



RESEARCH PROJECT

MENTAL HEALTH

Designed by:
Mehal Kumar

MENTAL HEALTH

CONTENT ANALYSIS

Q. What is resilience according to you?

Resilience, according to me, is the ability to cope with uncertain changes happening in and around our daily lives.

Q. How are you working on your resilience to overcome the constant uncertain phases which you are going through?

a) Related to personal life

b) Related to the education sector

a) To overcome uncertain phases (where I did not know how to cope with the covid situation, my mental health declining, we had no idea about what was going to happen with our offline classes and hearing stories about our neighbours and friends) in these past few years, I have tried to adapt to the new normal, by staying indoors, maintaining physical distance with my friends and acquaintances, and switching to the digital format for education and social meetings. I kept myself busy with learning new things, reading more novels, and helping others in times of Covid. I reminded myself of how blessed I am when compared to other people's situations and started practicing yoga with my family which soon became a habit.

b) It is necessary to constantly change and adapt to our environment as nothing is constant. The last two years were the most uncertain times in my life when my peers and I did not have any guarantee of what was going to come next, especially because it was our Boards. We still prepared ourselves by studying and being optimistic about class 12 as well as while deciding on our college and moving to different cities and states. I tried focusing on my future and thought about what I would do after covid settles down (which I am still working on)



LINK

https://miro.com/app/board/uXjVOTJ0-TA=

CODING SCHEDULE

CONSTRUCT	CODE
Analysis	N
Adjustment	D
Attention Span	A
Sleeping	S
Exercise	E
Music	M
Mental Health	H

Attributes for Resilience building	
Problems faced	P
Adapting to the New Normal	A
Kept myself Busy	B
Being Optimistic	O

CODING MANUAL

CONSTRUCT	ITEMS IN EACH CONSTRUCT	CODE
Problems faced (P)	not knowing how to cope up with the covid situation	P1
	Mental health declining	P2
	No idea about what was going to happen with our offline classes	P3
	Hearing stories about our Neighbours and friends	P4
Adapting to the new normal (A)	Staying indoors	A1
	Maintaining physical distance with friends and acquaintances/ / avoiding contact with outsiders	A2
	Switching to the digital format for social meetings/ education	A3
	Sanitizing if coming back from outside/ buying masks and other precautionary items	A4
Kept myself busy (B)	Learning new things/ software/ recipes/ instruments	B1
	Helping others in the times of covid/ motivating friends/ giving comfort and company to parents and cousins	B2
	Building habits like Yoga/ eating well/ keeping a timetable	B3
	Reading more novels/ newspaper/ watching shows and documentaries	B4
Staying optimistic (O)	About School studies – Working for class 12 th board exams	O1
	About deciding my college/ thinking about my future	O2
	Looking at the bright side of how blessed I am	O3
	Transfer/ Migration to a safer or different place/ starting fresh	O4
	Support from my family/ friends/ teachers/ social life	O5

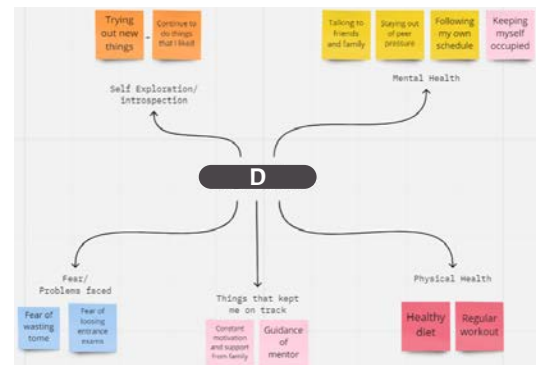
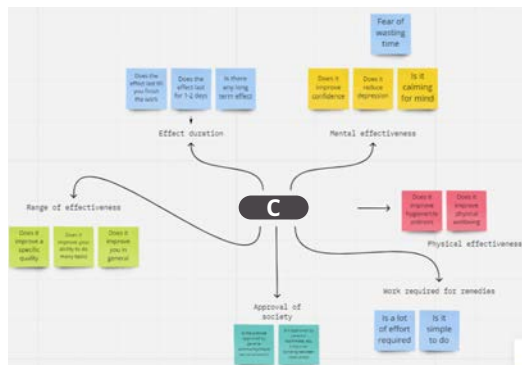
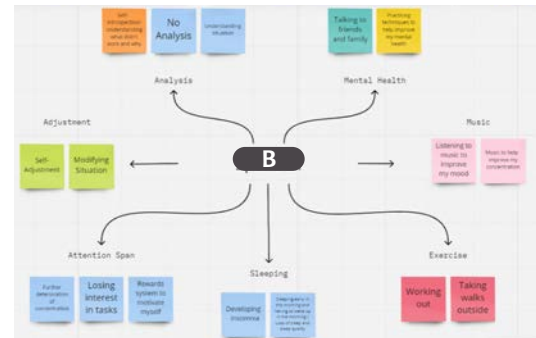
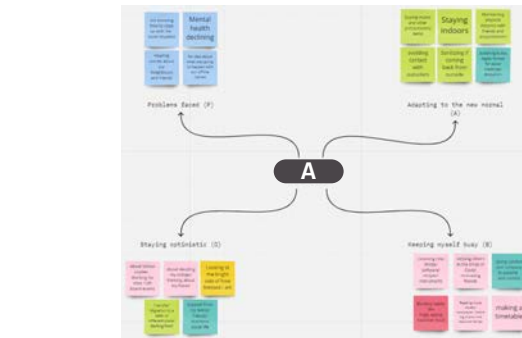
III. CODING MANUAL		
CONSTRUCT (attributes)	ITEMS IN CONSTRUCT	CODE
FEAR	Fear of wasting time	1
	Fear of failing entrance exam	2
PHYSICAL HEALTH	Healthy diet	2
	Regular workout & sport	4
THINGS THAT KEPT ME ON TRACK	Constant motivation and support of parents	3
	Guidance of mentor	2
MENTAL HEALTH	Talking to friends and family	4
	Staying out of peer pressure	3
	Following my own schedule	2
	Keeping myself occupied	3
SELF EXPLORATION	Trying out new things	1
	Doing things that I like	2

Construct	Items in each construct	Code
Duration of effect (D)	Does the effect last till you finish the work	1
	Does the effect last for a whole day	2
	Does it have a <u>long time</u> effect from days to years	3
<u>Effectiveness</u> (mental health)(M)	Does it improve confidence	1
	Does it reduce depression	2
	Does it calm your mind	3
<u>Effectiveness</u> (physical health)(P)	Does it Improve hygiene/ cleanliness	1
	Does it improve health	2
Work required to perform(W)	Does it require lot of effort to do	1
	Is it simple to do	2
Approval of others(A)	Does it <u>improves</u> socialisation	1
	Is the practise approved by your roommate, parents, etc	2
Range of effectiveness (R)	Does the practise improve a specific quality	1
	Does the practise improve your ability to do various tasks	2
	Does the practise improve you as a person in general	3

CATEGORIZED

BASED ON DIFFERENT ISSUES

Problems faced (P)
Adapting to the New Normal
Things that kept me on track/ keeping myself busy
Mental Health (MH)
Physical Health (PH)
Social (S)
Introspection



