



---

## Effect of lockdown period among people of Bihar: A Psycho-Social Study

Santosh Kumar Varma

Ph.D., Department of Psychology, Patna University, Patna, Bihar, India

DOI: <https://doi.org/10.33545/26648903.2021.v3.i1a.65>

---

### Abstract

This study was conducted to investigate the psycho-social effects of lockdown period among people of Bihar. It affected all the aspects of life like: social, educational, professional, behavioural and psychological etc. It also affected the economical situations of factory workers working in factories in big cities and how they returned their homes without vehicles and what health problems they faced during lockdown period. For this purpose a sample of 100 people were taken from Nawada district of Bihar. All the samples were age ranging between 16 to 45 year and were randomly chosen from different social groups of Nawada district. This selection was based on incidental-cum-purposive sampling. Data was analyzed on SPSS software. Result shows that lockdown due to corona virus affected the people not only economically but socially, educationally and psychologically also. Uncertainty about future, anxiety, depressed mood, poor concentration and hopelessness can be seen during this period. The biggest anxiety in this period was found about losing of job; because many people lost their jobs due to shutdown of factories in cities. The extending time of lockdown also worsen the situation.

**Keywords:** Psycho-social effects, stress, educational, professional, workers, health problems

---

### Introduction

Lockdown was one of the essential steps taken by the government of India in the favour of public health. It was one kind of emergency situation in which people were restricted to come out of houses until they had no proper reason of coming out. They were set free for some hours of the day to purchase essential items for their lives. This step was also followed by the other governments of some countries where COVID-19 was attacked. According to media sources it was said that it came from *Vuhan* City of China where scientists were doing research on Bats. Although India was alarmed in the month of December 2019 about this disease but they did not take it serious. As a result the decision was taken in last moment on 25<sup>th</sup> March, 2020 for 21 days till 14<sup>th</sup> April, 2020. From that time many travelers returned to India from the effected countries with the COVID-19 infection. During this period the Indian Government although banned the trains, buses and other vehicles to run the other state or inter-state yet not fully banned the airports which was main source of infected foreigners. As a result lakhs of people affected by this disease, many died and suicide also.

Children and old persons were mostly affected through this disease. It attacks on the respiratory system of a person and clotted gum in the lungs which makes a person unable to take breath freely and in this case he died of limited supply of oxygen. Not only it; after the death of this patient their body was also danger to carry. So it was packed in polythene bags and send for cremation and their relatives were warned not to touch or see this person because the dead body of a person was also capable in spreading this disease. It can be said that this disease had teared out the right of a person to die respectively. It widely affected the persons around the world. Most of the countries became forced to lockdown in their states. It spreads quickly from one person to other. The droplet of sneezing was responsible to spread this disease whose life span was different on different surfaces. It was assumed that warm day will evaporate the sneezing droplets quickly and the fear of spreading will disappear. In contrast the rainy day or cloudy day will not help in evaporating these droplets and it will remain harmful for anyone who will come in with contact. Therefore MASK was introduced to control the spread of this disease and people were suggested and warned to wear it all time even when come out of house for any purpose because nobody can guess who is infected. Thus worked as a shield for persons living in the country. Many people like doctors and politicians saw it as golden chance to improve their business. Many doctors were found guilty in taking out kidneys and other parts of body from COVID-19 patients and politicians saw it as golden chance to create fear in the people and drawing votes in the name of caring COVID-19 patients. Because fear is the situation in which a person forced to do as the other people say. But situation is different today. People are educated and they know well what is right or wrong. More so over this disease has affected the every aspect of people's life. It has affected the people's social, economical, educational and psychological aspect of life.

### Effect on Social Life

Social distancing has affected the harmony between peoples. Now people fear of talking and sharing their ideas with each other. Now people hesitate in standing with their friends and to retain their relationships. Old people

and children packed themselves in home and avoid meeting with friends. This type of isolation has created some psychological problems in old age people.

### **Effect on Economical Life**

Economy is the backbone of any state. Due to the lockdown factories, mills and other reproductive machineries got shut down. As a result people became jobless. Small vendors and labours affected mostly due this situation. Many labours of factories from other states of India returned their homes to save himself from this disease. But without money many of them could not survive in the earth and died. At last some returned to their job place as the lockdown removed. Although the risk of COVID-19 is continue.

