

A Study New Normal Lifestyle amongst Students Post Covid-19

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Introduction:

COVID-19 leads to isolation because people have to remain at home to prevent infection, but this is likely to have a detrimental effect on the physical and mental health of individuals. From the perspective of prevention, a healthy lifestyle is crucial. Lifestyle has been defined diversely and comprehensively in research and is still being studied. Lifestyle can be classified according to people's life patterns, and can be defined as a complex concept that involves a person's consciousness of life, values, and character. Drinking, smoking, exercise, nutrition, and stress are also elements of lifestyle according to the WHO's definition of the term. Previous studies have highlighted the importance of healthy lifestyles as they are crucial in maintaining and improving physical and mental health and improving the quality of life.

However, most research has been conducted on lifestyle changes for certain age groups, and the number of studies on lifestyle for all age groups is insufficient. To prepare for future problems with infectious diseases or pandemics, it is necessary to conduct a comparative analysis before and after infectious diseases break out and take suitable measures. Additionally, among studies related to infectious diseases, there is insufficient research on the changes in lifestyles of people before and after COVID-19, and there are few studies on how infectious diseases affect lifestyles, mental health, and quality of life. Therefore, this study summarizes these factors using basic data.

The purpose of this study is to investigate the lifestyle, mental health, and quality of life of people post Covid-19

Objectives of Study:

- To Study the impact on mental health being on student during and after the pandemic.
- To find out measures taken to over come mental health being.
- To find Challenges faced by students during Covid-19 pandemic.

Need for Study

The purpose of this study is to investigate the lifestyle, mental health, and quality of life of students post COVID-19. This study will be conducted through online questionnaires based on lifestyle profile problems related to COVID-19, mental health, and quality of life. Furthermore, based on the study of

lifestyle conditions that have changed due to the pandemic, the research aims to help national and local government in the event of a disaster.

Research Methodology

Paper is based on exploratory study as well as descriptive study. Target of Sample size for this study is 100 respondents. Convenient sampling technique used in this research. In this, Respondents will be taken according to the convenience of the research study. The study is based on both primary and secondary data.

Statistical Tools:

The following are the tools used for representing and analyzing data

- Table
- Diagrams
- Charts

Review of Literature

Balanzá–Martínez, V., Atienza–Carbonell, B., Kapczynski, F., & De Boni, R. B. (2020). Lifestyle behaviours during the COVID-19–time to connect. *Acta Psychiatrica Scandinavica*, 141(5), 399. Regarding lifestyle guidelines, recent reviews have emphasized the role of maintaining a healthy nutritional status and engaging in physical exercise at home in the management of COVID-19 outbreak. Similar recommendations were made at the time of the influenza pandemic in 1918, when public health nurses adhered to precepts of good hygiene, nutrition, fresh air and rest. However, such lifestyle guidelines are not entirely evidence based. Indeed, they are basically the same guidance used during non-pandemic times. Observational data on how the general public and patients with psychiatric disorders actually deal with self-care, nutrition, physical activity or restorative sleep during confinement are lacking and represent a research gap.

Fabián Echegaray, What POST-COVID-19 lifestyles may look like? Identifying scenarios and their implications for sustainability, *Sustainable Production and Consumption*, Volume 27, (2021): The COVID-19 pandemic has deeply disrupted society's priorities and individuals' lifestyles with major implications for sustainable development. Economic shutdown and social isolation reduced society's ecological footprint by lowering transportation and industrial activity while prompting families to engage in non-commercialized modes of leisure and social relations. Yet economic recession has intensified problems of under-consumption and poverty, while social isolation has worsened physical and mental illness. The pandemic's short-term effects are visible to everyone experiencing it, yet the global health crisis will also have long-term effects which are presently unknown but whose

configurations can be spotted by identifying scenarios based upon individual relations with their material, symbolic and social environments. This perspective article reviews changes in two critical domains of practice: consumption and social relations, based on a theory of scarcity, and proposes an approach to foresee post-COVID-19 scenarios across several areas of social practice.

Chakraborty, P., Mittal, P., Gupta, M. S., Yadav, S., & Arora, A. (2021). Opinion of students on online education during the COVID-19 pandemic. *Human Behavior and Emerging Technologies*.

