

Perspective

Life –Style and Behavioural Changes after COVID-19: A Perspective

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ABSTRACT

Background and Aims: By May 18th 2020, India investigated 1 lakh infected cases from COVID-19, and as of 11th July 2020, the cases equaled 8 lakhs. Social distancing and lockdown rules were employed in India, which however had an additional impact on the economy, human living, and environment. Where a negative impact was observed on the economy and human life, the environment got a positive one. The impact of measures taken to contain COVID-19 on lifestyle-related behaviour is undefined in the Indian population. **Methods:** The current study was undertaken to assess the impact of COVID-19 on lifestyle-related behaviours. An exploratory and anonymous general population-based Google survey was conducted among 1000 population. Herein, the data for the survey was collected through a well-structured questionnaire and the channel of data collection was Google forms. In brief, the study was conducted among the citizens of the Dhule district, North Maharashtra region, Maharashtra, India. **Results:** Based on the survey, the participants willingly participated in the study. The majority of participants have seen changes in their life after COVID-19. The participants gave priority in their life to both Family and Health and Connections and Wealth according to the survey. Many participants learn that we need to take mental health seriously to take care of ourselves and devote more time to ourselves. **Conclusions:** There have been too many changes are observed in human life style as a result of COVID-19.

Keywords: COVID-19, Lifestyle, Survey, Population, Behavioural Changes

The broad family of viruses known as coronaviruses (CoVs) is prevalent in many different animal species, including camels, cattle, and bats. Coronaviruses are infect and spread among humans only infrequently [1]. By the year 2020, COVID-19 has fully grown into a pandemic, endangering both the health of everyone and the global economies [2]. The COVID-19 virus, which causes the illness, was initially discovered in December 2019 in Wuhan. On March 11th, 2020, the World Health Organization (WHO) declared COVID-19 to be a pandemic. On February 9th, 2021, there were 105.8 million confirmed cases of COVID-19, with more than 2.3 million fatalities [3-4]. Due of the unusual COVID-19 outbreak, nearly all towns, cities, and villages in the affected countries are under partial or complete lockdown for an extended period of time, ranging from a few weeks to a few months [5].

All local and national governments were instructed to close educational institutions and impose limits on citizens' freedom of movement outside of their homes and non-essential enterprises

in order to avoid communal transmission [6]. There will be no significant religious, social, educational, sports, or political activities. Undoubtedly, one of the sectors that has been hit the worst overall is the aviation industry [7].

As a result, COVID-19 in India has brought the educational system to a standstill [8]. Due to the discrepancy in economic conditions among the students in rural India, web and computer systems were not accessible to them during this lockout, which hindered the whole teaching-learning process and educational system [9]. The COVID-19 pandemic has significantly impacted social activities in India. Large gatherings, festivals, and cultural celebrations have been scaled down or cancelled [10]. Personal interactions have shifted to alternative forms of greeting, and public spaces such as parks and theaters have been closed. Online platforms have become popular for virtual socializing, while places of worship have implemented restrictions and virtual services. The pandemic has emphasized the importance of public health measures like wearing masks and maintaining physical distance. Additionally, communities have come together to provide support and assistance to those in need [11].

Access this article online

Received – 14th Apr 2024

Initial Review – 11th May 2024

Accepted – 28th May 2024



Quick Response Code

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These changes highlight the resilience and adaptability of individuals and the collective responsibility towards public health. Staying at home during the lockdown also resulted in bad eating and exercise habits, which in turn led to weight gain, diabetes, and an increased risk of cardiovascular disease. Similar to some negative health effects, some positive ones were seen [12]. People can experience significant psychological anguish as a result of COVID-19 owing to a number of factors, including isolation, fear, uncertainty, and economic unrest. The COVID-19 will make poverty, starvation, and hunger in India an even worse problem. People may become frustrated and self-harm or develop chronic stress, anxiety, or depression as a result of mass unemployment [13]. There have been far too many modifications in human life style as a result of COVID-19. In this study, we looked at how people's lifestyles and behaviours have changed in the wake of COVID-19.

MATERIALS AND METHODS

Study Setting: The survey was collected through a well-structured questionnaire and the channel of data collection was Google forms. The survey was accompanied within one month i.e. June 2022. In brief, the study was conducted among the citizens of the Dhule district, North Maharashtra region, Maharashtra, India.

