

To Study the Effect of Lockdown on Physical, Mental and Emotional Health of Common People

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Abstract:- Stress is a panic situation that every animal has realized occasionally as well as frequently. It is very common type of syndrome in any human being. The impact of stress varies between human to human depend upon the experience he gained and how he exposed to the internal as well as external environment. In beginning 2020 the world is suffering with the pandemic of COVID- 19. The spread of COVID-19 is mostly due to the social contact of infected persons. To avoid such type of contact the social distancing is one of the options. Most of the countries has been announced total lock down and warned their citizen to stay at home for indefinite period of time. As we learned the human being is social creature of nature he cannot sustained long without society. Therefore there will be serious impact of stress on physical, mental and emotional wellbeing of human being. In this study we have studied the symptoms and effect of indefinite period of lockdown on physical, mental and emotional health of common people.

Keywords:- lockdown, COVID19, Novel Corona Virus, Outbreak, Stress, Physical, Mental and Emotional.

I. INTRODUCTION

This study is undertaken in order to understand the effect of lockdown on physical, mental and emotional health of common people. As we are well aware that the COVID-19 outbreak originated from China and spread all over the world. The facts and figures are shocking one. All the countries taken it very seriously and similitude it with Second World War. The severity of such outbreak is harshening to all at physical, mental and emotional level. COVID 19 spreading in worldwide with bullet train speed now 189 countries has been affected and 8.50 lacs people were infected with COVID19. Till today 42000 deaths has been reported. Most of the countries were declared a nationwide lockdown explaining that it was the only way of breaking the Covid-19 infection cycle. This essentially extended the lockdown from most states and Union Territories to the entire country and provided a more definite timeline. Social distancing is the only way to break the cycle of infection. As we know increase in pandemic of COVID -19 huge part of population lockdown in their homes with some restrictions imposed by government time to time. The idea or objective behind lockdown is to avoid community spread of COVID-19. The virus is spread mainly from person-to-person who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes . In this study we have studied the effect of

indefinite period of lockdown on physical, mental and emotional health of common public.

➤ *Problem Analysis:*

This research is the process of arriving at a dependable solution to the problems through planned and systematic collection, analysis and interpretation of available and collected data.

- It is prime important to address the public mental health of people during the following months.
- This need systematic and sincere efforts from psychologist, experts as well as at personnel level.
- With opinion of experts this crisis could generate symptoms of depression or anxiety.
- This will create negative impact on people's mental health it ultimately affects the well being of people.
- It affect on social and economical crises in future.

➤ *Scope of Research:*

The scope of this study is limited with only observation and questionnaires template randomly given to 2000 adult members belonging to different portfolio in business, profession and services. The family members are having different family background too. The population was selected randomly and the information has been collected through google questionnaires template as per the questionnaires prescribed and tested . Stress management is becoming the most significant factor in every sector. There are many factors like Mental, Emotional, Physical and incidental exist, enhancing the degree of stress at various level. The environment due to lockdown and lack of support from family and friends in adverse condition is another important factor. However, we are focusing on current incidental conditions which can affect the level of stress on families and family members impact of personal stressor, arises from family and society. Thus, the study is extended to include personal source of stress in context with physical, Emotional, Mental and Incidental stress. In addition, the consequences are also taken into considerations which are affecting physical, behavioral and emotional part of an individual. This study focuses on the identification of major stressors, along with few incidental stressors.

➤ *Objectives of Research:*

- To understand the concept of stress.
- To understand causes of stress
- To understand the Physical, Emotional, Mental and Incidental symptoms of stress.
- To compare the Physical, Emotional, Mental and Incidental symptoms of stress.

- To compare the stress score amongst the individuals in such a lockdown period.
- To determine the symptoms and factors that contributes the most towards stress.
- To identify the relation of stressors with current situation.
- To find out the causal effect lockdown on stress
- To determine the relation between psychological and physiological factors that enhances the stress and anxiety.

