LIFE IN LOCKDOWN

HOW COVID-19 HAS IMPACTED DAILY LIFE FOR A SAMPLE OF AMERICAN ADULTS

UMD Data Challenge 2021 - DC21030
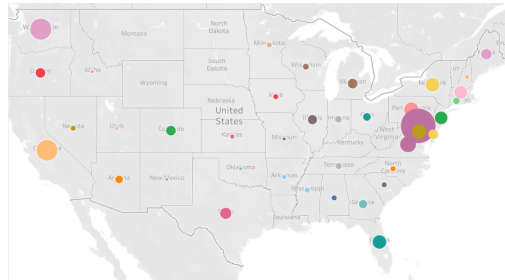
Rohan Cowlagi, Ruthwik Kuppachi, Iskander Lou, Jacquelyn Smith

Our Sample

564 ADULTS SURVEYED BETWEEN APRIL 10TH AND JULY 8TH 2020

65% of respondents were women
vs. 51% of US population

99% were college educated
vs. 49% of US population

97% live in a dense urban area
vs. 31% of US population

7% were unemployed
vs. 13% of US population

Responses were collected via social media and at two international airports. Responses were not geographically representative, and had biases in a number of key socio-demographic categories.

Other Data

We joined data from the US Census Bureau to our provided set to determine urban-rural scores of participants.

We pulled our own data from tweets to explore impacts on sleep and emotional state.

We also reviewed existing research on sleep quality and air quality before and after lockdown restrictions.

Research Question

HOW HAVE PEOPLE ADAPTED TO LOCKDOWN RESTRICTIONS DUE TO COVID-19? HOW ARE PEOPLE MEETING THEIR ESSENTIAL NEEDS AND MAINTAINING THEIR WELL-BEING, AS DEFINED BY QOL INDICATORS FROM THE WHO?
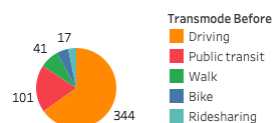
Quality of Life Indicators

- Physical Capacity
- Psychological Capacity
- Level of Independence
- Social Relationships
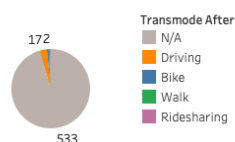- Environment
- Spirituality

Key Findings

We find evidence to suggest that *all quality of life domains, as identified by the WHO, have been impacted by the COVID-19 pandemic.* Participants were generally following lockdown restrictions, but left the house for friends and family, errands, and physical activity the most. Some impacts, such as reducing air pollution and increased physical activity, were positive, but many, such as reduced mobility and independence and disturbed sleep patterns, were negative.

Commute Patterns

Transportation Before

Transmode Before
- Driving
- Public transit
- Walk
- Bike
- Ridesharing

17
41
101
344

Transportation After

Transmode After
- N/A
- Driving
- Bike
- Walk
- Ridesharing

172
533

Reasons for Leaving the House*

*other than work requirements and grocery shopping.

Physical Activity

by Age and Gender