A STUDY ON EMOTIONAL WELL-BEING
MIDST CORONAVIRUS PANDEMIC LOCKDOWN

Akanksha Singh¹, Garima Singh², S.Z.H. Zaidi³ and Anu Dandona⁴

ABSTRACT:
The nationwide Lockdown imposed in India in response to the containment of Novel Coronavirus Disease, COVID-19, has led to the inexplicit situation of people’s Emotions. At one end of the spectrum are the responses that aroused due to difficulties witnessed, while the other end signifies the responses that emerged due to adaptation to the situation. The prevailing threat and fear necessitate the evaluation of emotional well-being during the lockdown. This study was conducted with the aim to assess the Emotional Well-being of individuals during Lockdown due to the Coronavirus Pandemic. The Emotional Well-being Scale was administered on 100 individuals. This study traverses the impact of marital status and gender on emotional well-being during the lockdown phase. The results suggested that there is no significant difference on the aspects of dimensions of Emotional Wellbeing as Mental Health (MH), Emotional Resilience (ER), Emotional Health (EH), Emotional Happiness (EHP) and Total Emotional Well-being (TEW), when computed in relevance to gender and marital status. This led to the inference that respondents were affected by the pandemic situation in many similar ways.

Keywords: COVID-19, Pandemic, Emotional Wellbeing, Coronavirus

INTRODUCTION:
In the current scenario, we, as present human generation; are dealing with a situation we are not acclimatized to. The sudden change in everything around us; be it our work schedule, our environment, our society, our home, and even our mindset has led to completely different dynamics of living. And amid these changes is the uncertainty that plunges our mind, of what is going to happen next. These changes no matter what, are adding up their portions to the lives of every individual in one way or the other.

The very reason for these changes is the presence of the Corona Virus Pandemic that has created havoc worldwide. India is also a victim of this incidence. Etymologically, the "Pandemic" word...

¹Research Scholar, Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh
²Research Scholar, Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh
³Director, Amity Institute of Behavioral and Allied Sciences, and Head of Clinical Psychology Department, Amity University Uttar Pradesh
⁴Assistant Professor, Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh
is derived from the Greek word "Pandemos" wherein "pan" means "all" and "demos" means "people or population" so, it adds up to "all the people". A Pandemic can be defined as "an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people" (Last JM;2001, WHO 2011). A Pandemic, however, does not include seasonal pandemics that occur annually.

The current chaotic situation prevailing worldwide is contributed by the newly discovered Novel Corona Virus Disease, COVID-19. Coronavirus is a class of viruses belonging to the family "Coronaviridae". These viruses are encapsulated and consist of a positive-sense single-stranded RNA genome and a nucleocapsid of helical symmetry. The genome size of coronaviruses is one of the largest among RNA viruses. They have characteristic "club-shaped spikes" that project from their surface.

COVID-19 as illustrated by the World Health Organization (WHO), "is an infectious disease caused by a newly discovered coronavirus". Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Since the outburst of the disease worldwide, the panic and wrath continue.

In India, the first COVID-19 case was reported in Trissur, Kerala, on January 30, 2020 (Reid D, CNBC; 2020), and since then, it continues to grow leading to confirmed cases reaching 20,471 as on 22 April 2020 (WHO, 2020). The rapid spread of infection is augmented by the potential for transmission by asymptomatic or minimally symptomatic patients. To combat the situation before it gets worst, the government decided to adopt the strategy of containment which is an approach typically utilized when a pathogen has slow transmission capacity. This led to the implementation of various preventive measures such as quarantine of individuals coming from a high transmission area, isolation of infected individuals, contact tracing as well as reducing the movement of people in areas that have a high caseload in order to stop the spread of disease.

As a means for containment, "Lockdown", came into the picture. Lockdown can be understood as "an emergency protocol that usually prevents people from leaving an area". This protocol is issued by the authorized person. In India, the trepidation of COVID-19 led to the execution of Nationwide Lockdown for 21 days, followed by another 18 days. The citizens were not allowed to leave their houses unless there is an essential reason stated. This was the primary mode for community control of disease spread.

People all over India, of all socioeconomic and cultural hierarchy, witnessed a turning point in their lives. Lockdown managed to bring forth the best and worst of all we could think. Amid the lockdown, people faced a toll of disturbances in their routine. The prevalence of uncertainty and continued fear of the disease has led to various psychological distresses like stress, anxiety, depression, Obsessive Compulsive Disorders (OCDs), low motivation, loneliness, and certain extreme cases of suicidal intentions among individuals. As explored in the study by Kazmi et al in 2020, it was concluded that there was a significant difference among Depression, Anxiety, and
Stress across age, gender, and employment. Depression was found to be highest among young adults, Anxiety and Stress persisted most among the age group of 21-25. The sections of the society where people are not able to meet their ends are the ones most affected. While the study focused on residents of India, a similar study conducted by Lima, et al in 2020, focussed on the emotional ruckus faced by the people of Wuhan City due to the outbreak on Novel Coronavirus. The study presented the vulnerability of patients especially the elder population and frontline health workers to the emotional and other mental turmoil.

