A Study on the Lifestyle Changes among Female Students during Covid-19 Lockdown

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ABSTRACT

The present study is conducted with female students pursuing their graduation and post-graduation in various colleges of Visakhapatnam city. The study aimed to understand the lifestyle changes that occurred in the lives of female students during the Covid-19 lockdown. The study adopted the purposive sampling method and the sample size is 727 female students. The study found that the majority (88.2%) of the respondents opined that changes took place in their lifestyles during the Covid-19 lockdown period. The changes came in food intake, sleeping habits, reading habits, learned household work etc. The study observed that many female students were subjected to fear and stressed during the Covid-19 lockdown period. The study suggested that the universities and colleges should provide online career guidance and counselling to female students to reduce the stress about their future careers.

Introduction

This study presents information about the lifestyle changes that took place among female students during the Covid-19 lockdown period. As we know that the Covid-19 is a pandemic and its impact is on all sectors. Covid-19 originated in the Wuhan city of China, it was declared as a global pandemic by the World Health Organization (W.H.O) on March 11, 2020 (Rawat, D. et.al. 2021).The corona virus disease 2019 (Covid-19) has emerged as a global health threat, with every nation facing unique challenges during the outbreak. They have psychosocial and economic implications (Banerjee, D., & Bhattacharya, P., 2020). People living with Covid-19 are the carriers and it spreads through their sneeze, cough, or when droplets were on objects, if any one touch the surfaces, such as tables, doors and shake hands the disease transmit to one person to another. Other people may become infected by touching these objects or surfaces, then touching their eyes, noses or mouths before washing their hands. Due to this reason, the government of India has seriously announced that thoroughly clean hands regularly with soap and water or an alcohol-based hand sanitizer, and

to clean surfaces regularly. The impact of Covid-19 touched all facets of individual life and it is very high on students in general, female students in particular. They have to spend an entire day at home and have to attend online classes. The lifestyle and daily activities of the female students have suddenly changed due to the Covid-19 lockdown. As it is known that, and it is a regular practice in Indian families that mother teaches daughters about the household work, cooking, cleaning etc. The Covid-19 lockdown period helped them to learn such things.

Review of Literature

L.Narayananetal. (2020) found that the Covid-19 pandemic has severely impacted individuals from all walks of life. The impact is very high on health, economic, environmental and social sectors of the entire human population. In the absence of any effective drugs and vaccines for treatment, social distancing and other preventive measures are the only alternatives. The pandemic situation demands a certain way of regulating the society to reduce spreading of virus and safeguard oneself. The study found that the lifestyle changes adopted in hygiene and maintain good health, work from home, online teaching, digital shopping, changing internet habits and societal changes.

A. Chaudhary et al (2021) observed that the Covid-19 pandemic has created a mental health crisis among college students in India due to lockdown restrictions, overwhelming numbers of Covid-19 cases, facing the financial difficulties, etc. The study found that of the 324 students, 223 (68.8%) had high fear aboutCovid-19, 93 (28.7%) had moderate to severe depression, and 167 (51.5%) had mild to severe anxiety. This research study concluded that there is a very high fear of Covid-19 among students, along with anxiety and depression symptoms.

D. Rawatetal. (2021) conducted a review study which attempted to summarize the effect of Covid-19 pandemic on lifestyle behaviour among the Indian population. The study found that a change in lifestyle behaviour was observed due to the Covid19. The changes came in psychosocial and mental stress among the participants. There is a change in weight gain and a decline in physical activity. There is change in quantity as well as quality of sleep. The present review indicates the need for lifestyle behaviour programmes via using the platform of E-media and also for the dissemination of health education

Aakshi Chopra et al. (2020) study was conducted to understand the lifestyle changes among individuals. The study was conducted on 995 respondents. It was found that during the Covid-19 lockdown, many of them taken healthy meals and reduced taking unhealthy food, especially in the younger population (age <30 years). It is observed that there is a reduction in physical activity and increased daily screen time. The quarantine concept increased stress among one-fourth of the participants.Covid-19 marginally improved the eating behaviour, and one-third of participants gained weight and their mental health was also adversely affected.