➤ *Significance of Study:*

Since the World Health Organization declared the COVID-19 outbreak a global pandemic, many of us, even those who have not been infected by the virus, will choose to quarantine in our homes for the upcoming weeks or months also. Capsized travel plans, indefinite isolation, panic over scarce re-sources and information overload could be a recipe for unchecked stress, anxiety and feelings of isolation. Along with the lockdown, a feeling of uncertainty and panic has also taken over the country. Especially for those who live away from their families. People who are working in different cities and live away from their families, all alone, are now stuck at home for this given time period. While this sudden arrangement is not long-lasting, it has caused anxiety to many people. The corona virus crisis and the restrictive measures that many countries are taking to contain the outbreak can have a negative impact on people's mental health and well-being, the World Health Organization (WHO) has warned. Isolation, physical distancing, the closure of schools and workplaces are challenges that affect us, and it is natural to feel stress, anxiety, fear and loneliness at this time. Experts agree that it is important to consider the effects of this pandemic on the mental health of people - while providing psychological support for the general public. Therefore it is future need to identify the various stressors that is affecting human Physical, Emotional and Mental health.

➤ *Approaches and limitations:*

The approach of the study is to understand the stress, anxiety and depression on the basis of facts and figures have been collected from some random sample with the help of prescribed questionnaire. However the main idea is to understand the symptoms and causes of stress. The study mainly focused on the personal stress in concern with Physical, Mental, Emotional and Incidental for general public well. The major limitation is time was the constraint to obtained the huge data for analysis and finding out the inferences. The limited number of random samples taken for the observation is one of the limitation .However we have taken the sample of study from the different sources and locality for precisions in result.

II. METHODOLOGY AND DISCUSSION AND METHODS

Research methods have the most important role in any research process. It occupies a decisive role in all kind of research, because it is a determinant of reliability and validity which depends upon the adopted research method. Primary and Secondary Data are collected for the study. Primary data is collected from 1697 adult members in deals with the stress experienced by them in lockdown at home. The secondary data is collected from refereed journals, magazines, newspapers and websites etc. An overview of the research design, sample design, calculation of sample size, details of pilot study and statistical tools used for analysis are included in this paper.

- **Research design :**The study of research methods provides the knowledge and skills to solve the problem and meet the challenges of today's modern pace of development. There are two basic types of research designs:
 - **Research design in case of descriptive /diagnostic research studies as:** In this study we have gone with descriptive research study. The descriptive research is conducted to define, describe, analyze and interpret the present condition. The major purpose of a descriptive research is to evaluate and analyze a phenomenon, occurred at a specific time and place. This is connected with present conditions, framework, practices, relationship, differences, similarities that exist.
 - **Methods of research design:** The method adopted for the present study can be categorized as descriptive and statistical in nature. Descriptive research describes systematically the facts and characteristics of a given population or area of interest, factually and accurately (Isaac & Michael, 1995). Descriptive research studies describes the characteristics of a particular individual, situation or a group; and may be focused to investigate 'what exists' with respect to variables or conditions in a present situation.
- *Sampling design:*
 - **Population:** The first step in research is to clearly define the set of objects, technically called the universe/population, to be studied. For proposed study the universe 1697 individuals selected randomly from state of Maharashtra.
 - **Sampling Element:** Individuals
 - **Sampling Unit:** The sampling unit for the study was the individuals of selected randomly from state of Maharashtra. The sample was selected keeping in view the needs and objectives of the study.

- **Sampling Technique:** The convenience sampling technique has been used to select individual population.

- **Sample Size:** The overall sample size for the study included 1697 adult members . These families have been chosen from different locality of the state of Maharashtra

- **Extent:** Maharashtra State, India

➤ *Sources of data collection*

- **Primary Data :** Questionnaire method has been used for primary data collection to identify the Physical, Emotional, Mental and incidental symptoms of stress.

- **Secondary Data :**The secondary data is Collected through Journals/Research Publications, Magazines , Web sites/Internet and Newspaper etc.

➤ *Construction of Tools:*

- *Interview*

The variables which have been studied were identified by the researcher with the help of the supervisor, statistician and experienced teachers working in the study area. The available literature in the area of the study had also been consulted. Preliminary interviews were conducted with the help of telephonically and social media.