Problems faced (P)	Not thinking how to cope up with the world situation	Mental health declining	Developing insomnia	Staying indoors	Adapting to the new normal	Losing interest in tasks	Rewards system to motivate myself	Does the effect last for 1-2 days	Does the effect last for 1-2 days	Is there any long term effect	Is a lot of effort required	Is it simple to do	Fear of wasting time	Fear of losing and stress
Adapting to the New Normal	Listening to music to improve my mood	Music to help improve my concentration	About doing things that bring me joy	About doing things that bring me joy	Learning to live with the things that I cannot control	Staying motivated	Working out	Taking walks outside	Regular workout	Healthy diet	Does it improve my physical fitness	Does it improve my physical well-being		
Things that kept me on track/ keeping myself busy	Listening to music to improve my mood	Music to help improve my concentration	About doing things that bring me joy	About doing things that bring me joy	Learning to live with the things that I cannot control	Staying motivated	Working out	Taking walks outside	Regular workout	Healthy diet	Does it improve my physical fitness	Does it improve my physical well-being		
Mental Health (MH)	Understanding the things that I cannot control	Staying motivated												
Physical Health (PH)	Working out	Taking walks outside	Regular workout	Healthy diet	Does it improve my physical fitness	Does it improve my physical well-being								
Social (S)	Understanding the things that I cannot control	Staying motivated												
Introspection	Trying out new things	Continue to do things that I liked	Talking to friends and family	Staying out of peer pressure	Following my own schedule	Keeping myself occupied								

COMBINED CODING MANUAL

CONSTRUCT	ITEMS IN EACH CONSTRUCT	CODE
Problems faced (P)	Uncertainty about situation	1
	Further deterioration of concentration	2
	Mental health declining	3
	Developing insomnia	4
	Hearing stories about our Neighbours and friends	5
	Fear of losing entrance exams	6
Adjusting to the new normal (A)	Buying masks and other precautionary items	1
	Maintaining physical distance with friends and acquaintances	2
	Staying indoors/ avoiding contact with outsiders	3
	Sanitizing if coming back from outside	4
	Transfer/ Migration to a safer or different place/ starting fresh	5
Things that kept me on track / Keeping myself busy (B)	Listening to music to improve my mood and concentration	1
	About School studies - Working for class 12th board exams	2
	About deciding my college/ thinking about my future	3
	Learning new things/ software/ recipes/ instruments	4
	Helping others in the times of Covid/ motivating friends	5
	Making a timetable	6
	Reading more novels/ newspaper, Watching shows and documentaries	7
	Constant motivation and support from family/ Guidance of mentors	8
Mental Health (MH)	Practicing techniques to help improve my mental health	1
	Looking at the bright side of how blessed I am	2
	Talking to friends and family	3
Physical Health (PH)	Working out	1
	Taking walks outside	2
	Building habits like Yoga	3
	Eating healthier food	4
	Hygiene	5
Social (S)	Switching to the digital format for social meetings/ education	1
	Talking to friends and family	2
	Support from my family/ friends/ teachers/ social life	3
	giving comfort and company to parents and cousins	4
	Practicing exercises that improve health and are appreciated by community, friends and family	5
Introspection (I)	Self- Introspection/ Understanding what didn't work and why	1
	Trying out new things	2
	Continue to do things that I liked	3

**COMBINED
CONSTRUCTS
AND CREATED
CODES FOR
EASY ACCESS**

FREQUENCY TABLE

CONSTRUCT CODE		ITEM CODE		FREQUENCY
P		1	2	
		2	3	
		3	4	
		4	2	
		5	1	
		6	1	
A		1	1	
		2	1	
		3	1	
		4	1	
		5	1	
B		1	2	
		2	2	
		3	1	
		4	1	
		5	2	
		6	1	
		7	1	
		8	2	
MH		1	3	
		2	2	
		3	1	
		4	1	
		5	1	
PH		1	3	
		2	1	
		3	1	
		4	2	
		5	1	
S		1	1	
		2	1	
		3	1	
		4	1	
		5	2	
I		1	1	
		2	1	
		3	1	

FACE VALIDATION

Pilot Study



Feedback section

To get suggestions about improvement needed in the questionnaire



Time Taken

ranges from 2 to 7 minutes

Avg time taken - 4 mins



Age Group

16 to 25 year olds



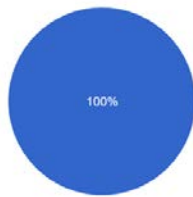
Responses

11 responses for the pilot study

PILOT STUDY RESPONSES

To which age group you belong to?

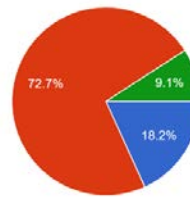
11 responses



● 16-20
● 21-25

To which gender identity do you most identify

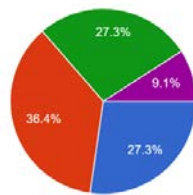
11 responses



● Male
● Female
● Transgender
● Gender Variant/ Non-conforming
● Other
● Prefer not to answer