Scope of the study

The Covid-19 impact is very high on individuals in society. It disturbed the daily activities, food habits and increased the mental health issues like stress, depression and anxiety. A few studies were conducted to understand the lifestyle changes in individuals in India. This study aimed to understand the lifestyle changes that took place among the female students who are pursuing graduation and post-graduation in Visakhapatnam city. The impact of Covid-19 is very high on students in general and female students in particular. As it is known that, and it is a regular practice in Indian families that mother teaches daughters about the household work, cooking, cleaning etc. The female students have to attend the household work, besides class work and also secure their physical and mental health. This study was conducted to understand the lifestyle changes that had taken place during the Covid-19 lockdown period among female students.

Objectives of the study

1. To study the socio-economic and demographic profile of the female students pursuing their graduation and post-graduation in various colleges of Visakhapatnam city
2. To understand the lifestyle changes in terms of physical and mental health among female students during the Covid-19 lockdown
3. To study the changes in the daily activities such as household work, physical activity and reading habits of female students
4. To provide appropriate suggestions to promote better life styles of the female students

Research Methodology

The present study is conducted in Visakhapatnam city. It is declared as a smart city and a big city in the state of Andhra Pradesh. The study adopted a quantitative research approach and descriptive research design. The study purposively selected four colleges from Visakhapatnam city i.e. St. Ann's college for woman, St. Joseph's College for Women, Gayatri Vidya Parishad Degree and Post-graduation College, and Dr. Lankapalli Bullaiah College of Engineering. The study adopted the purposive sampling method and selected 727 female students from these three colleges. The data was collected through the structured, pre-tested questionnaire which was shared via Google form. The data was collected in August 2021. The data were analysed through Ms-Excel 2010 version and SPSS 20th version.

Results and Discussion

The collected data through a structured questionnaire from 727 female students pursuing graduation and post-graduation are analysed and interpreted in the following tables. The following table presents the information about the age of the respondents.

Table No. 1
Distribution of the respondents by their age

Age	Frequency	Percentage
18.00	272	37.4

19.00	196	27.0
20.00	168	23.1
21.00	79	10.9
22.00	12	1.7
Total	727	100.0

The data in the above table revealed that 37.4 per cent of the respondents belong to 18 years, 27.0 per cent of the respondents belong to 19 years, and 23.1 per cent of the respondents belong to 20 years. The mean age of the respondents is 19.1 years, median age is 19 years and mode is 18 years. The following table presents the information about the education of the respondents

Table No. 2
Distribution of the respondents by their education

Education	Frequency	Percentage
Graduation	674	92.7
Post Graduation	53	7.3
Total	727	100.0

The data in the above table revealed that the majority (92.7) per cent of the respondents are pursuing graduation and only 7.3 per cent of the respondents pursuing their post-graduation. The following table presents the information about the college of the respondents.

Table No. 3
Distribution of the respondents by their college

College	Frequency	Percentage
St. Ann's College for Women	273	37.5
Dr. Lankapalli Bullayya College of Engineering	61	8.4
St. Joseph's College for Women	128	17.6
Gayatri Vidya Parishad	265	36.5
Total	727	100.0

The data in the above table revealed that37.5 per cent of the respondents were represented from St. Ann's College for women, 36.5 per cent of the respondents were represented from Gayatri Vidya Parishad, 17.6 per cent of the respondents were represented from St. Joseph's College for Women and remaining 8.4 per cent of the respondents are from Dr. Lankapalli Bullaiah College of Engineering. The following table presents the information about the caste of the respondents.

Table No. 4
Distribution of the respondents by their caste

Caste	Frequency	Percentage
OC	159	21.9
BC	482	66.3
SC	58	8.0
4.00	28	3.9
Total	727	100.0

The data in the above table revealed that the majority (66.3%) of the respondents belongs to backward classes, followed by 21.9 per cent of the respondents are from open category classes. The scheduled caste population represented only 8.0 per cent and 3.9 per cent of the respondents are from Scheduled Tribes. The following table presents the information about the religion of the respondents.