- *Questionnaire*

After identifying the variables, we have preparing the Google Questionnaire. With the help of expert the draft of the questionnaire was prepared and it was circulated among the fellow researchers and faculty for their opinion and suggestions. The questionnaire was revised and re-drafted in the light of criticisms and suggestions put forth by them. A questionnaire has been prepared by the researcher for collecting necessary primary data. Before preparing the schedule, the researcher made a comprehensive review of previous studies directly and indirectly connected to the topic of the study.

III. DISCUSSION, ANALYSIS AND INTERFACE FINDING

➤ *What is Stress?*

The scholars and experts have been defining the stress in a various way. Here we have given in nutshell what is stress? Stress also defines as the non-specific response of the body to any demand for change. Stress is a normal biological reaction to a potentially dangerous and critical situation. Many times we create our own stress because of faulty perceptions regarding any situations. All of our experimental and clinical research confirms that the sense of having little or no control on mind, body and emotions is always distressful everyone knows what stress is, but nobody really knows how it comes

➤ *Types of Stresses*

- **Acute stress:** Acute stress happens to everyone. It's the body's immediate reaction to a new and challenging situation. It's the kind of stress you might feel when you narrowly escape a car accident. Acute stress can also come out of something that you actually enjoy. These incidents of acute stress don't normally do you any harm. They might even be good for you. Stressful situations give your body and brain practice in developing the best response to future stressful situations. Once the danger passes, your body systems should return to normal.

- **Episodic acute stress:** Episodic acute stress is when you have frequent episodes of acute stress. This might happen if you're often anxious and worried about things you suspect may happen. You might feel that your life is chaotic and you seemingly go from one crisis to the next. As with severe acute stress, episodic acute stress can affect your physical health and mental well-being.

- **Chronic stress:** When you have high-stress levels for an extended period of time, you have chronic stress. Long-term stress like this can have a negative impact on your health. Chronic stress can also lead to frequent ailments such as headaches, an upset stomach, and sleep difficulties.

IV. PHYSICAL, EMOTIONAL, MENTAL AND INCIDENTAL SYMPTOMS OF STRESS

One who can experience the stress he will have a physical, Mental, emotional and incidental symptoms. It is little difficult to understand the stress level to anyone because it is no specific one and situational. Most of the individuals fails to recognize there stress intentionally or deliberately. To understanding the stress and its consequences is now become more important to anyone to start the treatment to relieve the stress. In our study with comprehensive discussion with expert and psychologist we have developed google questionnaires and distributed link randomly to the individuals through what's app and face book (social Sites). It will help full to us to understand the correct level of stress of individual those are randomly gone across through the test. We not pressed any invitation to fill up the questionnaires and interviews all are the individual who had submitted the questionnaires are deliberated and without any intention. They are shown their interest on own therefore we got partial data for analysis .We have divided the symptoms of stress into four captions that is physical, emotional, physical and incidental. The idea behind the four captions is to amylase the stress level on four pillars. It also useful to recommend the measures to relive the stress.

A. *Physical symptoms of stress in lockdown:*

Physical symptoms are mainly related with your body parts, your sense organs and central nervous system. The physical symptoms are those which one can observe it in a normal way. The physical symptoms make an impact on your energy that you reserved for work. Once physical stress produced in your body you are not able to complete

your task because your body not able to respond to cope out with the stress. We have taken following ten symptoms of physical stress for the study. In short the symptoms are described as follow.

- Irritation: The state of feeling annoyed, impatient, or slightly angry not able to behave in normal way.
- Insomnia: Insomnia is a sleep disorder in which you have trouble falling and/or staying asleep. The condition can be short-term (acute) or can last a long time (chronic).
- Feeling tired: Feel sluggish and unmotivated not able to concentrate and feeling itched.
- Dull dizziness: A feeling of being lightheaded or woozy and feeling upset
- Severe exhaustion: Cynicism or pessimism; apathy (feeling of not caring)and feeling severe tiredness.