The COVID-19 pandemic forced universities around the world to shut down their campuses indefinitely and move their educational activities onto online platforms. The universities were not prepared for such a transition and their online teaching-learning process evolved gradually. We conducted a survey in which we asked under-graduate students in an Indian university about their opinion on different aspects of online education during the ongoing pandemic. We received responses from 358 students. The students felt that they learn better in physical classrooms (65.9%) and by attending MOOCs (39.9%) than through online education. The students, however, felt that the professors have improved their online teaching skills since the beginning of the pandemic (68.1%) and online education is useful right now (77.9%).

Online education has been on the fringe for a long time. The COVID-19 pandemic made it the mainstream. We conducted a survey to know the opinion of undergraduate students in a university in India on different aspects of online education during the COVID-19 pandemic. We found that the students considered online education a viable alternative under the current circumstances. We however think that there is scope for improvement. Professors should try to make online education better acceptable among students. Techniques like flipped classroom, case studies, and gratification may be introduced in online education and their effects may be studied. The COVID-19 pandemic has led to adoption of online education on a large scale around the world for the first time.

Perez-Dominguez, Francisco, et al. "Lifestyle Changes Among Medical Students During COVID-19 Pandemic: A Multicenter Study Across Nine Countries." *Health Education & Behavior* 48.4 (2021): 446-454.

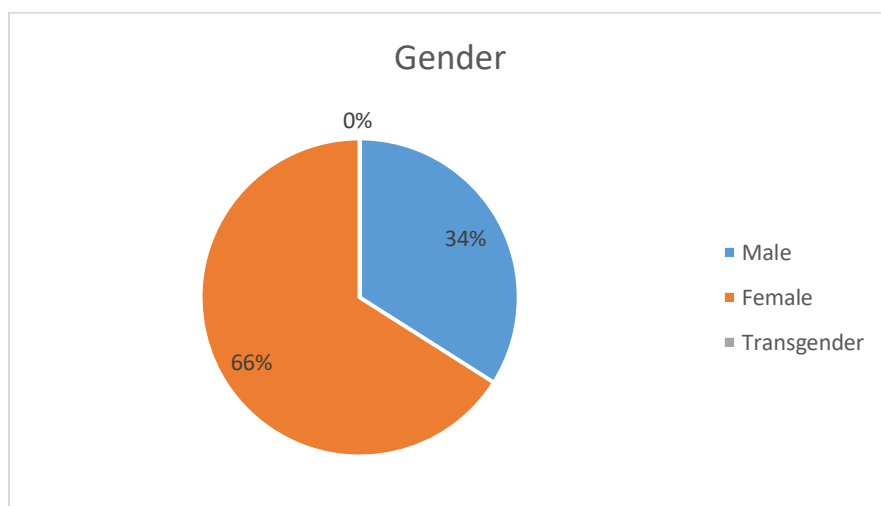
Medical students experienced several changes since the COVID-19 outbreak. Initially, universities suspended essential training activities and modified teaching modalities for online courses. In the long-term, this shift may adversely affect the quality of future medical doctors, since practical activities are an essential part of their education. Within this context, students have perceived changes in their screen time exposure and lifestyle habits, such as studying, sleeping, and eating, which may also jeopardize their health and academic performance. Finally, students expressed a worrying deterioration in their mental health, which may negatively affect their already-low psychological status.

Consequently, this study raises medical school's awareness regarding the multiple consequences of curricular changes. Further research is needed to assess the causal long-term impact of the stated academic changes and the pandemic on medical students.

Data Analysis

➤ Gender

Gender		
Options	%	Count
Male	34%	34
Female	66%	66
Transgender	0%	0
Total	100	100



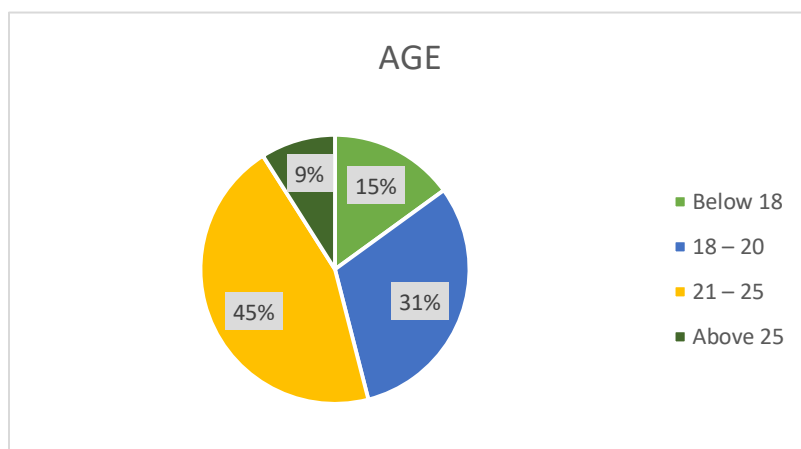
Interpretation:

According to the analysis conducted 66% of the respondents are female students, and 34% are male students from different colleges who contributed in the research.