Study Population: 1000 participants (both male and female) from Dhule district, North Maharashtra region, Maharashtra, India, were selected for the study. Research were disqualified if they were case reports or series, or if they had no connection to the topic at hand. Each author took part in choosing which papers fit into the current review's eligibility criteria. People who claimed to have previously completed the online questionnaire were not included in order to prevent duplicate responses.

Study Tools and Technique: The study employed a pre-designed, pre-tested, and structured questionnaire. An online Google form survey link was used to collect the study subjects' data. The Google form link was sent just to the primary contacts that lived in the Dhule district of North Maharashtra area, Maharashtra, India, using various social media platforms like WhatsApp, Facebook, and Gmail. A representative from Dhule district in the North Maharashtra region was invited to complete the questionnaire till 1000 replies (the limit set) were obtained. Those who were contacted but declined to take part were regarded as non-respondents. There were 1000 persons in the final sample.

METHODOLOGY

The purpose of the study and the nature of the information which had to be furnished by the study subjects were explained to them. This pre-designed, pretested and structured questionnaire included topics which were related to behavioural, educations, their impacts after COVID-19 were studied. The survey questions were as follows (a) Will you see any changes in yourself after COVID- 19, (b) What type of changes will you

see in yourself, (c) What will you prioritize in your life after COVID-19, (d) After COVID-19 impact of interrupted education was?, (e) What do you think about students' future, due to COVID-19, and (f) what do you learn from the COVID-19 pandemic? Finally, the data were statistically analysed using descriptive statistics whereas the responses to multiple-choice questions were represented using frequency and percentage for every response received.

RESULTS

Effect of COVID-19

Thoughts on COVID-19's effects vary from person to person, but similar motifs do show up. It is acknowledged that the pandemic has had a terrible effect on public health, caused disruptions in daily life, and exposed disparities. People re-evaluate their priorities while reflecting on their resilience and adaptability, placing an emphasis on the value of their health, relationships, and work-life balance. There is a desire for positive change, which includes enhanced healthcare systems, addressing disparities, and redoubling efforts to promote sustainability and societal well-being [14]. Overall, COVID-19 has sparked serious thought and a demand for a future that is more resilient and just. Based on the data gathered, a total of 1000 people chose to voluntarily engage in the study by providing their thoughts on the survey questions.

Therefore, the first question in our survey was, "Have you seen any changes in yourself since COVID-19?" From total 1000 peoples in Dhule district, (**Figure 1**) shows that 87% of participants have seen changes in their life after COVID-19 and only 13% of participants did not see any changes in their life after COVID-19. There is no doubt that the COVID-19 epidemic has altered society on a global scale in all facets of daily life. As a result of widespread school closures and mandated social isolation measures, one significant change involved the remote delivery of education at all levels [15-17].

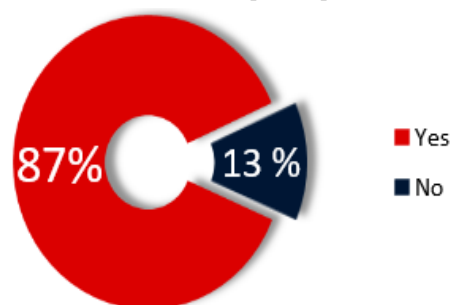


Figure 1: Effect of COVID-19

Post COVID-19 changes

The globe has experienced substantial changes in many facets of life since COVID-19. The use of remote work and online learning is one of the significant topics. Virtual platforms have been adopted by many businesses and educational institutions,

enabling staff members and students to work and study from home. The conventional work-life balance has been reinterpreted as a result of this change, and it may change how people work in the future [18]. The greater emphasis on good cleanliness and health habits is another significant development. Hand washing, wearing a mask, and keeping a physical distance from others have developed into routines, raising public awareness of health issues and halting the spread of infections other than COVID-19. Significant changes have also been made to travel and tourism. The tourism sector has changed as a result of international travel restrictions, quarantine procedures, and health protocols [19].

Nowadays, people put safety first and go for off-the-beaten-path locations that are less crowded. In addition, the epidemic has increased attention on mental health and wellbeing. Many people now understand how crucial it is to take care of oneself, control their stress, and seek expert assistance when necessary. This mentality change could have a long-term effect on how society approaches mental health concerns. Overall, with modifications to work dynamics, health practises, travel habits, and mental health priorities, the post-COVID-19 era has brought forth a new normal. Beyond the initial phase of recuperation, it is unclear how these changes will develop and influence the next years [20-24].