- Headache: A pain arising from the head or upper neck of the body and it gives a disturb feeling.
- Shortness in breath :Is an uncomfortable condition that makes it difficult to fully get air into your lungs
- Cold :May include cough, sore throat, low-grade fever, nasal congestion, runny nose, and sneezing
- Pain In chest :Appears in many forms, ranging from a sharp stab to a dull ache
- Ill temper: Bad or irritable disposition and not able to come out from mental agony.

With predefined questionnaires we have taken out individual feedback regarding the physical symptoms of stress. The data has been tabulated and arranged in a descending order as like follow.

sr.no	Symptoms	Yes	Sometime	Never	Total	Yes(%)	Sometime(%)	Never (%)
1	Irritation	351	889	457	1697	20.7	53.8	27.6
2	Trouble in falling asleep or staying asleep	280	604	813	1697	16.5	36.3	48.9
3	Feeling tired-Fatigue	275	887	535	1697	16.2	53.3	32.2
4	Dizziness	129	663	905	1697	7.6	39.1	53.4
5	Severe Exhaustion	142	451	1104	1697	8.4	27.3	66.7
6	Severe Headache	131	520	1046	1697	7.7	31.4	63.1
7	Shortness in breath	88	306	1303	1697	5.2	18.3	77.9
8	Severe Cold	100	444	1153	1697	5.9	26.9	69.8
9	Pain In chest	70	387	1240	1697	4.1	23.1	74.2
10	Trembling	87	276	1334	1697	5.1	16.7	80.7

Table 1:- Physical symptoms of stress in lockdown

The table No.1 shows that the physical symptoms of stress. The people are irritated due to lockdown situation that was announced very suddenly by government to avoid the spread of COVID 19 through public contamination. The 20.70 percent of individual are persistently in irritation. It is also observed that 52.40 percent of individual are in irritation in sometime that means they are irritated occasionally. The data shows that 16.50 percent individuals are facing the problem of staying asleep and 35.60 percent of individual are sometimes/occasionally facing the problem of asleep. The trouble in falling asleep we also called it insomnia is also major problem in majority part of individuals. To feel tired or to get fatigue without any working is a major cause of physical stress in individuals. It clearly shows that the irritation and insomnia significantly cause tiredness and fatigue in individuals. The study shows that 16.20 percent of individual are facing the problem of feeling tiredness. The dizziness, severe exhaustion, severe headache are the symptoms are observed in 5 to 7 percent of individual. Summarily the irritation, insomnia and tiredness are the major symptoms of physical stress in individuals.

B. Emotional symptoms of stress in lockdown

The emotional symptoms are mainly related with mind and brain. Obviously the emotional symptoms are very deep in nature and most of individuals are failed to recognize it. There are six basic emotions those are identified in any human being. The emotions we identified were happiness, sadness, disgust, fear, surprise, and anger. Here we have try to understand the symptoms of ten type of emotional symptoms. We have taken the following ten symptoms of emotional stress for study. In short the symptoms are described as follow.

- Worrying: Worrying is feeling uneasy or being overly concerned about a situation or problem
- Anger: A strong feeling of displeasure and usually of antagonism.
- Loneliness: Being without company .Sadness because one has no friends or company.
- Isolation: process or fact of isolating or being isolated.
- Boredom: The state of being weary and restless through lack of interest. Boredom is generally viewed as an unpleasant emotional state in which the individual feels a pervasive lack of interest in and difficulty concentrating on the current activity.

- Sadness: Affected with or expressive of grief or unhappiness Sadness is a normal reaction to a loss, disappointment, problems, or other difficult situations.
- Nervousness: A feeling of worry and anxiety. Appearing or acting unsteady, erratic, or irregular
- Disgust: Disgust means a feeling of disapproval or revulsion regarding somebody Marked aversion aroused by something highly distasteful.

- Fear: An unpleasant emotion caused by the threat of danger, pain, or harm. An unpleasant often strong emotion caused by anticipation or awareness of danger.
- Dejection: A sad and depressed state; low spirits.