➤ Age

AGE		
Options	%	Count
Below 18	15%	15

18 – 20	31%	31
21 – 25	45%	45
Above 25	9%	9
Total	100	100

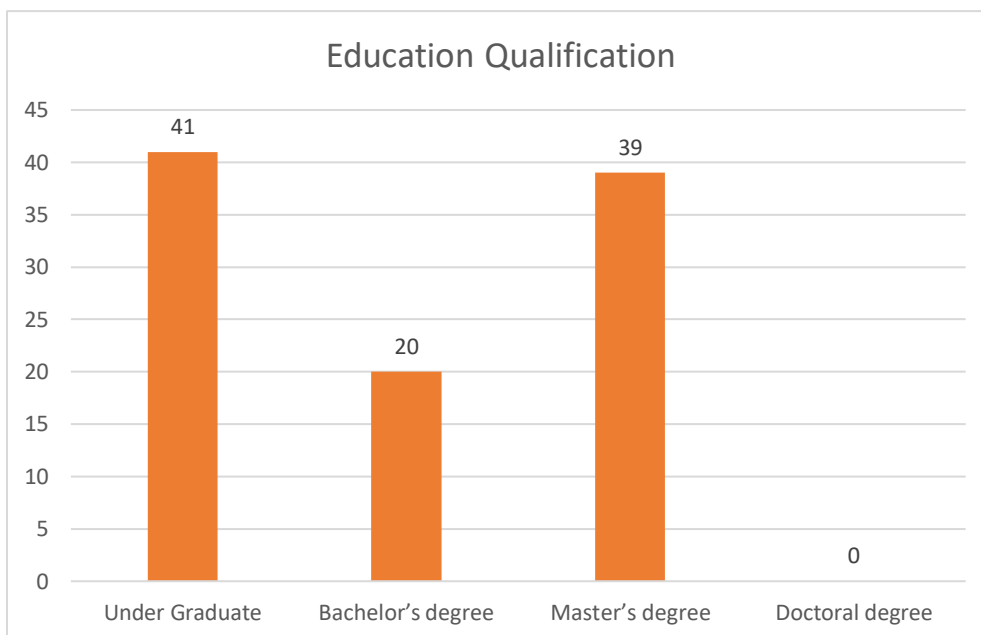


Interpretation:

- Majority of students who have responded belongs to 21 – 25 years age (i.e. 45%), 31% are 18 – 20 age students.
- 15% respondents are below 18, and least are 9% above 25 years age group.

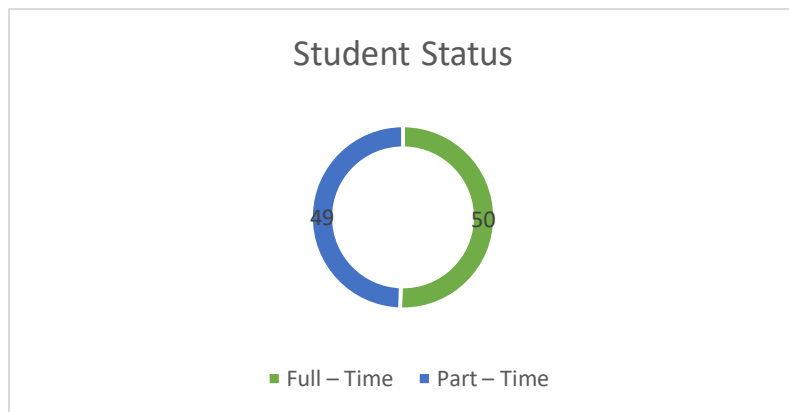
➤ Education Qualification

Education Qualification		
Options	%	Count
Under Graduate	41%	41
Bachelor’s degree	20%	20
Master’s degree	39%	39
Doctoral degree	0%	0
Total	100	100