Table No. 5
Distribution of the respondents by their religion

Religion	Frequency	Percentage
Hindu	652	89.7
Muslim	43	5.9
Christian	32	4.4
Total	727	100.0

The data in the above table revealed that the majority (89.7%) of the respondents belong to the Hindu religion, 5.9 per cent of the respondents belong to the Muslim religion and 4.4 per cent of the respondents are belonging to the Christian religion. The following table presents the data about the native place of the respondents

Table No. 6
Distribution of the respondents by their native place

Native Place	Frequency	Percentage
Urban	484	66.6
Rural	219	30.1
Tribal	24	3.3
Total	727	100.0

The data in the above table revealed that the majority (66.6%) of the respondents' native place is an urban area, followed by 30.1 per cent of the respondents native place is a rural area and only 3.3 per cent of the respondents' native place is a tribal area. The following table presents the opinions of the respondents towards the changes that came in the lifestyles of students.

Table No. 7

Distribution of the respondents by their opinion on changes observed in students' life

Changes Observed in Students Life	Frequency	Percentage
Yes	671	92.3
No	56	7.7
Total	727	100.0

The data in the above table revealed that the majority (92.3%) of the respondents opined that the changes took place in the lifestyles of the students during the Covid-19 lockdown period and 7.7 per cent of the respondents stated that no changes did take place in the students' daily and routine activities. The following table presents the opinion of the respondents on the changes observed in their life.

Table No. 8

Distribution of the respondents by their opinion on changes noticed in their personal life

Changes noticed in their Life	Frequency	Percentage
Yes	641	88.2
No	86	11.8
Total	727	100.0

The data in the above table revealed that the majority (88.2%) of the respondents opined that changes came in their lifestyles during the Covid-19 lockdown period. And 11.8 per cent reported that no changes took place in their personal lifestyles. The following cross-table presents the relationship between education and changes noticed in their life.

Table No. 9

Distribution of the respondents by their education and changes noticed in their life

Education	Changes noticed in Their Life		Total
	Yes	No	
Graduation	602	72	674
Post Graduation	39	14	53
Total	641	86	727
Pearson Chi-Square: 11.660(b)	Df: 1	Significance: 001	

Analysis of the data on education and changes noticed in their personal life are cross-tabulated and the result shows that there is an association between two variables as it is evident that the Covid-19 affected the graduates and postgraduates equally and it is proved with the significant value 0.001. The following table presents the opinions of the respondents on the increased usage of smartphones during the Covid-19 lockdown.

Table No. 10

Distribution of the respondents by their opinion on increased smartphone usage

Smartphone Usage	Frequency	Percentage
Strongly Disagree	25	3.4
Disagree	38	5.2
Agree	402	55.3
Strongly Agree	262	36.0
Total	727	100.0

The data in the above table revealed that the majority (55.3%) of the respondents agreed and 36.0 per cent of the respondents strongly agreed on the usage of the smartphone have increased among the students during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased family relations during the Covid-19 lockdown.

Table No. 11

Distribution of the respondents by their opinion on increased family relations

Family Relations	Frequency	Percentage
Strongly Disagree	25	3.4
Disagree	127	17.5
Agree	404	55.6
Strongly Agree	171	23.5
Total	727	100.0

The data in the above table revealed that the majority (55.6%) of the respondents agreed and 23.5 per cent of the respondents strongly agreed that the family relationships have been increased during the Covid-19 lockdown in their families. The following table presents the opinions of the respondents on increased interaction between friends during the Covid-19 lockdown.

Table No. 12

Distribution of the respondents by their opinion on increased interaction between friends

Interaction Between Friends	Frequency	Percentage
Strongly Disagree	48	6.6
Disagree	243	33.4
Agree	356	49.0
Strongly Agree	80	11.0
Total	727	100.0

The data in the above table revealed that 49.0 per cent of the respondents agreed that interaction between friends is increased during the Covid-19 lockdown and followed by 33.4 per cent of the respondents not agreed that the interaction between friends have not increased during the Covid-19 lockdown. The following cross table presents the relationship between age and their interaction with their friends.

