**Practice to Predicament: A Study on lifestyle changes of Guajarati Citizens due to COVID-19**

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**Abstract:**

Mankind conceded through various crises which include Natural Calamity, War, Pandemics, Social / Political Unrest etc. The present pandemic of COVID-19 is to be considered biggest crisis in last 100 years. Die to this, almost entire world is under lockdown condition and all the plantings of developed and developing nations are holdup. This pandemic has not only affected human health, but also economy, international relations and the biggest effete is on the life style of the people. Various experts predict that it will take long time for citizen around the world to get back their normal life schedule back.

Here in this paper researchers have tries to identify impact of COVID-19 on the life style of the citizen of Gujarat. An attempt is made to identify Social Impacts, Financial Impacts, Occupational Impacts, and other impacts of COVID-19 and event occurred due that on life of people of Gujarat.

**Keywords:** COVID-19, Life Style, Gujarat

**Introduction:**

With beginning of the year 2020 f Novel Cronavirus (COVID-19) outbreak in entire world and almost 25 Lacs people are infected due the same, out of which more than 2 Lacs people have lost their lives. Still this virus is not under control and its intensity is increases day by day.

As the is lack of specific medicine or vaccine, the most common step adopted by all the nation around the world is lockdown, to break the chain of infection. In India also, its impact is remarkable and to break the chain of Corona Virus Government of India has declared nationwide Lockdown with effect from 25th March, 2020 for 21 days, later on which was extended till 3rd may, 2020. During his address to the nation Honorable Prime Minister Shri Narendara Modi had mentioned “Jaan Hai Toh Jahaan Hai” (if you survive then only, you can do anything). This clearly urge people to change their lifestyles to combat against COVID-19

This step of lockdown helps to control infection of corona virus, but it creates a deep impact of citizens’ lifestyle. Almost all the citizens without discrimination of Age, Gender, Location Religion, and Occupation have adversely affected due to this lockdown

**Literature Review:**

The COVID - 19 pandemic’s impact on entire world in quite disruptive. As reported by CMIE (Center for monitoring Indian Economy)**[[1]](#footnote-2)** within a month of lockdown, unemployment rose from 6.7% on 15 March 2020 to 26% on 19 April 2020. Approximately 14 crore (140 million) people lost employment during lockdown period. In addition to this 45.7 % household reported fall in their incomes, this is a matter of great concern.

In Recent time, FICCI and Tax Consultancy Dhruva advisors jointly conducted industry survey**[[2]](#footnote-3)** and took responses from about 380 companies across the sectors. It has reported that businesses are struggling with tremendous uncertainty about their future. As a result over short period of time, jobs are at high risk and an extraordinary collapse in economic activities was reported.

As per the report of Asian Development Bank, “Asian Development Outlook, April 2020”, it is estimated that the lockdown would take about 2.3% of GDP. KPMG in their report on “Potential impact of COVID-19 on the Indian Economy, April 2020” disclosed that the cost of the 21-day lockdown in India could be $120 billion. Looking into these data it drives to measure the impact of COVID-19 on common people’s day to day lifestyle, social, occupational and most importantly financial status.

**Research Methodology:**

**Research Gap:** Various researches are conducted on impact of various crises on human lifestyle; many researchers have studied various event which have changed lifestyle of specific geographical region. However, No study has been made on impact of COVID-19 on Human life style. As Covid-19 is global pandemic it is necessary to investigate its impact for further social expenditure and development of policies to fight against such pandemics in future.

**Research Objective:**

The primary objective of this study is to impact COVID-19 on citizens of Gujarat, further these impacts are categorized as Social Impacts, Financial impacts, Occupational Impacts and Other Impacts to drive some meaningful conclusion.

**Research Sample:**

Study is exploratory in nature, with the usage of Primary data collected during March and April 2020. To collect responses from respondents across the state of Gujarat, structured online questionnaire was send to large mass. Out of which, during the research period 411 valid responses were received and considered for this study. Here non-probabilistic convenience sampling technique is used to represents state of Gujarat.

**Data Analysis:**

**Table 1: Impact of COVD-19 on Social Life**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statements** | **Strongly Agree** | **Agree** | **Neutral** | **Disagree** | **Strongly Disagree** |
| Spending of quality time with family increase | 183 | 71 | 90 | 37 | 30 |
| You participate in joint tasks with your family members | 65 | 73 | 134 | 113 | 26 |
| Development new skills / hobbies with family members | 57 | 70 | 150 | 116 | 18 |
| Increase in anxiety while staying whole day in home | 203 | 99 | 68 | 29 | 12 |
| Due to stagnant mindset relationship with spouse at tense | 33 | 46 | 174 | 108 | 50 |
| You become more concierge towards your parents / kids | 96 | 117 | 75 | 64 | 59 |
| You can Improve relation with your neighbors | 177 | 134 | 72 | 16 | 12 |
| You can Improve relation with your friends | 161 | 176 | 56 | 8 | 10 |