**Interpretation:**

- This question was added to know the qualifications of the students, majority of students were doing their master's degree (39 respondents), 41 are under graduate.
 - 20 students are doing their bachelor's degree.
- Student Status

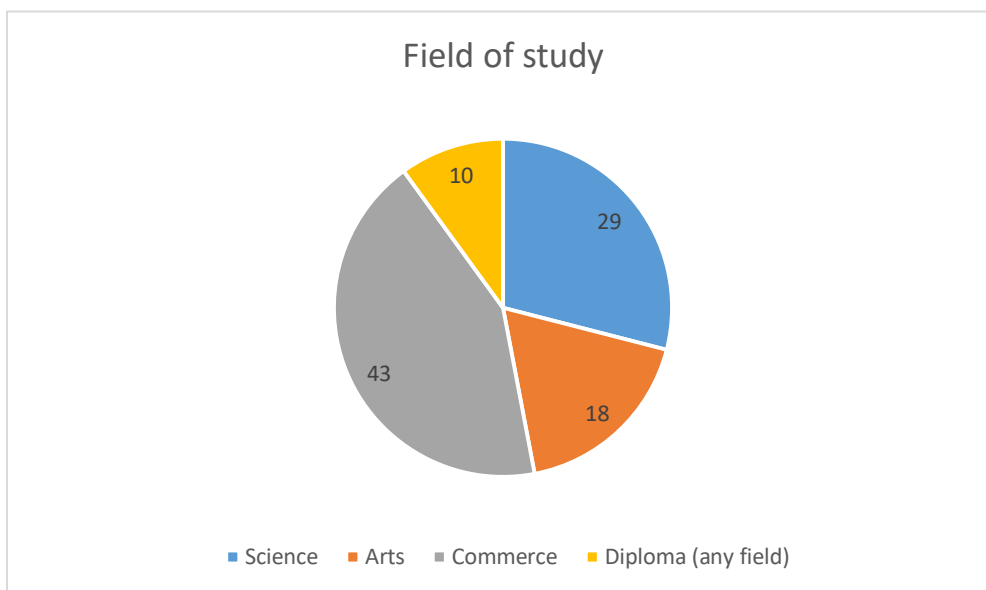
Student Status		
Options	%	Count
Full – Time	84%	50
Part – Time	16%	49
Total	100	100



Interpretation:

- This data interprets the students doing course full time, part time, 49 respondents and 50 respondents choose full time degree.
- Field Of Study

Field of study		
Options	%	Count
Science	29%	29
Arts	18%	18
Commerce	43%	43
Diploma (any field)	10%	10
Total	100	100



Interpretation:

- Majority of students 43 are from commerce field, 29 students are from science, 18 are from arts stream, 10 are in diploma.
- Level Of Satisfaction With Respect To Lectures

Level Of satisfaction with respect to lecture					
Options	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Online in real time	7	12	18	60	3
Online with Video Recording	7	48	15	22	8
Online with an audio recording	55	25	10	8	2
Online by sending presentation to students	17	12	57	6	8
Written communication (Forums & Chats)	19	38	25	12	6

Interpretation:

- This data was collected for interpreting the level of satisfaction with respect to lectures, such as online lectures, online video recording, audio recording, and Ready presentations to students at the time of covid19 pandemic.
- Online in real time 60 students were satisfied, 18 students chose neutral with their satisfaction, 3 students were fully satisfied, and 7 were dissatisfied.
- Online college with video and audio recording majority of students were dissatisfied with video and audio recording as their doubts were not solved. 48 students were dissatisfied for video recording and 55 were very dissatisfied for audio recording.
- Institutes sending presentations to students for study 57 were neutral with their responses, 29 students dissatisfied.
- Written communication 25 were neutral, 18 were satisfied with the communication forum, and 38 were dissatisfied.
- Level of satisfaction with respect to support from Institute

Level of satisfaction with respect to support from Institute					
Options	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Teaching Staff	5	55	23	13	4
Supervision	3	13	45	23	16
Technical support or IT service	13	47	6	24	10
Student affairs office	16	22	7	49	6
Library	58	19	2	12	9
Public relations	16	47	17	12	8
Tutors	19	8	50	15	8
Student Counselling service	12	62	21	2	3

Interpretation:

- This data was collected to analyze the satisfaction level of students with respect to support from institute, students who responded, were from different colleges.