My mental health has declined during the pandemic

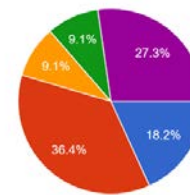
11 responses



● Strongly agree
● Agree
● Neutral
● Disagree
● Strongly disagree

I am stressed about exams/ work

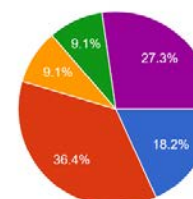
11 responses



● Strongly agree
● Agree
● Neutral
● Disagree
● Strongly disagree

I am stressed about exams/ work

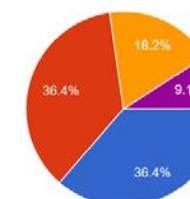
11 responses



● Strongly agree
● Agree
● Neutral
● Disagree
● Strongly disagree

I did not stop working on things I like

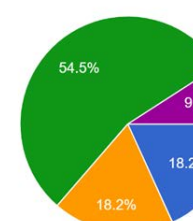
11 responses



● Strongly agree
● Agree
● Neutral
● Disagree
● Strongly disagree

Pressure/ anxiety helped me become more productive

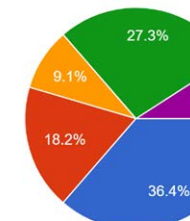
11 responses



● Strongly agree
● Agree
● Neutral
● Disagree
● Strongly disagree

I am not able to concentrate on any productive work

11 responses

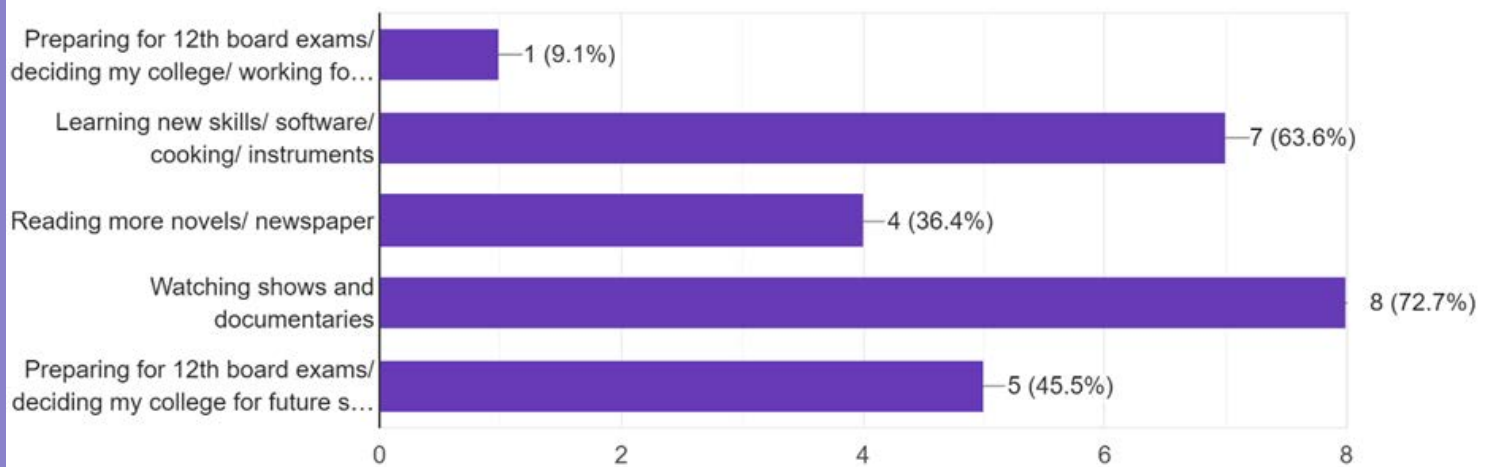


● Strongly agree
● Agree
● Neutral
● Disagree
● Strongly disagree

PILOT STUDY RESPONSES

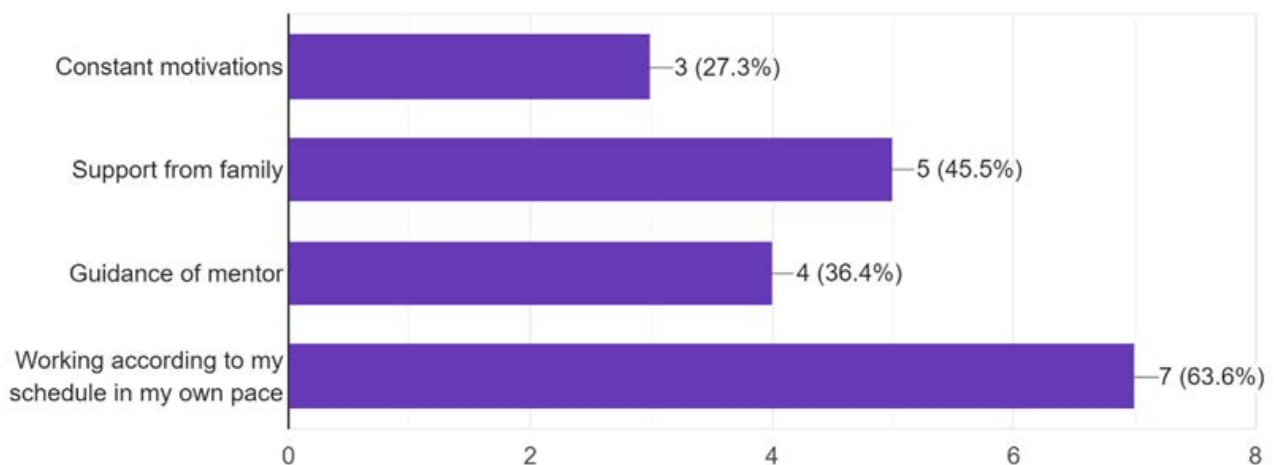
How did you utilize your time effectively during the pandemic?

11 responses



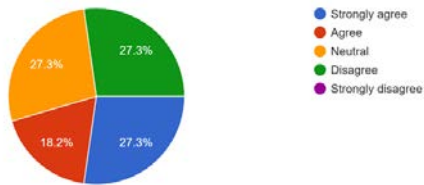
What kept you focused on your future goals?

11 responses

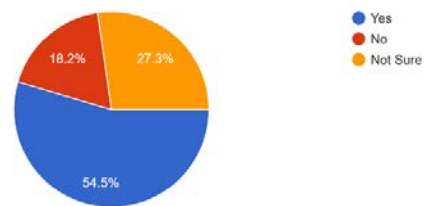


PILOT STUDY RESPONSES

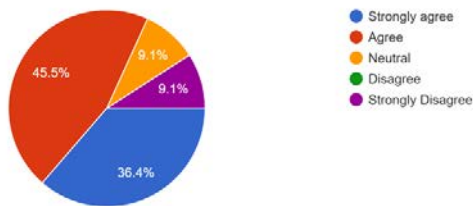
I am not able to sleep at night
11 responses



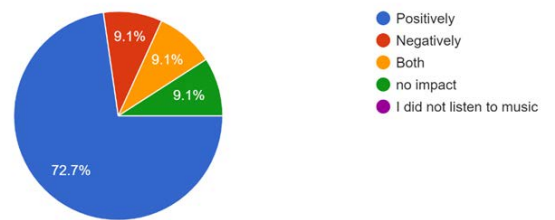
I was emotionally affected by the Covid positive cases of my friends and acquaintances
11 responses



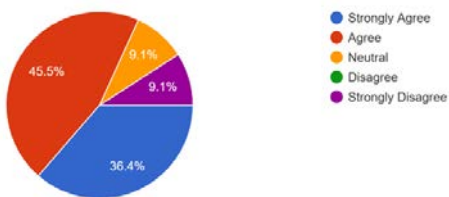
I explored other things that I am interested in
11 responses



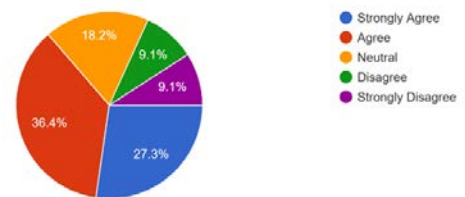
Music impacted my life and my actions in the following way
11 responses



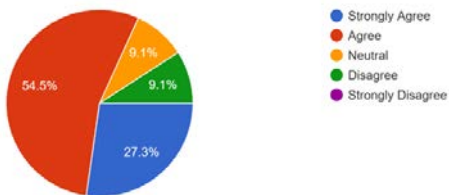
Music helped me to improve my mood and concentration
11 responses



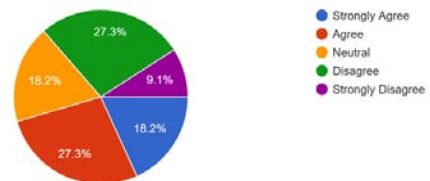
I found it difficult to adjust to the digital format for social meetings/ educational purposes
11 responses



I had less contact with friends and family, due to the pandemic
11 responses

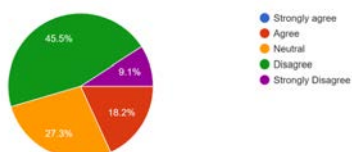


I exercised to improve my health, and that are appreciated by my community, friends and family
11 responses

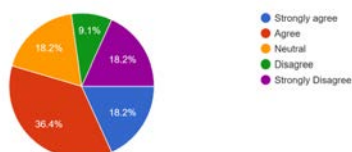


PILOT STUDY RESPONSES

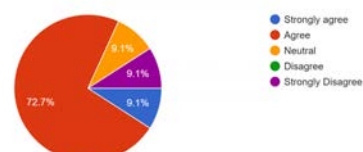
I started eating healthier food
11 responses