A study was conducted for the general public in China to better understand their levels of psychological impact, anxiety, depression, and stress during the initial stage of the COVID-19 outbreak. The results suggested that 53.8% of respondents rated the psychological impact of the outbreak as moderate or severe; 16.5% reported moderate to severe depressive symptoms; 28.8% reported moderate to severe anxiety symptoms, and 8.1% reported moderate to severe stress levels. Most respondents spent 20–24 h per day at home (84.7%); they were worried about their family members contracting COVID-19 (75.2%)(Wang et.al, 2020).A similar study conducted in China for investigating lifestyle changes as-insufficient physical activity, screen time, and emotional well-being during the early days of 2019 novel coronavirus (COVID-19) outbreak. The results suggested that during the initial phase of the COVID-19 outbreak, nearly 60% of Chinese adults had experienced inadequate physical activity (95% CI 56.6%-58.3%), which was more than twice the global prevalence (27-5%, 25-0–32-2%).Their mean screen time usage was more than 4 hours per day during homestay (261.3±189.8 minutes per day). Of all participants, the positive affect score was 24.78 and the negative affect score was 19.34. It was also stated that individuals with vigorous physical activity appeared to have better emotional state and less sedentary screen time than those with light physical activity (Qin et al;2020).

But there exists another face of the coin too; people all overcame forth for help and support of those in need. Humanity showed its' color in various forms at different times of lockdown, as was evident in various newspapers and social networking websites. The lockdown gave a way to understand and acknowledge the various dimensions of our lives, which we otherwise failed to witness. It gave an ample amount of time to every individual so that one could spend it in the most possible way. People started to replenish their veiled talents that were long forgotten. And the communication gap that led to the disharmony among closed ones has been bridged.

Keeping in view these facets, this study aims to assess the Emotional Well-being during Lockdown due to Coronavirus Pandemic. Emotional Well-being can be defined as "A positive sense of well-being enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune."(Mental Health Foundation, 2016). It is characterized by a stable mood; ability to express, manage, and experience emotions; a positive outlook and worry less. This study further aims to assess the Emotional Well-being during lockdown due to the Coronavirus pandemic in relevance to other factors like Age, Gender, and Marital Status of individuals and
the correlation between them. By this study, the overall Emotional Well-being of individuals would be known which would aid in acknowledging the otherwise impact of Lockdown.

The aim of the study is to assess the Emotional Wellbeing during Lockdown due to the Coronavirus Pandemic

**METHODOLOGY:**

**Tools Used:**

- **Demographic Details:** A personal data sheet is prepared. It comprised of details such as Name, Age, Profession, Marital Status and Gender.
- **Emotional Well-being Scale:** The Emotional Well-being scale, constructed by R.Portia and A.J.Shermila(2015) was administered to know the significance of Emotional well-being during coronavirus pandemic. It is a 26 item scale. This tool assesses four dimensions of emotional well-being-Mental Health, Emotional Health, Emotional Resilience, and Emotional Happiness, which adds up to the Total Emotional Well-being of an individual.

**Procedure:**

The questionnaire for the purpose of gathering data was circulated among 200 respondents by the means of an online survey using Google Forms. This mode of data collection was adopted due to restrictions on movement due to lockdown. A total of 100 participants responded to the forms. The collected responses consist of 100 participants; out of which, 50 were Males and 50 were Females. Among these, 50 were married, and the remaining 50 were Unmarried individuals.

**RESULTS AND INTERPRETATION:**

The results were evaluated using Mean, SD and t-values to know the significant difference in Emotional Well-being scores on the aspects of Gender and Marital Status.

**Table-1: Mean, SD and t-values forDimensions of Emotional Wellbeing of Married and Unmarried Respondents during Coronavirus Pandemic**

<table>
<thead>
<tr>
<th></th>
<th>Married</th>
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<th></th>
<th>Unmarried</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>Mean</td>
<td>SD</td>
<td>N</td>
<td>Mean</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>Mental Health</td>
<td>50</td>
<td>13.32</td>
<td>2.18</td>
<td>50</td>
<td>13.60</td>
<td>1.96</td>
<td>0.67</td>
</tr>
<tr>
<td>Emotional Resilience</td>
<td>50</td>
<td>11.52</td>
<td>1.75</td>
<td>50</td>
<td>11.12</td>
<td>1.65</td>
<td>1.11</td>
</tr>
<tr>
<td>Emotional Health</td>
<td>50</td>
<td>21.48</td>
<td>3.32</td>
<td>50</td>
<td>21.02</td>
<td>2.63</td>
<td>0.76</td>
</tr>
</tbody>
</table>
Table-1- shows that no significant difference exists between Married and Unmarried respondents on the aspects of Mental Health(MH), Emotional Resilience(ER), Emotional Health(EH), Emotional Happiness(EHP) and Total Emotional Well-being(TEW). The mean values for married respondents are MH=13.32, ER=11.52, EH=21.48, EHP=14.78, TEW=61.08; as compared to Unmarried respondents with mean values of MH=13.60, ER=11.12, EH=21.02, EHP=15.22 and TEW=60.86.