- Majority of students were satisfied with the support of teaching staff during the time of covid19 (i.e. 55 respondents), 18 were dissatisfied, and 4 students responded as very satisfied with the support.
 - 47 students were dissatisfied with the technical support or IT team in the institute, 6 were neutral with their experience, and 10 students had very satisfied experience with the college IT team.
 - Majority students were satisfied with the student affair office (i.e. 49 respondents), 22 had negative experience, 6 students had a great support for student affair office and were very satisfied.
 - 58 students were very dissatisfied with the support provided by the library, 12 respondents were satisfied with the support.
 - Majority of students 47 respondents were dissatisfied with public relation, 50 students were satisfied with the kind of support provided by the tutors in the times of Covid pandemic, 62 were dissatisfied with student counselling service as it was the most important time in pandemic where students needed counselling the most.
- Accessibility At home

Accessibility at home				
Options	Never	Rarely	Sometimes	Often
A quite Place to study	23	55	17	5
A desk	3	4	63	30
A computer	12	45	28	15
Required software and programs	7	32	58	3
A printer	86	6	3	5
Headphone and microphone	3	7	16	74
Webcam	69	16	9	6
Stationery supplies	5	8	15	72
A good internet connection	2	2	84	12
Course study material	4	7	75	14

Interpretation:

- This data was collected to see the accessibility in respect to education related 55 students rarely got the access to a quiet place to study.
 - 63 respondents had access to desk at home for their online lectures, 30 were fortunate to have a desk.
 - 45 students rarely had the access to a computer, 28 sometimes got the computer to study.
 - Many students required different software to study with respect to different courses from which 58 sometimes got the access, 32 rarely had access, 7 were never got the access for different software
 - Headphones, webcam, a good internet connection were the basic need in the lockdown to attend online lectures 74 students often had the access to headphones, 69 never had the access to webcam, and 84 sometimes had the access to good internet connection.
- Worries Of Personal Circumstances

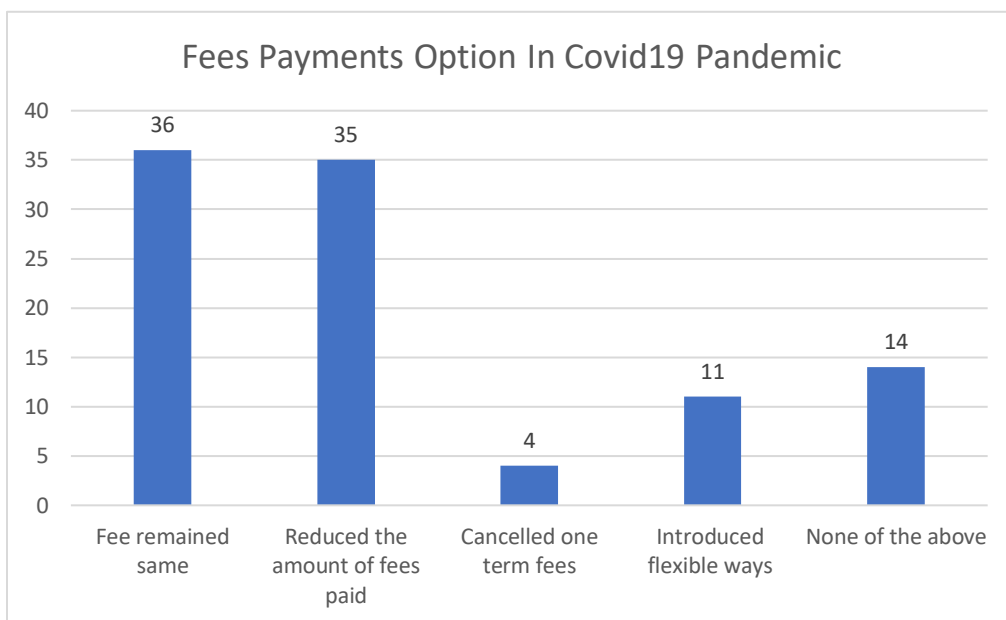
Worries of personal circumstances					
Options	A little of time	Some of the time	A good amount of time	Most of the time	All the time
Personal Physical Health	8	12	9	67	4
Mental Health	14	13	53	16	4
Studying issues	2	8	23	64	3
Future Education	3	58	4	23	12
Personal Finance	2	17	20	58	3
Family and relationship	9	6	55	23	7
Professional career in future	25	4	58	9	4
Leisure activities	14	49	17	13	7
Travelling Abroad	76	12	4	5	3