I built habits to keep fit like yoga, walking, etc
11 responses

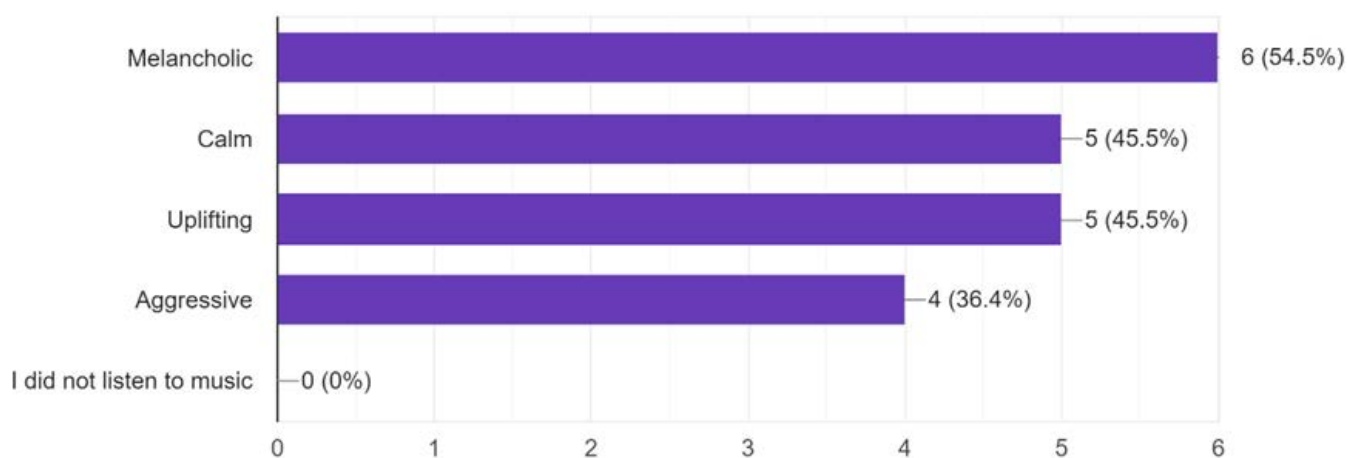


I maintained good hygiene even if my outside interaction had reduced
11 responses

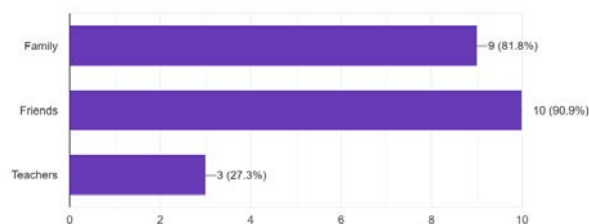


I found myself listening to _____ kinds of music more during lockdown

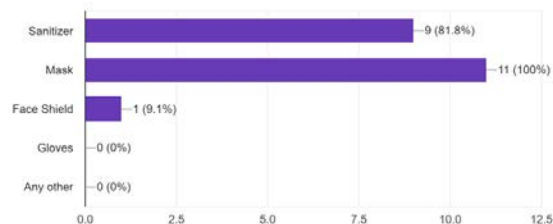
11 responses



I was getting support from the following people in my life
11 responses

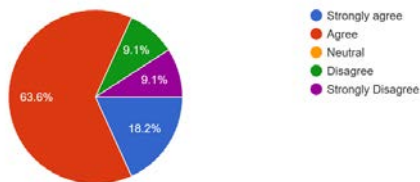


What Covid Precautionary essentials did you carry outside?
11 responses

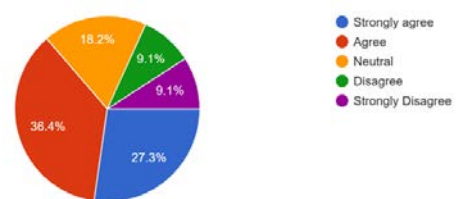


PILOT STUDY RESPONSES

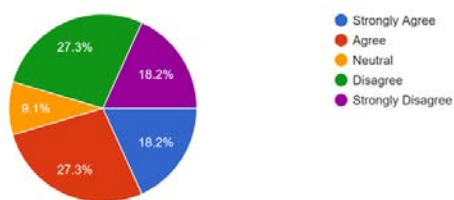
I made sure to keep all COVID precautionary essentials (sanitiser, masks, etc.) stocked at all times
11 responses



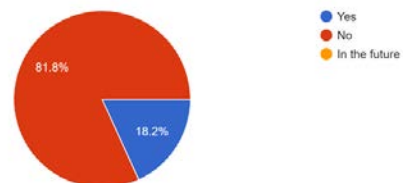
I tried to stay optimistic and focused on my fortunes rather than misfortunes
11 responses



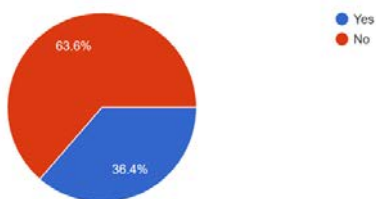
I often forgot to sanitize myself and my belongings after coming back from outside
11 responses



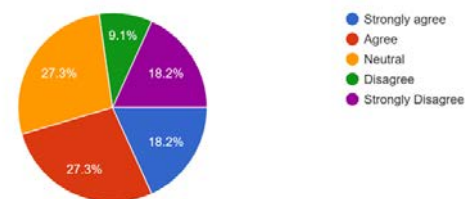
I transferred/ migrated to another place in the last two years, indirectly or directly because of the pandemic
11 responses



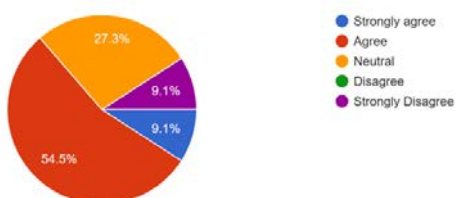
I used the extra time I have at home and created a schedule for myself
11 responses



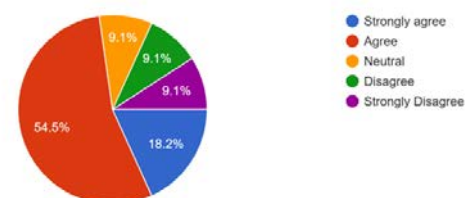
I worked out on a daily basis and regularly keep fit and do exercises
11 responses



I kept social interaction and talked to my family and friends
11 responses



I maintained social contact yet was not influenced by it to fall under peer pressure
11 responses



FEEDBACK

the form was a little long also in the third question, the order of the 5-point scale got confusing

It is detailed and good

It could have been slightly shorter but it was clear and concise

no, I think it's a good questionnaire!

Some questions seem to refer to a time in the past while others refer to the present. The first few questions which relate to exams and boards might not be very suitable or appropriate for the demographic that is being targeted. It would be better if all questions were made into the past tense as if they were asking us about the time when the pandemic first started.

The order of the questions could be more organized such that similar questions are grouped together. There seemed to vaguely be different parts of the form, so if possible, the form could be split into sections based on what the questions in these parts address (eg: Productivity, COVID precautions, physical health, etc).