<table>
<thead>
<tr>
<th>Emotional Happiness</th>
<th>14.78</th>
<th>2.69</th>
<th>15.22</th>
<th>1.95</th>
<th>0.93</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Well-Being (Total)</td>
<td>61.08</td>
<td>6.04</td>
<td>60.86</td>
<td>6.45</td>
<td>0.17</td>
</tr>
</tbody>
</table>

Table-2: Mean, SD and t-values for Dimensions of Emotional Wellbeing of Unmarried Male and Unmarried Female Respondents during Coronavirus Pandemic

<table>
<thead>
<tr>
<th></th>
<th>Unmarried Male</th>
<th>Unmarried Female</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>Mental Health</td>
<td>25</td>
<td>13.64</td>
<td>2.27</td>
</tr>
<tr>
<td>Emotional Resilience</td>
<td></td>
<td>11.56</td>
<td>1.66</td>
</tr>
<tr>
<td>Emotional Health</td>
<td>25</td>
<td>21.16</td>
<td>2.47</td>
</tr>
<tr>
<td>Emotional Happiness</td>
<td></td>
<td>15.20</td>
<td>1.97</td>
</tr>
<tr>
<td>Emotional Well-Being (Total)</td>
<td>62.48</td>
<td>6.87</td>
<td>59.24</td>
</tr>
</tbody>
</table>

Table-2- shows that no significant difference exists between Unmarried Male and Unmarried Female respondents on the aspects of Mental Health(MH), Emotional Resilience(ER), Emotional Health(EH), Emotional Happiness(EHP) and Total Emotional Well-being(TEW). The mean values for Unmarried Male respondents are MH=13.64, ER=11.56, EH=21.16, EHP=15.20, TEW=62.48; as compared to Unmarried Female respondents with mean values of MH=13.56, ER=10.72, EH=20.88, EHP=15.24 and TEW=59.24.
Table-3: Mean, SD and t-values for Dimensions of Emotional Wellbeing of Unmarried Male and Unmarried Female Respondents during Coronavirus Pandemic

<table>
<thead>
<tr>
<th></th>
<th>Married Male</th>
<th>Married Female</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>Mental Health</td>
<td>25</td>
<td>11.80</td>
<td>1.55</td>
</tr>
<tr>
<td>Emotional Resilience</td>
<td>25</td>
<td>11.80</td>
<td>1.55</td>
</tr>
<tr>
<td>Emotional Health</td>
<td>25</td>
<td>22.32</td>
<td>2.67</td>
</tr>
<tr>
<td>Emotional Happiness</td>
<td>25</td>
<td>14.96</td>
<td>3.18</td>
</tr>
<tr>
<td>Emotional Well-Being (Total)</td>
<td>25</td>
<td>59.56</td>
<td>7.25</td>
</tr>
</tbody>
</table>

Table-3- shows that no significant difference exists between Married Male and Married Female respondents on the aspects of Mental Health(MH), Emotional Resilience(ER), Emotional Health(EH), Emotional Happiness(EHP) and Total Emotional Well-being(TEW). The mean values for Married Male respondents are MH=11.80, ER=11.80, EH=22.32, EHP=14.96, TEW=59.56; as compared to Married Female respondents with mean values of MH=11.24, ER=11.24, EH=20.64, EHP=14.60 and TEW=62.60.

Table-4: Mean, SD and t-values for Total Emotional Wellbeing of Respondents on aspects of Gender and Marital Status during Coronavirus Pandemic

<table>
<thead>
<tr>
<th></th>
<th>Total Emotional Well-Being</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50</td>
</tr>
<tr>
<td>Female</td>
<td></td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>50</td>
</tr>
<tr>
<td>Unmarried</td>
<td></td>
</tr>
</tbody>
</table>

Table-4- shows that no significant difference exists in Total Emotional Well-being scores on the aspects of Gender and Marital Status. The mean values Male respondents are 61.02 and Female
respondents scored a mean value of 60.92; as compared to Married respondents with mean values of 61.08 and Unmarried with 60.86 mean value.