**Table 2: Financial Impact of COVD-19**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statements** | **Strongly Agree** | **Agree** | **Neutral** | **Disagree** | **Strongly Disagree** |
| You don’t have any problem on your income | 68 | 79 | 106 | 77 | 81 |
| Your Family Income Decrease but , you can manage your livelihoods | 98 | 104 | 88 | 72 | 49 |
| You have sufficient savings to manage such crisis | 86 | 98 | 102 | 88 | 37 |
| Your family facing financial Crises | 33 | 24 | 159 | 46 | 149 |

**Table 3: Occupational Impact of Covid-19**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statements** | **Strongly Agree** | **Agree** | **Neutral** | **Disagree** | **Strongly Disagree** |
| Your occupational activities are as per routine at workplace | 12 | 19 | 43 | 114 | 223 |
| You can continue your occupational activities while staying at home | 37 | 48 | 72 | 82 | 172 |
| You learnt new skills for your occupation | 57 | 76 | 66 | 67 | 145 |
| Your occupational activities are ceased | 80 | 147 | 64 | 64 | 56 |
| You are worried about regaining momentum of your occupational activities | 223 | 104 | 56 | 15 | 13 |
| You are worried about existence of your occupation | 48 | 69 | 76 | 98 | 120 |

**Table 4: Overall Impact of COVOD-19 on Lifestyle**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statements** | **Strongly Agree** | **Agree** | **Neutral** | **Disagree** | **Strongly Disagree** |
| You spend more time on social media | 136 | 156 | 64 | 32 | 23 |
| You spend more time in watching television | 174 | 137 | 57 | 24 | 19 |
| You have developed new hobbies | 25 | 37 | 58 | 127 | 164 |
| You become more attentive to your personal health and hygiene | 155 | 124 | 32 | 53 | 47 |
| You avoid to visit market to purchase your domestic needs | 144 | 136 | 62 | 38 | 31 |
| You are feeling like caged | 129 | 156 | 69 | 35 | 22 |
| Your overall consumption of domestic goods decrease | 68 | 163 | 98 | 47 | 35 |
| You find life requires only basic necessity | 169 | 145 | 46 | 38 | 13 |

**Data Interpretation and Findings:**

The study mainly concentrated the impact of COVID-19 on Social, Financial, Occupational and Lifestyle during lockdown period. Greater part of the respondents strongly agreed that they spend more quality time with family. People’s participation in joint task as well as learning new hobbies / skills with their family with during lockdown period has not changed much. Compulsion of home stay during pandemic has lead to rise in the Anxiety of most of the respondents. People feel that their relationships with their friends and neighbors have improved during this period. At the same time they feel more concierges towards your parents / kids. Addition to this, they have not reported any tense in their relationship with spouse due to stagnant mindset.

With respect to Financial Impact due to COVID-19, no strong conclusion can be drawn for having problem for income and having savings to manage as responses as respondents were not having strong common opinion. More than half of the respondents confessed that their family income has reduced during this period however they are able to manage their livelihood. Significant number of respondents also confirmed there they are not facing financial crises.

Majority of the people responded that they are not able to continue their occupational activities from home or from workplace. To the larger extent respondent’s occupational activities are ceased and they are worried about getting it on regular momentum. Very less people explored to learn skills relating to their occupation.

There is remarkable impact on people’s lifestyle during lockdown period. Most of the respondents started spending more time over Social media as well as watching television. People have become conscious towards health & hygiene, they avoided market visits and identified that life requires only basic necessity. However, compulsion on home stay made them feel caged.

**Conclusion:**

Corona Virus outbreak in china in December-2019 and just in 3 months it emerged as a biggest challenges against the entire world, it didn’t affect human life but it has also afflict humanity. It is impacting economies, international relations, lifestyle and the assumption of common well- being that all of us have largely taken for granted. As India is populous country and having limited resources, impact of this virus predicted worst. However, due to timely measures India is able to control outbreak of Corona in compare to many other countries in world.

The lockdown due to COVID-19 and the measure to secure human life has changed the lifestyle of Indian Citizens at the vast level, as the Gujarat is one of the sensitive states of Corona spread; government took stricter measure to break the chain of infection. Gujarat is also economic developed state of India, so occupational and finical impacts are seen at their highest peak due to COVID-19. However, due to effective measures of government and strong willpower of citizens life of people in India and especially in Gujarat will be back to normality faster than many other advanced countries.

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2. https://www.jagranjosh.com/general-knowledge/what-is-the-impact-of-coronavirus-on-india [↑](#footnote-ref-3)