### **Effect on Education**

Educational area seriously got affected by this disease. Coaching, schools and other educational institutions got closed due to COVID-19 issue. Parents of students feared of sending their children to schools. Students were said to read at home online. The online education facility was provided by the school teachers as a part of education. But there is a point that if a child does not read in the presence of teacher then how he can take interest in reading online.

### **Effect on Psycho-Physical Status of People**

Effect of lockdown can be seen as change in psycho-physical status of people. It can include effect on body, effect on feelings, effect on mind, and effect on behaviour.

### **Effect on Body**

Lockdown affected the people's body much. During this period many people reported about continue headache, lack in immunity power, fatigue and up-down in blood pressure.

### **Effect on Feelings**

Lockdown also affected the feeling of people. In this period people reported about anxiety of losing their families, fear from disease, aggression, irritation, complications etc.

### **Effect on Mind**

Lockdown badly affected the people's mind. During this period they were suffering of bad notions coming continuously about their job, family, disease etc. They were suffering the notions like what will happen if my job will lost, how will the family expenditure will run, what will I do if I caught in disease, senseless about what is right or wrong, not getting attention anywhere or work.

### **Effect on Behaviour**

During this period it was seen the people suffering from anxiety of this disease started taking wine, tobacco, cigarette etc. Some started watching television very much, some started shouting while some make himself silent. Dr. Prashar said that these things increase our stress. Normal stress is well for us but when it goes beyond a limit, then it becomes distress and in this situation we feel disturbed, energylessness, uncertainty and complications.

### **Method of reducing Stress**

According to Dr. Parul Parashar, "It is very important for us to come out of mental tension otherwise it may be endless. There are some tips through which we can keep ourselves calm and healthy

1. Keep yourself mentally strong. You think that everything will go fine. All the people of world are trying to get rid of this problem. So keep patience.
2. Strengthening your relationship. Do not feel bad on small talks. Talk with each other, take care of family members, less discussion on negative things.
3. If you are not allowed to go outside of house, then go to roof, near window or balcony side, in the garden where sunlight comes. Because the sunlight makes us feel better.
4. Keep continue your daily routine. It give us a purpose and we feel better. So continue your timely sleeping, waking up, eating-drinking and exercise etc.
5. Use your time in completing your hobbies, favourite work and doing those works which you were missed earlier due to lack of time. It will give you pleasure your incomplete desire will fulfill.
6. Express your feelings, if you have fear and distress then do not conceal it but share it with your friends and family members. The things that hurt you, try to recognize, express but do not express your aggression at other places.
7. Although you stay at home yet spent some time for your family members. What you are thinking analyze and ask questions from yourselves. As possible as try to reach a positive result.
8. Keep attention on positive aspects even in bad times. Although this is lockdown time but remember that this is golden time to spend your time family members and to complete your hobbies.

9. Psychologists also suggest that do not take overdose of news related to CORONA virus because as you hear you will think like that. Listen only the essential news and try to shift your mind in other works like talking with friends, doing your favourite work.

At last it can be said that CORONA has affected the people at large in India and world. No one left untouched from this disease. Due to its changing nature the scientists are not capable in making it's medicine. So we have to wait for more time to prepare it's vaccine by some other countries.

## Methodology

### Sample

A sample of 100 people; age ranging from 16 to 45 year were randomly chosen from different social groups of Nawada district. This selection was based on incidental-cum-purposive sampling.

### Test and Tools

A self-developed questionnaire was used to collect the data. It consists of 25 questions related to stress arises in different situation due to lockdown in the country. Each questionnaire has three options: yes, no and not applicable.