Table No. 13
Distribution of the respondents by their age and Interaction between Friends

Age	Interaction Between Friends				Total
	Strongly Disagree	Disagree	Agree	Strongly Agree	
18.00	20	99	121	32	272
19.00	14	64	102	16	196
20.00	11	48	81	28	168
21.00	3	26	46	4	79
22.00	0	6	6	0	12
Total	48	243	356	80	727
Pearson Chi-Square:18.213(a)		Df. 12		Significance: .109	

Analysis of the data on age and interaction between friends are cross-tabulated and the result shows that there is an association between two variables as it is evident that the students who have more age have more interaction with their friendsduring the Covid-19 lockdown. The following cross table presents the relationship between caste and interaction between friends.

Table No. 14
Distribution of the respondents by their caste and interaction between friends

Caste	Interaction Between Friends				Total
	Strongly Disagree	Disagree	Agree	Strongly Agree	
OC	13	47	79	20	159
BC	29	181	224	48	482
SC	5	7	39	7	58
ST	1	8	14	5	28
Total	48	243	356	80	727
Pearson Chi-Square: 19.555(a)		Df: 9		Significance: .021	

Analysis of the data on age and interaction between friends are cross-tabulated and the result shows that there is an association between two variables as it is evident that the SC and ST students disagreed on the interaction between friends, whereas more OC students are agreed that there is more interaction with their friends during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased physical activity and walking during the Covid-19 lockdown.

Table No. 15
Distribution of the respondents by their opinion on increased physical activity

Physical Activity	Frequency	Percentage
Strongly Disagree	51	7.0
Disagree	192	26.4
Agree	386	53.1
Strongly Agree	98	13.5
Total	727	100.0

The data in the above table revealed that the majority (53.1%) of the respondents agreed that the physical activity and walking among students have been increased during the Covid-19 lockdown. The following table presents the opinions of the respondents on following more health care tips during the Covid-19 lockdown.

Table No. 16
Distribution of the respondents by their opinion on following more health care tips

Health Care Tips	Frequency	Percentage
Strongly Disagree	16	2.2
Disagree	39	5.4
Agree	447	61.5
Strongly Agree	225	30.9
Total	727	100.0

The data in the above table revealed that the majority (61.5%) of the respondents agreed and 30.9 per cent of the respondents strongly agreed that they followed more health care tips during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased sleeping hours during the Covid-19 lockdown

Table No. 17
Distribution of the respondents by their opinion on increased sleeping hours

Sleeping Hours	Frequency	Percentage
Strongly Disagree	21	2.9
Disagree	99	13.6
Agree	407	56.0
Strongly Agree	200	27.5
Total	727	100.0

The data in the above table revealed that the majority (56.0%) of the respondents agreed and followed by 27.5 per cent of the respondents who strongly agreed that the sleeping hours were increased among students during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased intake offood during the Covid-19 lockdown.

Table No. 18
Distribution of the respondents by their opinion on increased intakeof food

Food Intake	Frequency	Percentage
Strongly Disagree	15	2.1
Disagree	105	14.4
Agree	438	60.2
Strongly Agree	169	23.2
Total	727	100.0

The data in the above table revealed that the majority (60.2%) of the respondents agreed and 23.2 per cent of the respondents strongly agreed that the intake of food was increased among

the students during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased body weight during the Covid-19 lockdown.

Table No. 19
Distribution of the respondents by their opinion on increased body weight

	Frequency	Percentage
Strongly Disagree	48	6.6
Disagree	220	30.3
Agree	350	48.1
Strongly Agree	109	15.0
Total	727	100.0

The data in the above table revealed that 48.1 per cent of the respondents agreed that the bodyweight has been increased and followed by 30.3 per cent of the respondents who disagreed with an increase of body weight during the Covid-19 lockdown period. The following table presents the opinions of the respondents on increased reading hours of the students during the Covid-19 lockdown.

Table No. 20
Distribution of the respondents by their opinion on increased reading hours

Reading Hours	Frequency	Percentage
Strongly Disagree	51	7.0
Disagree	286	39.3
Agree	339	46.6
Strongly Agree	51	7.0
Total	727	100.0

The data in the above table revealed that 46.6 per cent of the respondents agreed on increased reading hours during the Covid-19 lockdown. Followed by 39.3 per cent of the respondents disagreed on increased reading hours. The following table presents the opinions of the respondents on increased stress among students during the Covid-19 lockdown.