So, we added a new question that what kind of changes will you notice in yourself? As given in (Figure 2) the participants saw that about 31 % behavioural changes were observed after COVID-19. Physical modifications brought about by COVID-19 include the placement of safety barriers in public areas, the implementation of temperature checks at entrances, and the accessibility of hand sanitising facilities. These modifications are intended to increase security and lower the possibility of virus transmission in public areas. According to the survey, 30% population were observed the physical changes in his/her life-style. People have experienced a variety of emotional changes as a result of COVID-19. There have been widespread increases in anxiety, fear, and worry for one's own and one's loved ones' health.

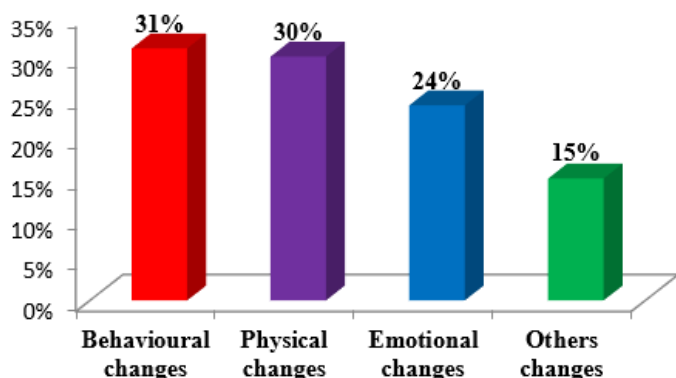


Figure 2. Life style related changes after COVID-19

The social exclusion and isolation tactics have made people feel more isolated, depressed, and frustrated [25]. Sadness has also been brought on by the epidemic since so many people have lost friends or family members. The overall effect on mental health has been enormous, emphasising the value of resources

and support for mental health in these trying times [26]. As per the survey, about 24% peoples were observed the emotional changes in his/her life followed by 15% population seen other changes in his/her life. Other changes brought on by COVID-19 include a move to remote work and virtual meetings, a reliance on online shopping and delivery services, alterations in travel habits with less tourism, an increase in telemedicine and virtual healthcare consultations, and a focus on personal and public health hygiene [27].

Prioritize in your life after COVID-19

Prioritising particular facets of life is crucial for general wellbeing after COVID-19. Prioritising physical fitness, emotional wellbeing, and forming healthy habits should all be part of a person's overall health plan. Giving value to family and relationships means valuing time spent together and fostering bonds. It is important to prioritise work-life balance so that you have time for your interests and self-care. Social and community involvement should be appreciated since it promotes the general welfare and helps local projects. In order to promote resilience and adaptability, it is also important to prioritise personal development and ongoing learning. In order to maintain our planet for future generations, environmental consciousness should be embraced and sustainable decisions should be made [28-29]. Lockdowns in response to the COVID-19 outbreak have been blamed for an increase in domestic and intimate relationship violence in numerous nations.

Aggression at home has increased as a result of greater financial insecurity, stress, and uncertainty, and abusers are now able to exert significant control over their victims' everyday lives. A group of people who live as a single household as members of the same family and interact with one another in their individual social roles, typically that of spouses, parents, children, and siblings. Everyone's family is a very significant part of their existence [30-31]. Prior to COVID-19, the people valued material possessions as essential components of existence [32]. After COVID-19, when we asked the next question in survey form, "What would you prioritise in your life?" with respect to COVID-19, our survey reflects that roughly 45% of participants considered the both family and health as on top priority. About 22% of the population gave priority to health. And 24 % and 9 % of population gave priority to family and relations as well as money respectively (Figure 3).

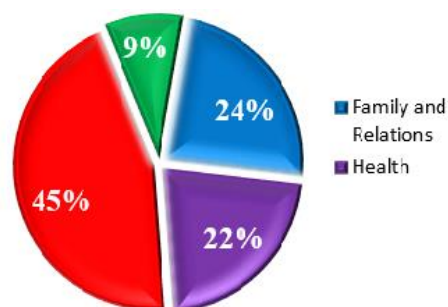


Figure 3: Most important things in life

COVID-19 Impact on education

In addition to having an effect on children, instructors, and families, closing schools has significant negative societal and economic effects. The effects were more severe for underprivileged children and their families, disrupting schoolwork, compromising nutrition, creating childcare issues, and costing money to families who were unable to work [33]. Due to the closing of schools and universities in numerous jurisdictions, more than one billion young people are currently not physically enrolled in school. The regular academic session has been interrupted by the lockdown.