With predefined questionnaires we have taken out individual feedback regarding the emotional symptoms of stress. The data has been tabulated and arranged in a descending order as like follow.

	Symptoms	Yes	Sometime	Never	Total	Yes(%)	Sometime(%)	Never (%)
1	Unnecessary Worrying	357	755	585	1697	21.0	44.49	34.47
2	Anger	274	839	584	1697	16.1	49.44	34.41
3	Loneliness	259	470	968	1697	15.3	27.69	57.04
4	Feeling Isolated	239	441	1017	1697	14.1	25.98	59.92
5	Boredom	209	588	900	1697	12.3	34.64	53.03
6	Feeling Sad	192	683	822	1697	11.3	40.24	48.43
7	Nervousness	198	656	843	1697	11.7	38.65	49.67
8	Feeling Disgust	171	456	1070	1697	10.1	26.87	63.05
9	Fear	169	517	1011	1697	10.0	30.46	59.57
10	Dejection	145	513	1039	1697	8.5	30.23	61.22

Table 2:- Emotional symptoms of stress in lockdown

It is always difficult to make a judgment about the emotional symptoms of any individual. The emotional symptoms are cyclic in nature and produces in interval manner. The study shows that 21.00 percent of individual are facing unnecessary worry. The 44.49 percent of individual are feel sometimes/occasionally unnecessary worrying. The pandemic of COVID-19 is uncertain and shocking to all the citizens. The COVID-19 virus research is at very primitive stage and there is no any vaccine available for prevention of disease. As such no availability of any systematic methodology for cure of disease. The near about 99 percent of population is under lockdown. The people are not aware about the period and end date of lockdown therefore unnecessary worries significantly affecting on emotions. The study also shows that the 16.10 percent of population are showing anger emotions and it is also observed that 49.04 percent of individual are sometime/occasionally in anger emotion. The anger is not only disturbing your internal piece but it will also disturb the family and interpersonal relations. It also will cause a long time affect on sensitive relations. Loneliness emotions are prevailing and persisting in 15.30 percent of individual in severe mode as well 25.69 percent of individual are in loneliness situation sometime/occasionally. The loneliness is a feeling that is emerging out due to the many reasons like missing of some dear one or people are stuck badly and away from their families. Feeling isolated, boredom, feeling sad and nervousness are also most important emotions we observed in study about 9 to 11 percent of individual. Summarily the unnecessary worry and loneliness produces anger in individuals. The anger pushes the individual slowly in anxiety and depression.

C. Mental symptoms of stress in lockdown:

The mental symptoms of stress related with brain however it has some interactions with mind also. The brain is super power and performing numerous types of functions. One study shows that brain uses 30 percent of our body energy to perform various physiological functions. The work and function of brain is site specific where the neurotic brain cells are collectively responsible some functions with various internal signals and messages. Once the individual undergoes into stress due to some unwarranted or incidental situation the brain functions get affected and not able to work in a normal way. Once the homogeneity and sequencing of brain get disturbed it will shows the various symptoms. The mental symptoms that has been produces due to stress are given below only in illustrative way with some brief points and definitions.

- Racing thoughts: Racing thoughts are fast moving and often repetitive thought patterns that can be overwhelming. The individual not able to concentrate the productive and positive thoughts.
- Poor concentration: Poor concentration is the inability to focus on a task. A person who is unable to concentrate is easy to be distracted with little things.
- Confusion: Confusion is the quality or state of being bewildered or unclear about the surrounding. The individual not able to judge the situation
- Emotional Hanging: Stayed in long effect of any emotion is nothing but a emotional hanging. In such type of symptoms the individual stuck in any basic emotion and not able to come out.