The above-mentioned values from the “t-test” led to an inference that all respondents; despite categorical differences, responded to the situation in similar ways, with similar experiences.

**DISCUSSION:**

The study aimed to assess the Emotional Well-being of respondents during lockdown due to Coronavirus Pandemic. It was further assessed in relevance to age, gender, and marital status for the presence of any significant difference. For this purpose, the Emotional Well-being Scale was used as a tool for assessment. The results suggested that the overall Emotional Well-being score of respondents is in satisfactory range, above the normal.

The results of the study revealed that no significant difference was interpreted in the emotional well-being scores computed in relevance to gender and marital status. Though, there are slight variations in the mean values of categorical variables.

Age is related to the persistence of better emotional well-being(Charles et al,2001). The results of the study revealed that the tendencies of showcasing positive affect i.e. Emotion or mood substantially increases with age. Moreover, the negative affect declined with advancing age. In the case of young adults, the findings were rather stable.

Extremera and Rey (2015) focused on the perspective that abilities for emotional regulation are associated with perceived stress and depression or happiness of an individual for stressful stimuli. The results of the study revealed that the hypothesized association was evidently present and in terms of gender differences, males reported a high level of perceived stress, and no interaction effect of regulating emotions and stress for predicting subjective happiness and depression was found for females. Those with high scores in regulating emotions reported higher scores in subjective happiness and lower depression symptoms.

The results of the study pose its significance in the present scenario, as the regulation of emotional is directly associated with the difficulties reflected by this unprecedented situation. Respondents who managed to regulate their emotions in the lockdown phase adapted well with the situation and reported better emotional well-being.

Carstensen et al,(2011) suggested in their study regarding relativity age with emotional well-being that emotional well-being improves as age advances. It was concluded that emotional well-being and emotional stability were more pronounced in the older age group.

Despite these categorical differences, the overall Emotional Well-being during the lockdown phase functioned in a satisfactory range above the normal value of the Emotional Well-being scale.
The results of the study are in agreement with the results of Anna L.D. Lau et al;2008, on the subjective well-being of the elder and younger population of Hong Kong due to the impact of the SARS outbreak. It was concluded in the study that the Subjective well-being of the elderly has not fallen below the normal level and the same was stated for the younger population also.

Barkur et al;2020 dwelled in the sentiment analysis on the Indian population for post-lockdown announcement responses using Twitter as means of analysis. It was revealed in the study that the sentiments associated with lockdown were expressed both in negative and positive aspects with positive sentiment upsurging. Moreover, the earlier imposition of “Janta-curfew” on 22 March 2020, before lockdown prepared the masses for eventual restrictions. The positive sentiments were attributed to the commitment of flattening of the COVID-19 spread curve.

In summary, the results of the prior researches support the study for assessing the status of Emotional Well-being during lockdown due to the Coronavirus Pandemic, which generally functioned above the normal ranges.

CONCLUSION:

The outbreak of the Corona Virus Pandemic posed various forms of difficulties and challenges for the masses worldwide. The situation led to the imposition of Lockdown for preventing further transmission of disease. By the means of this study, it was witnessed that the Emotional well-being during Pandemic Lockdown had been satisfactorily in the normal range.

Despite all the restrictions imposed and challenges faced, the overall Emotional Well-being of the individuals during the period of Lockdown due to Coronavirus Pandemic has been in the satisfactory range. It had not fallen below normal. The dimensions of better Emotional Well-being encompasses the frequency of high positive emotions, ability for environmental mastery to suit one's requirements, tendency to keep on the pace of growth rather than limiting to the adversity, affirmation to maintain interpersonal relationships, accepting the self, to be involved or engaged in various leisure activities in life and being able to resist outside pressures. These qualities make people capable of handling the worst and going through tough times in life. As the current situation is much of the same kind, people are trying to come out with the best.

This led to the inference that lockdown has provided people with a lot of opportunities that can lead them to the fulfillment of their plans and thoughts. These changes have left people with an ample amount of time to realize the value and worth of things around us. As the people were left with a limited amount of resources in circumstances of menace, they tend to realize the worth of what is present around them and cherish the very presence of it. As the study has certain limitations, it could further serve as a basis for future researches.
LIMITATIONS:

This study consisted of a relatively small sample size, the findings of the study could not be generalized to a larger population. Also, the limited geographical area covered in the study poses another limitation for it's generalization.

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CONFLICT OF INTEREST: None

AUTHOR INFORMATION:

Akanksha Singh
Research Scholar, Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh

Garima Singh
Research Scholar, Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh

Prof. S.Z.H.Zaidi
Director, Amity Institute of Behavioral and Allied Sciences, and Head of Clinical Psychology Department, Amity University Uttar Pradesh

Dr. AnuDandona
Assistant Professor, Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh

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