

## Covid-19 lockdown Impact on the Adult Pakistani Population

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### ABSTRACT

**Background:** COVID-19 pandemic started from Wuhan Hubei Area, China in December 2019 and by April 25<sup>th</sup>, 2020 had infected almost 2,858,000 people in 185 countries, resulting in more than 200,000 deaths. Pakistan first reported two cases was on 26<sup>th</sup> February, 2020.

**Aim:** To illustrate the impact of lock down during Covid-19 on adult Pakistani population.

**Method:** A cross sectional study was carried out from 1<sup>st</sup> June to 30<sup>th</sup> July, 2020. An online questionnaire was administered via social media and e-mailing channels, randomly dispersed to adult Pakistani population from 1<sup>st</sup> June 2020 until 30<sup>th</sup> July 2020. A self-prepared systematic questionnaire was utilized to record the responses of member. This survey included questions to check the impact of lockdown on Pakistani population behavior, health effect, income, daily routines and jobs status, demographic data, before and after lockdown (sleeping time, use of social networking and exercise time). Data analysis was performed using SPSS 24.

**Results:** This data exhibit lockdown impacts the day-by-day schedules and habits of individuals. Periods of rest, eating propensities and internet users have found critical contrasts. The larger part of members acknowledged the urge influenced by lockdown in their schedules and propensities.

**Conclusion:** Covid -19 lockdown has deistically affected all responses of life and people faced social isolation.

**Keywords:** Covid-19, lockdown Impact, income status, sleeping time, work from home, use of internet.

### INTRODUCTION

As of 25 April, the COVID-19 pandemic has infected almost 2,858,000 people in 185 countries, resulting in more than 200,000 deaths. Pakistan had its confirmed two cases on 26 February. By 25 April, confirmed cases crossed over 12,000, with 256 deaths reported. The temporary unemployment due to the lockdown is estimated at 10.5 million workers, including daily wage, and contract/casual workers in establishments. The pandemic of novel Corona virus seriously influenced life according to the ongoing updates, about 33% to half of the worldwide populace was under some type of lockdown. In December 2019, in Wuhan Hubei Area, China, some of the individuals experienced extreme respiratory disease<sup>2,3</sup>. On 31<sup>st</sup> December 2019, China told about the patients (44 patients) to the World Health Organization (WHO) along manifestations of respiratory sickness of obscure reason. Late examinations proposed that Coronavirus contamination could be communicated from individuals before they present the symptoms<sup>4,5</sup>. The Chinese authorities identified a new type of Coronavirus, which was isolated on 7-January 2020<sup>1</sup>. Taking a model from China's understanding and their offer to forestall additional spread by strictest lockdown measures, numerous nations thereby to stop the spread of the virus by urged their residents to adopt advance social segregation.

On 22<sup>nd</sup> March, 2020, the government of Pakistan declared a countrywide lockdown with social movement limitation over all of the business exercises and mass get-togethers including instructive and open establishments, except critical department. In such an extraordinary circumstance of the century, it was vital to see how

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individuals were adjusting to the limitations ordered by the high authorities during Covid-19 sops and there effects on the populace and their schedules & propensities. It's important to carry out previous research projects to see its effect on human life during covid-19 lock-down. Example was gathering information via electronic reviews that progressively well-known these days because of different reasons. Standard of living estimation had increasingly important. Previous years numerous saw in Pub-Med delineated that an escalating development of distributed projects containing the term of well-being<sup>8,9</sup>. The research was proposed to discover the effect of lockdown on people's day by day propensities, on social limitations, and changes in day by day schedules like rest, food habits, exercise, and economic issues. Routine in life is the most significant factor in getting peace and rest. During lockdown, all routines and other life habits were unexpectedly affected such as family supper time and dietary patterns. An ongoing report directed by Indian city named Bengaluru-build institute proposes that it had affected on rest designs too<sup>6,7</sup>.

COVID-19 pandemic outbreak could have also negative impact on psychological, finical and mental health of people, for instance psychological distress, mental health issues, shame, helplessness, hopelessness, posttraumatic symptoms, substance abuse, panic attacks, stress, anxiety, depression, loneliness, ambivalence, fear, anger, stigma and worry towards socioeconomic status<sup>10</sup>. The aim of this study is to access the implications of this lockdown, its positive and negative impact on population of Pakistan. The results of this study will help general public to analyze their own habits and behavior, the clinicians to anticipate and early diagnose the associated co morbid and

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other stake holders and policy makers to adjust further planning process accordingly.

**METHODOLOGY**

A cross sectional study has carried out a questionnaire was administered over the online and social media and e-mailing channels, randomly dispersed to as many populations as possible from 1<sup>st</sup> June 2020 until 30<sup>th</sup> July 2020 to check the impact of lockdown on Pakistani population behavior, Health effect, income, and daily routines and jobs status. Authorize questioners are used in the Google Forms. Google forms are used for the collection of data. In online survey was completely anonymous assuring privacy of participant from different passes of Lahore Pakistan. The forms were filled by 100 people. A self-prepared systematic questionnaire was utilized to record the responses of member. This survey included questions on demographic data, before and after lockdown (sleeping time, use of social networking and exercise time) as well as health effect, income, daily routines, and job status. The data was analyzed with the help of google forms & SPSS 25.