- Negative attitude: A negative attitude is a disposition, feeling, or manner that is not constructive, cooperative, or optimistic and individual thing negatively about any facts and situation.
- Low decision making: Poor decision making creates a vicious cycle that reinforces an already present anxiety about decision making. The individual not able to make a decision in small event also.
- Memory loss: Memory loss (amnesia) is unusual forgetfulness. You may not be able to remember new events, recall one or more memories of the past
- Hostile in nature: Having an intimidating, antagonistic, or offensive mood of individual. He wants to quite the

- situation very early without facing and tackling the situation.
- Mental Cloudiness :Clouding of consciousness (also known as brain fog or mental fog) is when a person is slightly less wakeful or aware than normal
- Grinding teeth: Teeth grinding is most often caused by stress or anxiety and many people are not aware they do it. It often happens during sleep

With the help of predefined google form/questionnaires we have taken out individual feedback regarding the mental stress symptoms. The collected data have been tabulated as like below.

	Symptoms	Yes	Sometime	Never	Total	Yes(%)	Sometime(%)	Never (%)
1	Racing thoughts-Overthinking	439	618	640	1697	25.9	36.4	37.7
2	Poor concentration	256	715	726	1697	15.1	42.1	42.8
3	Feel Confused	237	668	792	1697	14.0	39.4	46.7
4	Emotional Hanging-Insecure	250	558	889	1697	14.7	32.9	52.4
5	Negative attitude	220	583	894	1697	13.0	34.4	52.7
6	Low decision Making	215	579	903	1697	12.7	34.1	53.2
7	Memory loss	190	545	962	1697	11.2	32.1	56.7
8	Hostile in nature	193	492	1012	1697	11.4	29.0	59.6
9	Mental Cloudiness	165	431	1101	1697	9.7	25.4	64.9
10	Grinding teeth	102	98	1497	1697	6.0	5.77	88.2

Table 3:- Mental symptoms of stress in lockdown

Mental behavior is related with mind and brain. It correlated with past experiences and incidents that took place in life. The behavior pattern and the habits are collectively produces mental stress. This study shows that 25.90 percent individual are having racing thoughts or in the process of mental over thinking. Normally human mind produces 60000 to 70000 thoughts in a day however due to horrible pandemic everyone is in over thinking. The study also observed that 36.40 percent of population is in over thinking stage of symptoms in sometime or occasionally. Once anyone start experiencing over thinking ultimately the poor concentration started therefore the study shows that the 15.10 percent of individuals facing the problem of poor concentration. Feel confused, emotional hanging and insecurity, negative attitude and low decision making mental symptoms are also observed in 10 percent individuals. Summarily the racing thoughts and over thinking and also poor concentration lead the individuals slowly towards the stress, anxiety and in depression.

D. Incidental symptoms of stress in lockdown:

The world is facing the pandemic and severe outbreak of COVID-19 that is spread through the contagious novel corona virus. The disease is now spread all over the world and near about 7.5 million population get affected and 3.5 people were died. All the countries are in tremendous pressure and to avoided the spared of COVID-19 disease they have announce locked down. The race of human

being is under pressure and stuck in the home facing various stress related problems. Here we have assessed the incidental type of stress symptoms among the various individuals those are selected randomly on social media. We have designed predefined questionnaires for taking the individual feedback regarding the incidental symptoms of stress. . The Incidental symptoms that have been observed in individuals due to stress are given below only in illustrative way in brief.

➤ *Worries about child education and carrier:*

The Children’s are the future of every family. There growth and development is directly related with wellbeing of any family. The study showed there is most of individuals are showed worried about future of their children The schools are closed since last two month and children’s are in boredom due to significantly their routine is affected due to lockdown . Pressure to get good results means most parents are more worried about the progress their children. According to a survey of families preparing to start the new school year however the school opening is prolonged. With most schools having summer holidays however they are preparing online classes of student when the new season of school will start. The survey also found parents worried more about their children not meeting expectations or being stretched sufficiently as they got

older, peaking among parents with children in the early years of secondary school.

➤ *Worries about self health :*

The entire individual from the world are having fear of corona infection and self health. The social media and electronic media showing the news and all the bad and negative news frequently therefore by watching such type of news regularly the fear on infection and self health emerge out in thought and thinking process of individuals. The most severe levels of contamination fear are found in obsessive-compulsive disorder (OCD). Approximately 50% of people with OCD have a fear of contamination from dirt or disease that causes them to wash and clean compulsively.