Keep a "no" option for checkbox questions

The questionnaire had a good range of questions about the pandemic and covered many bases of daily life through the pandemic

Simplified the questions

Combined the questions which were similar

Rearranged the questions

Changed the 5-point scale in some of the questions

Made all the questions in the past tense

FINAL QUESTIONNAIRE

FINAL QUESTIONNAIRE RAW DATA

How did you utilize your time effectively during the pandemic?	I explored other things that I am interested in.	What kept you focused on your future goals?	I found myself listening to _____ kinds of music more during lockdown.	Music impacted my life and my actions in the following way.	Music helped me to improve my mood and concentration.	I found it difficult to adjust to the digital format for social meetings/ educational purposes.	I had less contact with friends and family due to the pandemic.	I was getting so from the following people in my life.
board exams/ deciding software/ cooking/ watching news and documentaries	Neutral	Support from family	Calm	Positively	Strongly Agree	Strongly Agree	Neutral	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Support from family	Melancholic, Calm, Uplifting	no impact	Agree	Agree	Agree	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Working according to	Melancholic, Calm, Uplifting	Positively	Strongly Agree	Neutral	Strongly Agree	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Disagree	Support from family, W	Calm	Both	Disagree	Neutral	Neutral	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Constant motivations, V	Melancholic, Calm, Uplifting	Positively	Strongly Agree	Agree	Disagree	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Constant motivations	Melancholic, Uplifting	Positively	Strongly Agree	Disagree	Strongly Agree	Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Neutral	Guidance of mentor, W	Calm	Both	Agree	Neutral	Neutral	Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Neutral	Working according to	Melancholic	Positively	Strongly Agree	Neutral	Disagree	Teachers
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Support from family	Melancholic, Calm, Uplifting	Positively	Strongly Agree	Strongly Agree	Strongly Agree	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Disagree	Support from family, W	Melancholic, Calm, Uplifting	Positively	Strongly Agree	Disagree	Disagree	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Working according to	Calm, Uplifting	no impact	Neutral	Disagree	Agree	Family
board exams/ deciding software/ cooking/ watching news and documentaries	Neutral	Constant motivations	Calm	Positively	Agree	Neutral	Neutral	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Constant motivations, V	Melancholic, Calm, Uplifting	Positively	Strongly Agree	Disagree	Strongly Disagree	Family, Teachers
board exams/ deciding software/ cooking/ watching news and documentaries	Agree	Support from family	Melancholic, Calm, Uplifting	Positively	Strongly Agree	Strongly Agree	Strongly Agree	Family, Friends
board exams/ deciding software/ cooking/ watching news and documentaries	Neutral	Guidance of mentor	Uplifting	no impact	Neutral	Strongly Agree	Strongly Agree	Friends, Teachers

What COVID precautionary essentials did you carry outside?	I made sure to keep all COVID precautionary essentials (sanitiser, masks, etc.) stocked at all times.	I tried to stay optimistic and focused on my fortunes rather than misfortunes.	I kept social interaction and talked to my family and friends.	I maintained social contact yet was not influenced by it to fall under peer pressure.	I used the extra time I have at home and created a schedule for myself.	I worked out on a daily basis and built habits like yoga/ walking/ etc.	I started eating healthier food.	I maintained good hygiene even if my outside interaction reduced.
Sanitizer, Mask	Neutral	Disagree	Neutral	Neutral	No	Disagree	Neutral	Neutral
Sanitizer, Mask	Agree	Neutral	Strongly agree	Agree	No	Disagree	Agree	Agree
Sanitizer, Mask, Gloves	Strongly agree	Strongly agree	Strongly agree	Agree	Yes	Neutral	Neutral	Agree
Sanitizer, Mask	Strongly agree	Agree	Disagree	Agree	No	Disagree	Neutral	Agree
Sanitizer, Mask	Agree	Agree	Agree	Strongly agree	No	Disagree	Agree	Agree
Sanitizer, Face Shield	Agree	Neutral	Strongly agree	Agree	Yes	Neutral	Neutral	Neutral
Face Shield, Gloves	Disagree	Neutral	Disagree	Neutral	Yes	Strongly agree	Agree	Neutral
Sanitizer, Mask	Disagree	Agree	Strongly Disagree	Disagree	No	Agree	Agree	Neutral
Sanitizer, Mask	Strongly agree	Disagree	Disagree	Neutral	No	Agree	Agree	Agree
Sanitizer, Mask, Face \$	Agree	Neutral	Agree	Agree	Yes	Disagree	Neutral	Agree
Sanitizer, Mask	Strongly agree	Agree	Agree	Agree	No	Disagree	Disagree	Neutral
Sanitizer, Mask, Gloves	Strongly agree	Agree	Neutral	Neutral	No	Disagree	Disagree	Neutral
Sanitizer, Mask	Agree	Agree	Neutral	Agree	No	Agree	Disagree	Agree
Sanitizer, Mask	Strongly agree	Neutral	Disagree	Strongly Disagree	Yes	Neutral	Neutral	Agree
Sanitizer, Mask, Face \$	Strongly agree	Neutral	Agree	Neutral	No	Neutral	Disagree	Strongly agree

Group	To which gender identity do you most identify?	My mental health has declined during the pandemic.	I am stressed about exams/ work.	I was not able to sleep at night.	I was not able to concentrate on any productive work.	I was emotionally affected by the COVID positive cases of my friends and acquaintances.	I did not stop working on things I like.	Pressure/ anxiety helped me become more productive.	How did you utilize your time effectively during the pandemic?
	Female	Neutral	Neutral	Neutral	Strongly disagree	No	Strongly agree	Strongly disagree	software/ cooking/ watching news and documentaries
	Female	Neutral	Disagree	Disagree	Agree	Yes	Neutral	Neutral	software/ cooking/ watching news and documentaries
	Female	Agree	Agree	Disagree	Agree	Not Sure	Agree	Agree	software/ cooking/ watching news and documentaries
	Female	Neutral	Strongly agree	Disagree	Agree	No	Agree	Disagree	board exams/ watching news and documentaries
	Female	Strongly agree	Strongly agree	Strongly agree	Agree	Not Sure	Disagree	Neutral	newspaper, watching news and documentaries
	Female	Agree	Neutral	Agree	Agree	Not Sure	Neutral	Disagree	documentary, watching news and documentaries
	Female	Strongly agree	Strongly agree	Neutral	Strongly agree	Yes	Neutral	Neutral	software/ cooking/ watching news and documentaries
	Female	Strongly agree	Strongly agree	Neutral	Agree	No	Agree	Disagree	board exams/ watching news and documentaries
	Female	Strongly agree	Strongly agree	Disagree	Strongly agree	Not Sure	Disagree	Neutral	board exams/ watching news and documentaries
	Female	Agree	Agree	Agree	Agree	Yes	Disagree	Neutral	board exams/ watching news and documentaries
	Female	Neutral	Agree	Neutral	Disagree	No	Strongly disagree	Strongly disagree	board exams/ watching news and documentaries
	Female	Strongly agree	Neutral	Agree	Strongly agree	Yes	Disagree	Disagree	board exams/ watching news and documentaries
	Female	Disagree	Disagree	Disagree	Agree	Yes	Agree	Agree	software/ cooking/ watching news and documentaries
	Female	Neutral	Agree	Neutral	Neutral	Not Sure	Neutral	Neutral	board exams/ watching news and documentaries
	Female	Agree	Strongly agree	Agree	Strongly agree	Not Sure	Disagree	Neutral	board exams/ watching news and documentaries