Interpretation:

- This data was collected to analyze the personal circumstances faced by the students
- 67 students worried most of the time for physical health, 4 respondents were worried all the time

- Mental health was the most important in the pandemic times 53 students were mental stressed a good amount of time.
 - Most of the time students were worried for future education and scope, 64 students had issues in studying in that environment.
 - Personal finances and family where the major worries as most of the people had lost job in the times of Covid pandemic which indirectly affect the life of students.
 - Many students wanted to travel abroad for further studies had to drop their plan due to novel corona virus and lockdown.
- Fees payments options by Institute In Covid19 Pandemic

Fees Payments Option In Covid19 Pandemic		
Options	%	Count
Fee remained same	36	36
Reduced the amount of fees paid	35	35
Cancelled one term fees	4	4
Introduced flexible ways	11	11
None of the above	14	14
Total	100	



Interpretation:

- Due to Covid19 pandemic many families financial health was weak and didn't had the capacity to pay the fees for the children education, at this difficult times many institute had come up with different options to pay the fees.
 - Majority of the students have chosen reduced the amount of fees which means institutes had reduced certain percentage of fees (35 respondents).
 - 36 students had to pay full fees there were no change or flexibility in payments of fees.
 - 4 students one semester's fees were cancelled which gave the opportunity for students to not quit their education.
 - Many institute introduced flexible ways to pay the course fees 11 respondents chosen to pay in flexible ways.
 - 14 students choose none of the above which indicate that either institute had introduced something else in respect to paying fees or they are not willing to disclose the information.
- Frequency of Habits changed or adapted due to covid19

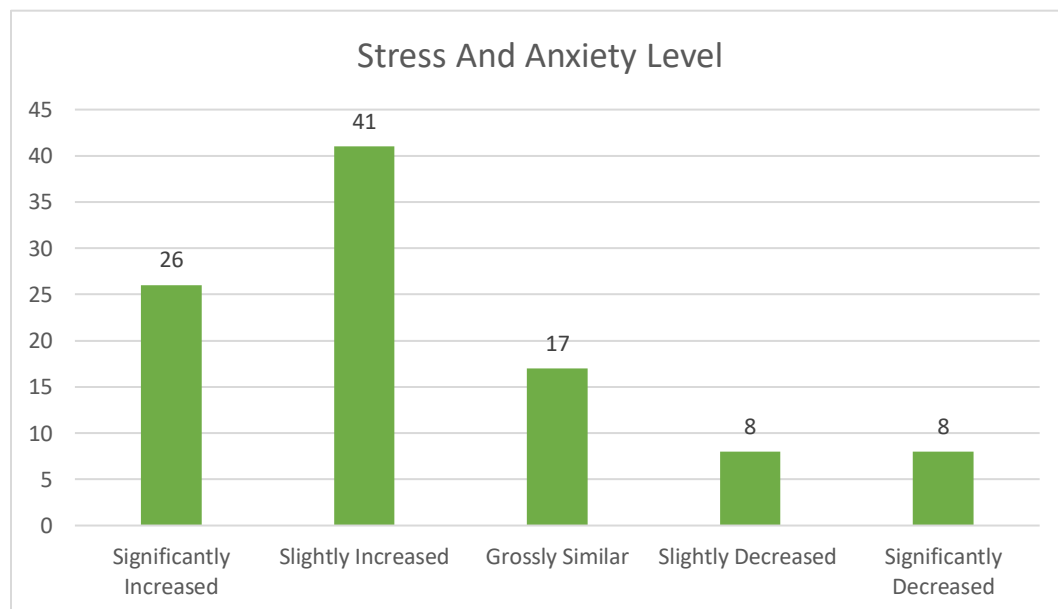
Options	Frequency of habits changed or adapted due to covid19		
	Never	Rarely	Most of the time
Washing your hand	9	18	73
Leaving the house unnecessarily	65	28	7
Avoided Crowds and family gatherings	58	32	10
Shaking Hands	23	49	28
Stocked up on essentials like pharmacy and grocery	8	7	85
Cancelled travelling	5	32	63
Working out	22	53	25
Visiting family members and friends	63	34	3

Interpretation:

- Due to Covid19 there were positive effects too as almost everyone was hygiene cautious
- Frequency of the daily hygiene habits increase as 73 students out of 100 wash their hand most of the time, 18 wash only when need (rarely).
- 65 of the respondent students never left the house unnecessarily, 28 rarely left the house only under serious circumstances.

