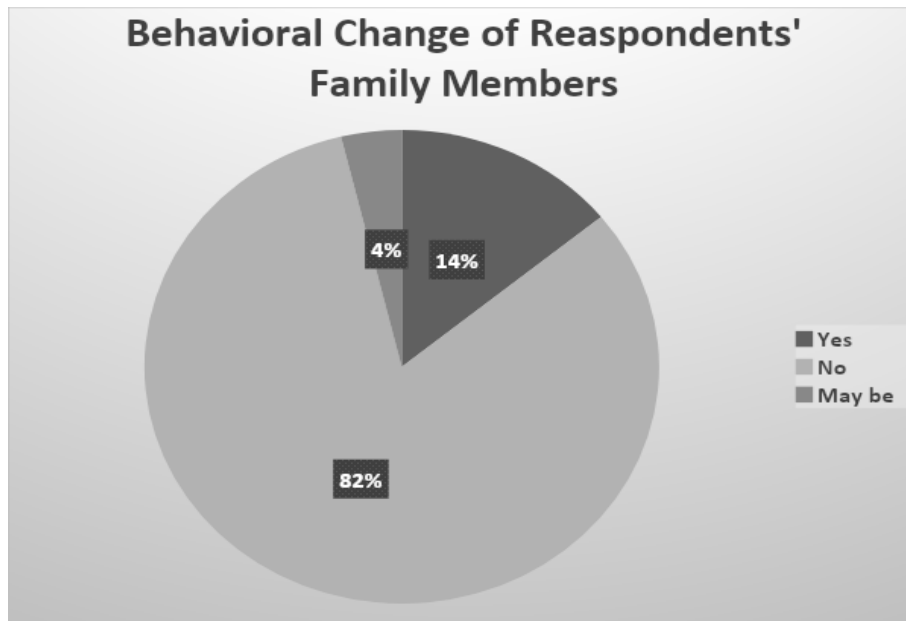
7. Emotional and mental well-being: The pandemic and the associated stresses may have affected the emotional and mental well-being of students. It is vital for students to prioritize self-care, maintain a balanced lifestyle, and seek support from family, friends, or mental health professionals if needed.

8. Behavioral change in family members: The study shows that 14 % of the respondents' family members went through some behavioral change during the lockdown period. Some families faced domestic violence also. 30% of the students have faced domestic violence.

Scotopia: A multidisciplinary biannual peer-reviewed e-journal

ISSN: 2455-5975

Website: <https://scotopia.in/>



9. Change in the economic status of the family: Study shows that among 18% of respondents more than 1 member of the family lost his or her job during the pandemic. In 5.20 % families, some members have started online business during this period. 24.35 % of respondents have faced some kind of difficulties during this period.

10. Others: Study shows that 26% of the students were engaged in social outreach activity to support covid victims.

Overall, students in India have had to adapt to a new way of learning and living during the COVID-19 pandemic. They have faced various challenges but have also developed resilience and learned new skills along the way.

Conclusion: In conclusion, the COVID-19 pandemic has significantly altered lifestyles, especially for Indian students. Due to the rising demand for medical resources, India's healthcare system faced difficulties that required attention to be diverted to COVID-19 management. The nation's response included a multi-phase lockdown and restraints to stop the spread of the illness.

Primary surveys and case studies showed that students underwent significant changes in their way of life. Online learning, altered study habits, fewer social interactions, increased health awareness, less physical activity, more screen time, and emotional difficulties were noted. Family dynamics and economic circumstances changed as well, and some people even managed social outreach despite hardships. The pandemic forced students to redefine how they live, learn, and interact, demonstrating their flexibility and resiliency. The crisis brought home how important it is to take care of oneself, have a balanced life, and seek help. Individuals must embrace holistic well-being and adaptability as the globe continues to

Scotopia: A multidisciplinary biannual peer-reviewed e-journal

ISSN: 2455-5975

Website: <https://scotopia.in/>

navigate this unique era, paving the road for the community to recover from pandemic disasters stronger.

However, the pandemic has taught the students a number of lessons. Students have adopted the skill of healthcare preparedness from this situation. This situation has compelled the students to adapt to new circumstances rapidly and to face unexpected challenges. The pandemic also causes a technological boom worldwide and hence leads the students to learn new technologies.

References:

Cao, W., Fang, Z., Hou, G., Han, M., Xu, X., Dong, J., & Zheng, J. (2020). The psychological impact of the COVID-19 epidemic on college students in China. *Psychiatry Research*, 287, 112934.

Copeland, W. E., McGinnis, E., Bai, Y., Adams, Z., Nardone, H., Devadanam, V., ... & Hudziak, J. J. (2021). Impact of COVID-19 pandemic on college student mental health and wellness. *Journal of the American Academy of Child & Adolescent Psychiatry*, 60(1), 134–141.

Dhillon, M., & Rawat, A. Impact of COVID-19 on education in India. *PalArch's Journal of Archaeology of Egypt/Egyptology*, 18(4), ISSN 1567-214X.

Liu, C. H., Pinder-Amaker, S., Hahm, H. C., & Chen, J. A. (2022). Priorities for addressing the impact of the COVID-19 pandemic on college student mental health. *Journal of American College Health*, 70(5), 1356–1358.

López-Valenciano, A., Suárez-Iglesias, D., Sanchez-Lastra, M. A., & Ayán, C. (2021). Impact of COVID-19 pandemic on university students' physical activity levels: An early systematic review. *Frontiers in Psychology*, 11, 3787.

Pokhrel, S., & Chhetri, R. (2021). A literature review on impact of COVID-19 pandemic on teaching and learning. *Higher Education for the Future*, 8(1), 133–141.

Rashid, S., & Yadav, S. S. (2020). Impact of COVID-19 pandemic on higher education and research. *Indian Journal of Human Development*, 14(2), 340–343.

Wang, X., Hegde, S., Son, C., Keller, B., Smith, A., & Sasangohar, F. (2020). Investigating mental health of US college students during the COVID-19 pandemic: Cross-sectional survey study. *Journal of Medical Internet Research*, 22(9), e22817.