FINAL QUESTIONNAIRE CLASSIFIED

PHYSICAL HEALTH				SOCIAL				INTROSPECTION																					
I worked out on a daily basis and built habits like yoga, walking, etc.		I maintained good hygiene even if my outside interaction had reduced.		I started eating healthier food.		I kept social interaction and talked to my family and friends.		I found it difficult to adjust to the digital world as I missed meetings, educational events, etc.		I had less contact with friends and family due to restrictions.		I was getting support from the following people: Family Friends Family, Friends		I tried to stay optimistic and focused on my future, rather than dwell on my current life.		I remained active and focused on my well-being, rather than being influenced by it to feel more pressure.		I transferred myself to another place in the city and lost interest in things because of the problems.		I often forgot to exercise and eat healthy food, so I was disappointed after coming back to my routine.		I did not stop working on things I like.		I tried to stay optimistic and focused on my future, rather than dwell on my current life.		I explored other things that I am interested in.			
Agree	Agree	Agree	Neutral	Neutral	Neutral	Agree	Family	Disagree	Support from family	Agree	No	Disagree	Disagree	Neutral	Disagree	Neutral	Disagree	Support from family	Agree	No	Disagree	Disagree	Neutral	Disagree	Neutral	Disagree	Neutral	Disagree	Neutral
Disagree	Agree	Neutral	Disagree	Agree	Friends	Agree	Friends	Agree	Constant motivations	Agree	No	Agree	Agree	Agree	Agree	Agree	Agree	Constant motivations	Agree	No	Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	
Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Friends	Strongly Disagree	Friends	Strongly agree	Constant motivations	Agree	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Constant motivations	Agree	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	
Disagree	Agree	Disagree	Agree	Strongly Agree	Family, Friends	Neutral	Family, Friends	Neutral	Constant motivations	Strongly agree	No	Agree	Disagree	Neutral	Agree	Agree	Agree	Constant motivations	Strongly agree	No	Agree	Disagree	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	
Neutral	Neutral	Agree	Neutral	Neutral	Agree	Family, Friends	Disagree	Working according to my	Neutral	No	Neutral	Neutral	Disagree	Disagree	Agree	Agree	Agree	Working according to my	Neutral	No	Neutral	Neutral	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	
Neutral	Strongly agree	Neutral	Strongly agree	Strongly Agree	Strongly Agree	Strongly Agree	Family, Friends	Strongly agree	Constant motivations	Strongly agree	No	Neutral	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Constant motivations	Strongly agree	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	
Disagree	Neutral	Neutral	Strongly agree	Neutral	Agree	Family, Friends	Agree	Strongly agree	Constant motivations	Strongly agree	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Working according to my	Neutral	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	
Neutral	Agree	Agree	Agree	Disagree	Agree	Family	Agree	Agree	Constant motivations	Su, Agree	No	Agree	Disagree	Agree	Agree	Agree	Agree	Constant motivations	Su, Neutral	No	Agree	Disagree	Agree	Agree	Agree	Agree	Agree	Agree	
Strongly agree	Strongly agree	Agree	Neutral	Agree	Neutral	Family, Teachers	Agree	Agree	Constant motivations	Su, Neutral	No	Agree	Agree	Agree	Agree	Agree	Agree	Constant motivations	Su, Neutral	No	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	
Disagree	Neutral	Disagree	Disagree	Disagree	Neutral	Agree	Family	Agree	Constant motivations	Strongly agree	No	Agree	Disagree	Agree	Agree	Agree	Agree	Constant motivations	Strongly agree	No	Agree	Disagree	Agree	Agree	Agree	Agree	Agree	Agree	
Strongly agree	Agree	Neutral	Agree	Neutral	Agree	Strongly Disagree	Family, Friends	Neutral	Working according to my	Strongly agree	Yes	Strongly Disagree	Disagree	Neutral	Disagree	Disagree	Disagree	Working according to my	Strongly agree	No	Strongly Disagree	Disagree	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	
Disagree	Agree	Neutral	Neutral	Disagree	Disagree	Family	Agree	Agree	Working according to my	Neutral	No	Disagree	Agree	Agree	Agree	Agree	Agree	Working according to my	Neutral	No	Disagree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	
Disagree	Agree	Neutral	Agree	Neutral	Neutral	Family, Friends	Family, Friends	Neutral	Working according to my	Neutral	No	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	Working according to my	Neutral	No	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	
Neutral	Neutral	Agree	Agree	Disagree	Agree	Agree	Family, Friends, Teacher	Agree	Constant motivations	Su, Disagree	No	Strongly Agree	Strongly agree	Agree	Agree	Agree	Agree	Constant motivations	Su, Neutral	No	Strongly Agree	Strongly agree	Agree	Agree	Agree	Agree	Agree	Agree	
Neutral	Strongly agree	Neutral	Neutral	Neutral	Neutral	Neutral	Family, Friends	Strongly agree	Constant motivations	Su, Disagree	No	Strongly Disagree	Neutral	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Constant motivations	Su, Neutral	No	Strongly Disagree	Neutral	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	
Neutral	Strongly agree	Agree	Neutral	Strongly Agree	Agree	Family, Teachers	Family, Teachers	Disagree	Support from family	Neutral	Yes	Neutral	Disagree	Disagree	Disagree	Disagree	Disagree	Support from family	Neutral	Yes	Neutral	Disagree	Neutral	Disagree	Disagree	Disagree	Disagree	Disagree	
Disagree	Neutral	Neutral	Strongly agree	Neutral	Neutral	Neutral	Family, Friends, Teacher	Neutral	Support from family	Neutral	No	Neutral	Strongly agree	Neutral	Neutral	Neutral	Neutral	Support from family	Neutral	No	Neutral	Strongly agree	Neutral	Disagree	Disagree	Disagree	Disagree	Disagree	
Disagree	Agree	Agree	Strongly agree	Agree	Agree	Agree	Family, Friends, Teacher	Neutral	Support from family	Neutral	No	Agree	Neutral	Neutral	Neutral	Neutral	Neutral	Support from family	Neutral	No	Agree	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	Neutral	
Neutral	Neutral	Neutral	Neutral	Strongly Agree	Family, Friends	Neutral	Family, Friends	Strongly agree	Working according to my	Agree	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Working according to my	Agree	No	Disagree	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	
Disagree	Agree	Neutral	Disagree	Neutral	Neutral	Family, Friends	Family, Friends	Agree	Support from family	Way, Agree	No	Disagree	Agree	Agree	Agree	Agree	Agree	Support from family	Way, Agree	No	Disagree	Agree	Agree	Agree	Agree	Agree	Agree	Disagree	