The majority of children in primary and secondary schools are deprived of intellectual connections with their teachers, which has a negative impact on these kids the most [34]. Despite the efforts made by teachers, school administrators, local and national governments to deal with the unprecedented circumstances e-learning, the disruption in education and learning could have medium and long-term effects on the quality of education [35]. Education in India has been significantly impacted by the switch from face-to-face to online instruction in the majority of educational institutions. While there have been chances for continuing education during the epidemic, there have also been difficulties with online learning.

Particularly in rural and economically underdeveloped areas, access to technology and internet connectivity continues to be significant barriers. Additionally, a student's interest and comprehension may suffer from a lack of face-to-face interaction and practical learning opportunities. To ensure equal access to high-quality education, efforts are being made to close the digital divide and upgrade online infrastructure. However, this transition has brought to light the need for comprehensive strategies to address the particular difficulties that students and teachers face in the online learning environment [36].

Higher education had to serve very different purposes in independent India than it did during the colonial era. Building a self-sufficient, growth-oriented economy, a united country, and a progressive, equitable society was clearly necessary. The key tool for modernising tradition was rightfully thought to be higher education. Educational planners understood the connection between education and development and the production of a literate and skilled labour force [37-38].

The school system was primarily affected by COVID-19. According to the majority of participants (**Figure 4**), when asked whether the pandemic has caused an eruption in the educational pattern, because of some online lectures 25% of them believe that it has had no impact on education system. However, 38% of participants believe that it has an extremely affect education system. While 21% of the study's participants think it had minor impact on education. As per the survey, 27% of people answered that there are major effect of covid-19 on education system.

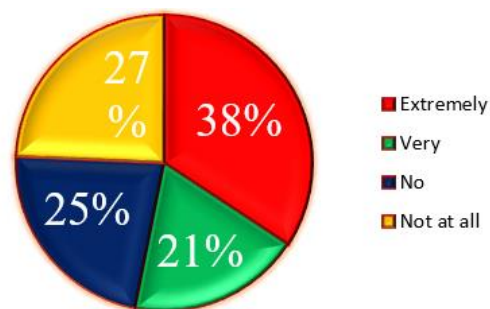


Figure 4: COVID-19 impact on education

Learn from COVID-19 pandemic

A common perspective on mental health is that it is a behavioural process that enables individuals to balance their needs with those of their surroundings or with other needs. A divergence from the norm that is either undesirable or problematic is indicated by mental health [39]. In few week after COVID-19 was declared, there were 1.4 million more unemployed in American country, and 33% of them said that COVID-19 had caused them or a member of their family to lose their job, receive a wage cut, or both [40]. The national unemployment rate rose to 14.7% by mid-April 2020, the highest level since the Great Depression [41].

Recessions and other times of widespread work insecurity (i.e., permanent job loss or loss of job features) raise the probability of negative mental health consequences [42]. Job uncertainty is a stressful situation that causes anxiety and unfavourable emotions [43]. When we ask another question of about 'What do you learn from COVID-19 pandemic?' as given in (**Figure 5**) the majority of participants i.e. 41% replied that we need a permanent/ secured job. 35% peoples were replies as we need to focus on our physical as well as mental health. Because of emergency health issues, 15% populations answered that good financial condition is very important. In emergency health situations like Covid-19, peoples face too much problems like physical health, mental health, job and some other issues. At that time physical facilities are fully waste, peoples are focused on to live only. Therefore, only 9% peoples were replied that physical resources are important.

Future prospects on post COVID-19 life style and behavioural changes

There are several opportunities for lifestyle and behavioural modifications after COVID-19. The epidemic has increased people's awareness of health and hygiene, and this trend is likely to last. People may develop better habits including routinely washing their hands, keeping their surroundings tidy, and placing a high priority on personal hygiene [44]. Due to the advantages of flexibility and reduced commuting for both individuals and businesses, the trend towards remote employment and online learning may continue. The work-life balance could change as a result, placing more value on remote and hybrid work arrangements. The significance of social bonds and community

has also been emphasised by the pandemic. Spending quality time with family and friends, fostering relationships, and taking part in community activities could become more important to people. Local and small companies might experience a comeback as people place a higher priority on helping their communities [45].