- 58 students avoided the crowds and family gathering as the virus could not only effect his/her health but families too.
 - In most of the houses all the essentials were stocked like pharmacy and grocery 85 students had stock their basic food requirements at home.
 - Cancelled travelling and visiting family and friends as the virus was contagious 63 respondents cancelled travelling and out of 100, 63 students avoided visiting family members and friends.
- Stress and Anxiety Level

Stress And Anxiety Level		
Options	%	Count
Significantly Increased	26	26
Slightly Increased	41	41
Grossly Similar	17	17
Slightly Decreased	8	8
Significantly Decreased	8	8
Total	100	100



Interpretation:

- AS the whole world was going through a pandemic and everyone was stressed and panicked, students were also concerned about their education and future careers, this data was collected to interpret the situation of the students in respect to stress and anxiety level.
- Majority students from 100 respondents 41 students anxiety and stress level were slightly increased many thing contributed such as health risk, family financial health, lockdown, future career etc.
- 26 students had significant increase in stress and anxiety level, 17 chose grossly similar.

Key Findings:

- This data was collected to see the accessibility in respect to education related 55 students rarely got the access to a quiet place to study. 63 respondents had access to desk at home for their online lectures, 30 were fortunate to have a desk. 45 students rarely had the access to a computer, 28 sometimes got the computer to study.
- This data was collected to analyze the personal circumstances faced by the students 67 students worried most of the time for physical health, 4 respondents were worried all the time mental health was the most important in the pandemic times 53 students were mental stressed a good amount of time.
- Most of the time students were worried for future education and scope, 64 students had issues in studying in that environment. Personal finances and family where the major worries as most of the people had lost job in the times of Covid pandemic which indirectly affect the life of students. Many students wanted to travel abroad for further studies had to drop their plan due to novel corona virus and lockdown.

Implication of the Study :

AS the whole world was going through a pandemic and everyone was stressed and panicked, students were also concerned about their education and future careers, this data was collected to interpret the situation of the students in respect to stress and anxiety level. Majority students from 100 respondents 41 students anxiety and stress level were slightly increased many thing contributed such as health risk, family financial health, lockdown, future career etc. 26 students had significant increase in stress and anxiety level, 17 chose grossly similar.

Conclusion:

In this study, our findings indicated that the Covid-19 outbreak has made a significant impact on the mental health, education, and daily routine of students. The Covid-19 related interruptions highlight key challenges and provide an opportunity to further evaluate alternate measures in the education sector. The new policies and guidelines in this direction would help mitigate some of the negative effects and prepare educators and students for the future health crisis.

The covid19 pandemic is proving to be a constructive disruptor, giving an opportunity for restructuring the present conventional, class room based education system. The quick transition to online mode assisted in keeping continuity of education program, effectively fitting in the purpose of completion of the current academic year. The rapid transition to online learning from classroom learning has opened door to many new methods of learning and platforms to enhance the students learning experience.

References:

Balanzá-Martínez, V., Atienza-Carbonell, B., Kapczinski, F., & De Boni, R. B. (2020). Lifestyle behaviours during the COVID-19-time to connect. *Acta Psychiatrica Scandinavica*, 141(5), 399.

Fabián Echegaray, What POST-COVID-19 lifestyles may look like? Identifying scenarios and their implications for sustainability, *Sustainable Production and Consumption*, Volume 27, 2021, ISSN 2352-5509, <https://doi.org/10.1016/j.spc.2021.01.025>.
(<https://www.sciencedirect.com/science/article/pii/S2352550921000257>)

Chakraborty, P., Mittal, P., Gupta, M. S., Yadav, S., & Arora, A. (2021). Opinion of students on online education during the COVID-19 pandemic. *Human Behavior and Emerging Technologies*, 3(3), 357-365.

Perez-Dominguez, Francisco, et al. "Lifestyle Changes Among Medical Students during COVID-19 Pandemic: A Multicenter Study Across Nine Countries." *Health Education & Behavior* 48.4 (2021): 446-454.