THE NEW NORMAL			KEEP MYSELF BUSY			MENTAL HEALTH		
Would myself learning to do new things during lockdown	I transferred migration to another place in the week 2 weeks, initially as a safety measure of the pandemic	What COVID precautionary measures did you take during lockdown	How did you cope with the lockdown	How did you utilize your time effectively during the pandemic?	I explored other things that I am interested in	How did you cope with the lockdown	How did you utilize your time effectively during the pandemic?	I explored other things that I am interested in
Neuroholic, Calm, Uplift No	Sanitize, Mask	Agree	Disagree	Preparing for 12th board	Neutral	Agree	Disagree	Preparing for 12th board
Neuroholic, Uplifting No	Sanitize, Mask	Agree	Agree	Watching shows and doc	Agree	Disagree	Watching shows and doc	Agree
Calm, Uplifting No	Sanitize, Mask	Strongly agree	Agree	Watching shows and doc	Strongly agree	Disagree	Watching shows and doc	Strongly agree
Calm No	Sanitize, Mask, Gloves	Agree	Disagree	Watching shows and doc	Agree	Disagree	Watching shows and doc	Agree
Calm Aggressive No	Sanitize, Mask	Neutral	Neutral	Preparing for 12th board	Agree	Neutral	Preparing for 12th board	Agree
Uplifting No	Sanitize, Mask	Strongly agree	Strongly agree	Learning new skills/ soft skill	Neutral	Neutral	Learning new skills/ soft skill	Neutral
Neuroholic, Calm, Uplift No	Sanitize, Mask, Gloves	Strongly agree	Agree	Preparing for 12th board	Agree	Disagree	Preparing for 12th board	Agree
Calm, Uplifting No	Sanitize, Mask	Agree	Disagree	Watching shows and doc	Agree	Neutral	Watching shows and doc	Agree
Calm, Uplifting No	Sanitize, Mask	Strongly agree	Agree	Reading more novel/ net	Agree	Neutral	Reading more novel/ net	Agree
Calm, Uplifting No	Sanitize, Mask	Agree	Agree	Learning new skills/ soft skill	Agree	Agree	Learning new skills/ soft skill	Agree
Neuroholic, Calm No	Sanitize, Mask	Neutral	Disagree	Preparing for 12th board	Agree	Disagree	Preparing for 12th board	Agree
Neuroholic, Calm Yes	Sanitize, Mask	Strongly agree	Disagree	Preparing for 12th board	Disagree	Strongly agree	Preparing for 12th board	Disagree
Calm, Uplifting No	Sanitize, Mask	Neutral	Agree	Reading more novel/ net	Neutral	Disagree	Reading more novel/ net	Neutral
Calm, Uplifting No	Mask	Neutral	Neutral	Preparing for 12th board	Neutral	Disagree	Preparing for 12th board	Neutral
Calm, Uplifting No	Mask	Disagree	Strongly agree	Preparing for 12th board	Strongly agree	Disagree	Preparing for 12th board	Strongly agree
Neuroholic, Calm, Uplift No	Sanitize, Mask, Face Glo	Strongly agree	Neutral	Preparing for 12th board	Strongly agree	Neutral	Preparing for 12th board	Strongly agree
Aggressive Yes	Sanitize, Mask	Neutral	Neutral	Preparing for 12th board	Neutral	Neutral	Preparing for 12th board	Neutral
Calm No	Sanitize, Mask	Agree	Strongly agree	Learning new skills/ soft skill	Neutral	Disagree	Learning new skills/ soft skill	Neutral
Neuroholic, Calm, Uplift No	Sanitize, Mask	Agree	Neutral	Watching shows and doc	Agree	Disagree	Watching shows and doc	Agree
Neuroholic, Calm, Uplift No	Sanitize, Mask, Gloves	Strongly agree	Agree	Learning new skills/ soft skill	Agree	Neutral	Learning new skills/ soft skill	Agree
Calm No	Sanitize, Mask	Strongly agree	Disagree	Preparing for 12th board	Disagree	Disagree	Preparing for 12th board	Disagree

INFOGRAPHIC				PROBLEMS FACED				ADJUSTING TO THE NEW NC							
Timestamp	To whom age group you belong to?	To whom gender identity do you most identify?	I was not able to make it right	I am stressed about mental work	My mental health has declined during the pandemic	I was not able to concentrate on my productive work	I had less contact with friends and family, but I still had	I found it difficult to adjust to the digital format for social media and educational purposes	I was emotionally affected by the COVID positive cases of my friends and acquaintances	I lost interest in my school and concentration	I maintained good hygiene even if my social interaction had reduced	I started eating healthier food	I found myself relating to _____, which is a role model for me	I transformed to another place less than 1 year or shortly before the pandemic	
3/5/2022 19:15:10 19:20	Female	Strongly agree	Agree	Strongly agree	Agree	Strongly agree	Agree	Neutral	Not Sure	Agree	Agree	Agree	Melancholic, Calm, Uplift	No	
4/2/2022 11:33:10 19:20	Female	Strongly agree	Strongly agree	Strongly agree	Neutral	Disagree	Agree	Disagree	Not Sure	Strongly Agree	Disagree	Agree	Melancholic, Uplifting	No	
4/2/2022 10:47:34 19:20	Female	Disagree	Disagree	Disagree	Strongly agree	Agree	Strongly Disagree	Agree	Strongly Agree	Disagree	Strongly agree	Strongly agree	Calm, Uplifting	No	
4/2/2022 15:48:26 19:20	Female	Agree	Strongly agree	Agree	Strongly agree	Agree	Strongly Agree	Agree	Strongly Agree	Yes	Agree	Neutral	Calm	No	
4/2/2022 13:26:19 19:20	Female	Neutral	Agree	Neutral	Agree	Agree	Agree	Neutral	Not Sure	Strongly Agree	Neutral	Neutral	Agree	Calm, Aggressive	No
4/2/2022 13:54:52 19:20	Female	Neutral	Agree	Neutral	Disagree	Agree	Agree	Strongly Agree	Neutral	Yes	Strongly Agree	Strongly agree	Uplifting	No	
4/2/2022 14:39:45 19:20	Female	Strongly disagree	Agree	Disagree	Disagree	Disagree	Agree	Neutral	No	Agree	Disagree	Neutral	Melancholic, Calm, Uplift	No	
4/2/2022 16:04:20 19:20	Female	Neutral	Neutral	Neutral	Neutral	Neutral	Agree	Disagree	Yes	Agree	Neutral	Agree	Calm, Uplifting	No	
4/2/2022 15:28:10 19:20	Female	Agree	Agree	Agree	Strongly agree	Agree	Neutral	Agree	Yes	Agree	Strongly agree	Agree	Calm	No	
4/9/2022 21:09:21 19:20	Female	Agree	Agree	Agree	Neutral	Agree	Agree	Disagree	Yes	Strongly Agree	Agree	Agree	Agree	Calm, Uplifting	No
4/9/2022 21:22:19 19:20	Female	Neutral	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree	Neutral	No	Agree	Disagree	Neutral	Disagree	Melancholic, Calm	No
4/9/2022 21:27:12 19:20	Female	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Disagree	Neutral	Not Sure	Agree	Strongly agree	Agree	Neutral	Melancholic, Calm	Yes
4/9/2022 22:09:40 19:20	Female	Agree	Disagree	Disagree	Neutral	Agree	Disagree	Disagree	Not Sure	Agree	Disagree	Agree	Neutral	Calm, Uplifting	No
4/9/2022 22:30:41 19:20	Female	Strongly disagree	Disagree	Disagree	Disagree	Agree	Neutral	Agree	Not Sure	Neutral	Disagree	Agree	Agree	Calm, Uplifting	No
4/9/2022 22:55:59 19:20	Female	Agree	Strongly agree	Agree	Strongly agree	Strongly agree	Disagree	Not Sure	Strongly Agree	Agree	Agree	Agree	Agree	Calm, Uplifting	No
4/9/2022 23:04:07 19:20	Female	Strongly agree	Agree	Neutral	Neutral	Neutral	Neutral	Neutral	Not Sure	Agree	Neutral	Strongly agree	Melancholic, Calm, Uplift	No	
4/10/2022 8:47:52 19:20	Gender Variant/ Non-con	Agree	Strongly agree	Agree	Agree	Agree	Agree	Strongly Agree	No	Strongly Agree	Neutral	Strongly agree	Agree	Aggressive	Yes
4/10/2022 13:03:34 19:20	Female	Neutral	Neutral	Neutral	Neutral	Strongly disagree	Neutral	Neutral	No	Strongly Agree	Disagree	Neutral	Calm	No	
4/10/2022 23:42:21 19:20	Female	Disagree	Disagree	Disagree	Neutral	Agree	Agree	Agree	Yes	Agree	Disagree	Agree	Melancholic, Calm, Uplift	No	
4/11/2022 19:36:46 19:20	Female	Disagree	Agree	Agree	Agree	Agree	Strongly Agree	Agree	Not Sure	Strongly Agree	Agree	Agree	Melancholic	No	
4/11/2022 7:55:21 19:20	Female	Disagree	Strongly agree	Agree	Agree	Agree	Agree	Neutral	No	Disagree	Rabbin	Agree	Calm	No	