➤ *Worries about future economical stability:*

The COVID 19 and its serious impact on national as well as on global economy will be for a long time. Everyone and every business activities get suffered. The multinational as well as local companies are in negative growth and balance sheets are disturbed. The inflation rate will be associated with supply and demand. The social distancing and mobility of the people are restricted one therefore the economy facing trouble and no growth at all.

➤ *Worries about future Professional development :*

The professional people are future oriented and they are always optimistic. The lockdown not only close the door of your house but also it closes door of development. The future of any business activity now in vein and the opportunity to lead having no future. The people are mentally disturbed and they are not able to cope with stress and all. Ultimately their future professional development is restricted.

➤ *Remarkable Changes in daily routine style :*

The world health organization has been declared COVID19 as a pandemic worldwide. Since then, the situation has changed drastically everywhere in world. The most of the countries announced lockdown due to COVID - 19 outbreaks. The life is stand still all the people are arrested in home. There is strict execution of lockdown in country like India. It brings a remarkable change in the daily routine style of people. The get stuck in the home. No outing, no routing for exercise and gym so they get bored.

➤ *Fear of The outbreak Corona outbreak as pandemic :*

The world health organization has been announced the COVID-19 is a pandemic. The outbreak is pandemic one and the virus is speeding worldwide. Therefore everyone is in fear and worries about this type of pandemic. Corona virus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

➤ *Worries about availability of medical care:*

The individuals are in shock of this global pandemic. The health care and medical care responsibility is now day's lies with government. In India data for the public sector were obtained from the 2019 National Health Profile (NHP) which estimated that public health facilities had about 7 lacs hospital beds. The research team conservatively assumed that number of ICU beds would be around 5% of hospital bed count in both public and private sector hospitals. In such scenario the individuals are little worried about timely availability medical care .

➤ *Pressure to stay home for a long time :*

In lockdown most of the population of the country at home and facing serious concern about their future. It appears that the new normal will be staying at home as much as possible to avoid public places and contact with too many people. The human being is a social animal and cannot live without community and society but this situation cut the thread of any individual with society. The impact or pressure to stay home has negative consequences on mental and physical health of individual.

➤ *Fear of COVID-19 infection:*

The fear of corona novel virus infection in every individual will make a serious impact on their mental and emotional health. In some cases the fear focuses on contracting a disease from others; in other cases, it's a fear the individual will infect other people. In extreme forms of contamination fear, a person may be concerned about coming into contact with droplets of bodily fluid from others or of leaving traces of their own fluid in public places that would cause illness in others. When the fear is this intense, any exposure to public places can be threatening, so the person avoids or washes excessively.

➤ *Shutdown of self business activities:*

The self employment activity of the individual has been seriously hampered due to lockdown. The most of the individual involving self business activities having very little turnover. Once the cycle of business completely stop it has been serious effect on economic condition of the such people because they have lot of obligation like family, friends, bank loans, rent, row material. The shutdown of business activity will lead into bankruptcy Key segments of Indian manufacturing have started shutting down in response to the lockdown orders issued by central and state governments and the suspension of public transport services in many places in the country. Automakers, Smartphone makers, consumer electronics firms, appliance majors and many others have ordered shutdowns till month-end.

With the help of predefined google form/questionnaires we have taken out individual feedback regarding the incidental stress symptoms. The collected data have been tabulated as like below.

sr	Symptoms	Yes	Sometime	Never	Total	Yes (%)	Sometime (%)	Never (%)
1	Worries about child education and the carrier	491	523	683	1697	25.9	30.8	40.2
2	Worries about self-health	484	639	574	1697	25.8	37.7	33.8
3	Worries about future economical stability	396	576	725	1697	20.3	33.9	42.7
4	Worries about future Professional development	410	522	765	1697	19.0	30.8	45.1
5	Mental Pressure due to remarkable Changes in daily routine style.	260	496	941	1697	12.4	29.2	55.5
6	Fear of Corona outbreak as pandemic	238	587	872	1697	11.1	34.6	51.4
7	Worries about the availability of medical care	244	424	1029	1697	11.1	25.0	60.6
8	Mental pressure to stay home for a long time	214	433	1050	1697	9.5	25.5	61.9
9	Fear of COVID-19 infection.	212	584	901	1697	9.3	34.4	53.1
10	Mental pressure due to shutdown of self business activities	205	309	1183	1697	9.0	18.2	69.7