Table No. 21
Distribution of the respondents by their opinion on increased stress

Stress	Frequency	Percentage
Strongly Disagree	41	5.6
Disagree	234	32.2
Agree	357	49.1
Strongly Agree	95	13.1
Total	727	100.0

The data in the above table revealed that the majority (49.1%) of the respondents agreed that the stress levels are increased among the students during the Covid-19 lockdown. And followed by 32.2 per cent of the respondents disagreed on increased stress levels. The

following cross table presents the relationship between caste and stress among the respondents.

Table No. 22

Distribution of the respondents by their caste and stress

Caste	Stress				Total
	Strongly Disagree	**Disagree**	**Agree**	**Strongly Agree**	
OC	9	42	88	20	159
BC	25	164	226	67	482
SC	4	15	35	4	58
ST	3	13	8	4	28
Total	41	234	357	95	727
Pearson Chi-Square: 13.900(a)	Df: 9		Significance: 0.126		

Analysis of the data on caste and stress are cross-tabulated and the result shows that there is an association between two variables as it is evident that the more ST students disagreed and strongly disagreed about the stress during the Covid-19 lockdown, it may be reason that they live in the interactive environment when compare to other communities. The following table presents the opinions of the respondents on increased loneliness among students during the Covid-19 lockdown.

Table No. 23

Distribution of the respondents by their opinion on increased loneliness

Loneliness	Frequency	Percentage
Strongly Disagree	49	6.7
Disagree	232	31.9
Agree	330	45.4
Strongly Agree	116	16.0
Total	727	100.0

The data in the above table revealed that the majority (45.4%) of the respondents agreed that the feeling of loneliness increased among the students during the Covid-19 lockdown. And followed by 31.9 per cent of the respondents disagreed on increased loneliness. The following table presents the opinions of the respondents on learned household work during the Covid-19 lockdown.

Table No. 24

Distribution of the respondents by their opinion on learned household work

Learned House Hold Work	Frequency	Percentage
Strongly Disagree	12	1.7
Disagree	35	4.8
Agree	468	64.4
Strongly Agree	212	29.2
Total	727	100.0

The data in the above table revealed that the majority (64.4%) of the respondents agreed and 29.2 of the respondents strongly agreed that they learned household work during the Covid-

19 lockdown. The following table presents the opinions of the respondents on learning new habits during the Covid-19 lockdown.

Table No. 25
Distribution of the respondents by their opinion on learned new habits

New Habits	Frequency	Percentage
Strongly Disagree	16	2.2
Disagree	62	8.5
Agree	494	68.0
Strongly Agree	155	21.3
Total	727	100.0

The data in the above table revealed that the majority (68.0%) of the respondents agreed and 21.3 per cent of the respondents strongly agreed that they learned new habits during the Covid-19 lockdown. It may be a reason that they have plenty of time during the Covid-19 lockdown period

Suggestions and Recommendations

1. The female students should increase their learning through e-classes, social media during the Covid-19 lockdown period. They have to increase the social service activities through National Service Scheme
2. The female students should reduce their sleeping hours and have to learn the new skills and enrol for online courses which help to their career development
3. The female students should spend less time on the usage of smartphone otherwise this habit increases the negativeeffects on the progress of the students and on their careers.
4. The female students should eat healthy and nutritiousfood for good health and follow the healthy tips suggested by their parents and grandparents
5. The female students should increase their physical activity to reduce their body weight.
6. The universities and the colleges should provide online counselling to the student youth towards gaining healthy personality development and to maintain healthy lifestyles.
7. The female students should spend some time on yoga and meditation which improves their physical and mental health

Conclusion
Overall, the study was conducted on its objectives and found that majority of the female students opined that lot of changes have been taken place in their lives during the Covid-19 lockdown period. The changes were noticed in intakeof food, sleeping habits, reading habits, learning household work etc. The mode of learning in studies was changed and the respondents spent more hours with in their houses during lockdown. The study observed that many female students experienced fear and stress during the Covid-19 lockdown period. The

study suggested that the universities and colleges should provide online career guidance and counselling to female students to reduce the stress about their careers. The female students should spend some time on yoga and meditation which improves their physical and mental health.

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