RESPONSE TABLE

Question	1 (Strongly Agree)	2 (Agree)	3 (Neutral)	4 (Disagree)	5 (Strongly Disagree)
Working Out	5	8	14	17	1
Hygiene	9	24	10	1	1
Healthy food	5	14	16	8	2
Things I like	7	13	14	10	1
Staying optimistic	8	20	13	3	1
Exploration	9	17	16	2	1
Did not stop working on things I like	7	13	14	10	1
Explored	9	17	16	2	1
Worked out/habits	5	8	14	17	1
Social Interaction	11	16	9	7	2
Digital format	9	6	15	13	2
Less contact	11	16	9	6	3
Optimistic	8	20	13	4	0
Social Contact	3	16	16	4	1
Forgot to Sanitise	3	11	11	15	5
Music helped me	24	14	5	1	1
worked out on a daily basis	5	8	14	17	1
maintained good hygiene	9	24	12	0	0
I started eating healthier food	5	14	16	18	12
Stock COVID precautionary essentials	18	17	7	3	0
Productive due to pressure	1	7	15	18	4
Optimistic	8	20	13	3	1
Social interaction	11	17	9	7	2
Not able to sleep	8	12	11	9	5
Stressed about exams	14	16	9	4	2
Mental health declined	12	12	13	6	2
Not able to concentrate	13	19	4	5	4
Less contact with friends and family	11	16	9	6	3
Difficult to adjust to digital format	9	6	15	2	13

RESPONSE TABLE

Question		No	Yes		
Extra time to create schedule		27		18	
Question		No	Yes		
Transferred/migrated to another place		40		5	

Question	No	Yes	Not sure	
Emotionally affected due to covid positive cases	10	21	14	

Question	Yes	No	In the future	
Transferred/ Migration	5	39	1	

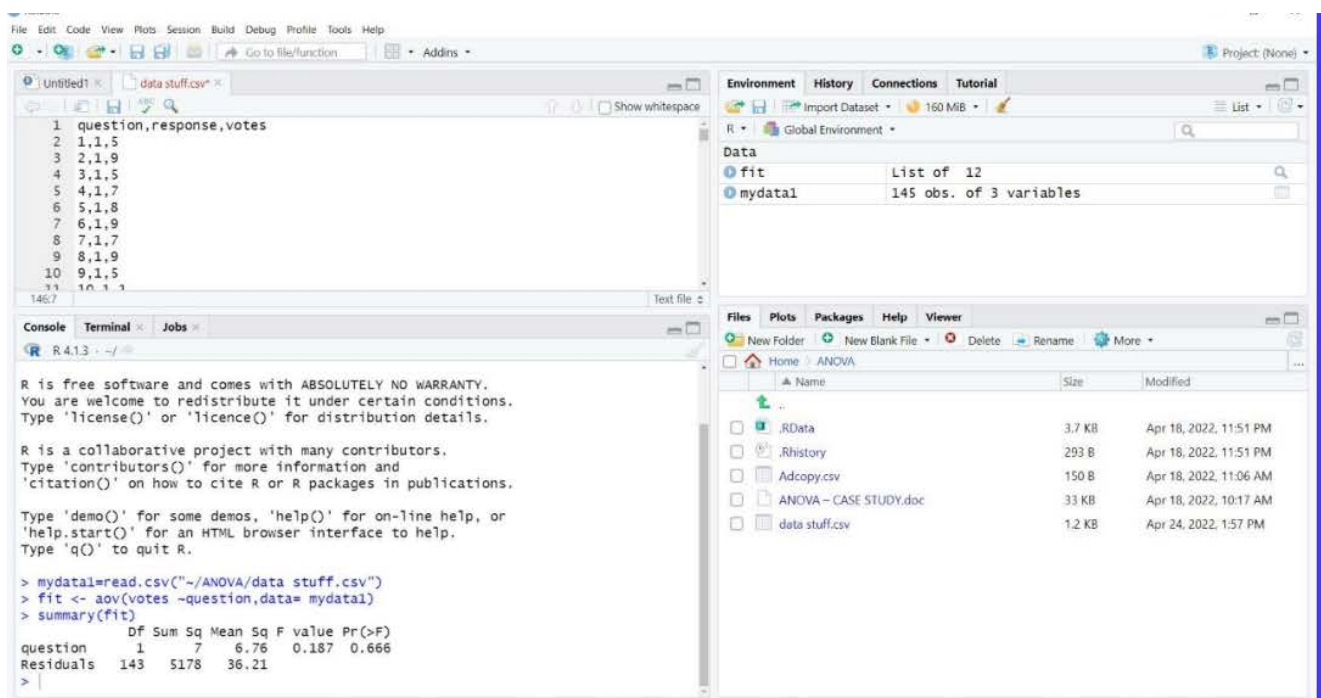
Question	Learning	12 th boards	Shows	Novels	
Utilize time	24	22	29	10	
Question	Uplifting	Melancholic	Calm	Aggressive	
Kind of Music	31	20	32	10	
Question	Constant motivations	Support from family	Working on myself	Mentor guidance	
What kept you focused	18	23	24	6	
Question	Family	Friends	Teachers		
Support	36	34	14		
Question	Friends	Family	Teachers		
Support from people	34	36	14		

RStudio

THE FIRST STEP IN R STUDIO IS TO SET UP THE WORKING DIRECTORY, BUT WHILE WORKING ON PREVIOUS WORKS THE SETUP WAS ALREADY DONE.

THE SECOND STEP IS TO CREATE A DATA FRAME, WHICH IS BASICALLY ADDING THE DATA FROM OUR QUESTIONNAIRE TO R STUDIO.

THEN FINALLY WE APPLIED THE ANOVA FUNCTION WHICH COMPARED PEOPLE'S RESPONSES TO THE QUESTIONS AND DETERMINED IF THERE WAS ANY SIGNIFICANT EFFECT OF THE INDEPENDENT VARIABLE (THE QUESTIONS) ON THE DEPENDENT VARIABLE (THE RESPONSES).



The screenshot displays the RStudio environment with the following components:

- Script Editor:** Contains a CSV file named 'data.stuff.csv' with the following data:

question	response	votes
1	1,1,5	
2	2,1,9	
3	3,1,5	
4	4,1,7	
5	5,1,8	
6	6,1,9	
7	7,1,7	
8	8,1,9	
9	9,1,5	
10	10,1,1	
- Console:** Shows the R startup message and the execution of the following code:

```
> mydata1=read.csv("~/ANOVA/data.stuff.csv")
> fit <- aov(votes ~question,data= mydata1)
> summary(fit)
```

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
question	1	7	6.76	0.187	0.666
Residuals	143	5178	36.21		
- Environment Pane:** Lists the objects in the global environment:
 - `fit`: List of 12
 - `mydata1`: 145 obs. of 3 variables
- Files Pane:** Shows the project directory structure:

Name	Size	Modified
.RData	3.7 KB	Apr 18, 2022, 11:51 PM
.Rhistory	293 B	Apr 18, 2022, 11:51 PM
Adcopy.csv	150 B	Apr 18, 2022, 11:06 AM
ANOVA - CASE STUDY.doc	33 KB	Apr 18, 2022, 10:17 AM
data.stuff.csv	1.2 KB	Apr 24, 2022, 1:57 PM



ANOVA

ANOVA to test for differences among the means of the population by examining the amount of variation within each sample, relative to the amount of variation between the samples.

We used the ANOVA test to determine the impact of independent variables on the dependent variable.

NULL HYPOTHESIS

The people interviewed were similarly affected by the pandemic.

ALTERNATE HYPOTHESIS

The people were affected differently by the pandemic.

Since our Pr value is 0.666 which is more than 0.05, there is a significant difference in how the people were affected by the Covid pandemic.



HYPOTHESIS