Positive changes may also occur in terms of mental health assistance and awareness. The pandemic has highlighted the significance of mental health, and there may now be a greater acceptance and willingness to prioritise mental health, seek counselling, and engage in self-care. The pandemic has also increased environmental awareness. More sustainable behaviours could be adopted by people and groups, like cutting back on travel, adopting online meetings, and making eco-friendly decisions. The preservation and resilience of the environment may be receiving more attention. It is crucial to remember that the future is unpredictable and that the pandemic's long-term effects on way of life and behaviour are still developing. Continuous monitoring, adaptability, and reactivity to new trends and difficulties will be necessary for adaptation to these changes [46].

The COVID-19 pandemic has provided individuals, communities, and governments with a wealth of new information. It has emphasised the value of prepared, well-coordinated responses to public health crises [47]. The pandemic has made it clearer than ever before how important it is to invest in research and development and have reliable healthcare systems that are accessible to everyone. In order to effectively address global health problems, it has also emphasised the need of international cooperation and information exchange [48]. The epidemic has also taught us the importance of adaptability, inventiveness, and resilience in surviving unpredictable and difficult times. It serves as a reminder to put people's health first, improve the public health system, and be more ready for crisis situations in the future [49].

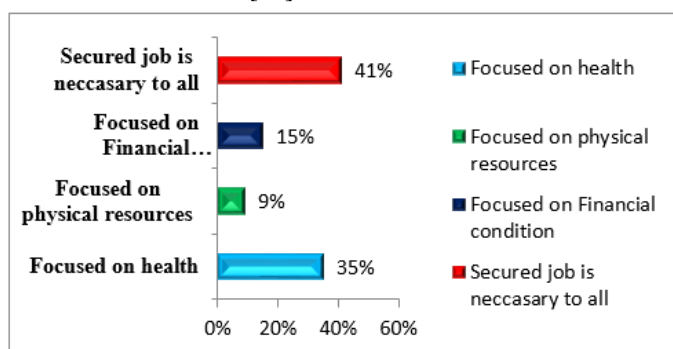


Figure 5: learn from COVID-19 pandemic

DISCUSSIONS

Due of the unusual COVID-19 outbreak, nearly all towns, cities, and villages in the affected countries are under partial or complete lockdown for an extended period of time, ranging from a few weeks to a few months. All local and national governments were instructed to close educational institutions and impose

limits on citizens' freedom of movement outside of their homes and non-essential enterprises in order to avoid communal transmission. Staying at home during the lockdown also resulted in bad eating and exercise habits, which in turn led to weight gain, diabetes, and an increased risk of cardiovascular disease.

Similar to some negative health effects, some positive ones were seen. People can experience significant psychological anguish as a result of COVID-19 owing to a number of factors, including isolation, fear, uncertainty, and economic unrest. Without a question, the COVID-19 pandemic has changed society globally in all aspects of day-to-day living. One notable shift that resulted from the widespread closure of schools and the imposition of social isolation measures was the remote delivery of education at all levels.

These days, people prioritize their safety and choose less-traveled, off-the-beaten-path areas. Furthermore, the epidemic has drawn more focus to mental health and wellness. Nowadays, a lot of people realize how important it is to look after oneself, manage stress, and seek professional help when needed. This shift in perspective may have a lasting impact on how society views mental health issues. The pandemic has brought attention to the importance of mental health, and people may now be more willing and accepting to prioritize mental health, seek counseling, and take care of themselves. Environmental awareness has also grown as a result of the pandemic. Individuals and organizations should embrace more environmentally friendly practices such as reducing travel, switching to online meetings, and making more eco-friendly choices.

CONCLUSION

Since the emergence of the Covid-19 pandemic in March 2020, it has caused significant loss in human lives and also affected their livelihoods. Several efforts have been made to combat the epidemic in this area. Moreover, many efforts have been made worldwide to develop sustainable solutions to overcome the epidemic. In this present study, we assessed participants' general attitudes after the post-Covid period. From the results, it was observed that most of the participants show positive affirmations towards behavioural changes. Many participants prioritize both their family and health and connections and wealth. Majority of the participants observed that education has been completely disrupted after COVID-19. Many participants learn that they need to take mental health seriously in order to take care of themselves and have more time for themselves. Our results indicated that the Covid-19 was affected significantly the mental, psychological behaviour and educational characteristics etc. of the human population.

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How to cite this article: Shirsath NR, Shitole R, Jagtap V, Sagare AR, Goswami A. Life –Style and Behavioural Changes after COVID-19: A Perspective. Indian J Pharm Drug Studies. 2024; 3(2):63-69.

Funding: None;

Conflicts of Interest: None Stated