Table 4:- Incidental symptoms of stress in lockdown

The current pandemic situation is now facing the human race all over the world. We have taken the incidental feelings of individual those are under study with the help of google form. The table shows that 25.90 percent of individuals are showing worries about child education and their carriers. The 25.80 individuals are worries about self health and 20.30 individuals are in worries about the future economic stability. The schools are closed due to lockdown and most of the schools are not able to complete their academic year too. The worries about self health are another type of incidental symptom observed in study. The people are not sure and secure about their future health care also due to increasing demand for hospitals for COVID

patients. The individual are worried about their future economic stability because they don't know when they will be able to start their business again.

E. Assessment of stress score of individuals those are under study:

In study we also try to assess the stress of individual those are randomly selected on social media. They submitted their responses on the google form. Once the individual submitted the google form they will get their stress test score automatically and instantly. The marks are pre defined for the each symptom. The 40 symptoms are multiply with 2.50 marks for each.

Sr. No.	Type of Stress	Points	No of Individual	Percentage
1	No Stress	00-20	298	17.6
2	Mild Stress	21-40	643	37.9
3	Medium Stress	41-60	469	27.7
4	High Stress	61-80	213	12.6
5	Very High Stress	81-100	74	4.36
			1697	100

Table 5:- Assessment of stress score of individual those are under study.

The 38 percent of individuals are in mild stress. The major concern is in medium and high stress where we have found 40.30 percent of individuals combined. The study shows that only 17.06 percent of individual are free from stress. The 4.36 percent of individuals are identified with very high stress.

V. CONCLUSION

The stress is nothing but the physical, emotional and mental responses to the any type of unusual situation. In this study we are tried to correlate the physical, emotional, mental and incidental symptoms of stress with lockdown situation. In study we have taken ten symptoms from each category. There were total 40 symptoms of stress we have

taken for study. We have tabulated 1697 individual feedback forms and on the basis of feedback we tried to correlate it with lockdown situation. In physical symptoms of stress we have found that the irritation, insomnia and tiredness are the major and prominent symptoms in individuals. In percentage they are 53.20 percent and affecting on major portion of population. In fact the irritation disturbs the family and interpersonal relation due to misconduct and miscommunication. The insomnia leads to heaviness and tiredness and disturb the physical health as well. Insomnia can not only reduce your energy level and mood but also your health and quality of life. In Emotional symptoms of stress the unnecessary worrying and loneliness are responsible for anger in individuals. The 52.40 percent of population are showing the symptoms of

unnecessary worries, loneliness and anger. Unnecessary worrying is associated with elevated frequencies of negative thoughts. When unnecessary worrying becomes excessive, it can lead to feelings of high anxiety and even cause depression. Loneliness also makes a person sick and interferes in day to day functioning and hampers recovery. Anger is a powerful emotion, and if not handled appropriately, serious health consequences can be in individuals. In mental symptoms of stress the racing thoughts/over thinking and also poor concentration lead the individuals slowly towards the stress, anxiety and in depression also. Racing thoughts is a frequent symptom in mood disorders, particularly mixed depressive state of mind and create confusion in routine life of individual. Poor concentration is felt like that the individual not able to focus when giving or receiving direction, which can result in misunderstandings at home and work. The incidentals symptoms of stress are due to lockdown situation are prominent in nature. In incidental type of stress symptoms individuals are worried about self health care, future stability and children's education. We are also tried to assess the stress score of individuals under study with help of predefined google form and we have found that 40.30 percent (Nearly half) of individuals are in mild and medium stress due to pandemic of COVID19. Summarily the physical, emotional, mental and incidental symptoms of stress are severely observed in half of the population under study and need to be addressed with systematic and sincere manner.

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