## Result

**Table 1:** Stress due to Corona Virus

Sl.	Stress due to Corona Virus	Yes	No	Not Applicable
1.	Feared getting infected more severely with corona virus	38.4	53.5	8.1
2.	Feeling pessimism or hopelessness	24.3	68.6	7.1
3.	Absence of emotional response - feeling numb/no happiness or sadness	19.0	69.2	11.8
4.	Feeling exhausted	25.3	65.4	9.3
5.	Reduced awareness or being in a daze/feeling confused/unable to think clearly	17.5	75.1	7.4
6.	Feeling detached from others	24.0	68.5	7.5
7.	Always wore mask and protective equipment even in open spaces	37.8	55.9	6.3
8.	Invest majority of free time reading or watching corona virus-related information	37.5	58.4	4.0
9.	Anxiety when dealing with febrile patients/family members	38.8	46.4	14.9
10.	Avoided corona virus related information	20.8	70.4	8.8
11.	Had anxiety/palpitations	18.3	77.2	4.5
12.	Felt irritated/angry or self or others	31.2	64.5	4.3
13.	Had trouble falling asleep/frequent awakening	28.7	67.6	3.7
14.	Uncertainty about frequent modification of infection control procedures	32.0	59.4	8.5
15.	Poor concentration and felt indecisive	24.3	68.6	7.1
16.	Afraid to go to home because of fear of infecting family	23.8	60.2	16.0
17.	Deteriorating work performance	19.3	65.5	15.3
18.	Reluctant to work or consider resignation after discharge	9.7	65.8	24.5
19.	Depressed mood - feeling low most part of the day	15.4	74.5	10.1
20.	Stigmatization and rejection in neighborhood because of hospital work/being kept in quarantined facility	10.4	63.3	26.3

## Discussion

Result shows that 38.4% respondents reported fear of getting infected more severely with corona virus. Like this always wearing mask and protecting equipment (37.8%), having free time in reading or watching corona-virus related information (37.5) and anxiety when dealing with febrile patients/family members (38.8%) was also reported by high percentage of people. Uncertainty about frequent modification of infection control procedures (32%), felt irritated/angry or self or others (31.2%) and poor concentration and felt indecisive (24.3%) was also found during corona period. Feeling exhausted, depressed mood, trouble falling asleep was also reported by the people during corona lockdown period. Result also shows that on an average 64.89% people reported that they did not felt these symptoms during this period while 10.27% people said that these symptoms are not applicable on them. Thus we can say that deterioration in all the areas of performance was counted during this period.

## Conclusion

As a whole it can be said that lockdown due to corona virus affected the people not only economically but socially, educationally and psychologically also. Uncertainty about future, anxiety, depressed mood, poor concentration and hopelessness can be seen during this period. The biggest anxiety in this period was found about losing of job; because many people lost their jobs due to shutdown of factories in cities. The extending time of lockdown also worsen the situation. As a result the GDP of India has fallen; which is a sign of longitudinal crisis. As present the Kisan Bill will also make serious this situation.

**References**

1. Banerjee D. The COVID-19 outbreak: crucial role the psychiatrists can play. *Asian J Psychiatr*; c2020.
2. Coronavirus: US Cities put into Lockdown as COVID-19 Cases Worldwide Overtake China. *World News; Sky News*.
3. Dickerson D. Seven tips to manage your mental health and well-being during the COVID-19 outbreak; c2020.
4. Henely J, Madrid. KWAK in Coronavirus: France Imposes Lockdown as EU calls for 30-Day Travel Ban. *The Guardian*; c2020.
5. Lau H, Khosrawipour V, Kocbach P, Mikolajczyk A, Schubert J, Bania J, Khosrawipour T. The positive impact of lock-down in Wuhan on containing the COVID-19 outbreak in China. *J Travel Med*. 2020.
6. Prabhat Khabar. News from 25<sup>th</sup> March to September 15, 2020.
7. Qiu J, Shen X, Zhao M, Wang Z, Xie B, Xu Y. A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic: implication and policy recommendation. *Gen Psychiatry*. 2020, 33(2).
8. Zandifar A, Badrfam R. Iranian mental health during the COVID-19 epidemic. *Asian J Psychiatr*; c2020.
9. Zhou X, Snoswell CL, Harding LE, Bambling M, Edirippulige S, Bai X, Smith AC. The role of telehealth in reducing the mental health burden from COVID-19. *Telemed J E Health*; c2020.