**RESULTS**

The cross sectional study was carried out online with 100 respondent filling the semi structured questionnaire. Table-1 shows the socio-demographic details of the study participant's n=100. Study participants ranged 18 to 50 years age and most of participants (61%) belong to the age group of 18-25. Maximum (68%) participant were female and (32%) were male. About 71% the participants were single and 28% were married, 30% participants were working as private employees, 07% working in the public sector, and 63% were unemployed.

Table 1: Socio-demographic profile

Demographic variable	n
<b>Age</b>	
18-25	61%
26-33	18%
34-40	8%
41-50	9%
Others	4%
<b>Gender</b>	
Male	32%
Female	68%
<b>Material Status</b>	
Divorce	1%
Married	28%
Single	71%
<b>Employment</b>	
Govt Employment	7%
Not employment	63%
Private Employment	30%
<b>Respondent</b>	
Not Professional	3%
Others	5%
Professional	40%
Younger	52%

Figure 1: Working respondent from home

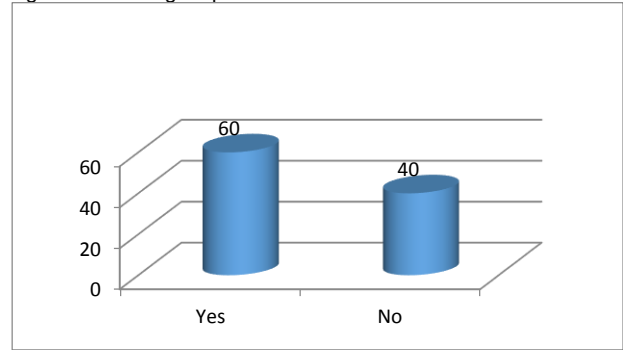


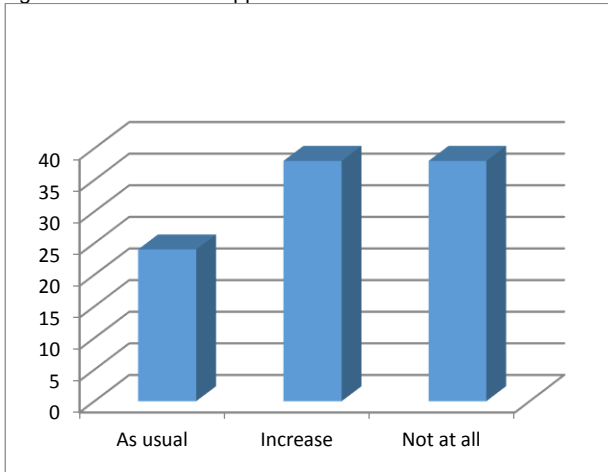
Table 2: Routine habits (n=100)

Items	Before lockdown	Since lockdown
<b>What time do you usually get up?</b>		
5.00 am	20	13
6.00 am	34	6
7.00 am	11	5
8.00 am	18	12
and far	17	64
<b>How often do you use a phone to talk with friends/ family?</b>		
Once a day	17	20
Once a Month	7	5
once/ twice a week	39	21
Several time a day	37	54
<b>Which type of leisure activities you were/are doing in your home?</b>		
Music	9	9
Painting/crafting	3	11
Reading	14	9
Reading & Music	7	1
Watching TV	40	40
Watching TV& Music	11	11
Watching TV& Reading	5	8
Watching TV & Reading & Music	11	11

Table 3: Impact of lockdown

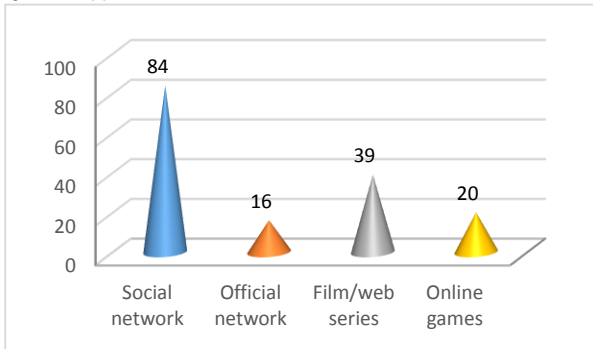
Items	n
<b>Are you unemployed due to COVID- 19 lockdown?</b>	
No	71
Yes	29
<b>Lockdown has changed your daily routine/mood &amp; eating habits than usual?</b>	
No	21
Yes	79
<b>In lockdown are you getting access to basic necessities services, (food &amp; health)?</b>	
No	11
Yes	89
<b>Are you afraid about your family &amp; friends due to COVID- 19 diseases?</b>	
No	12
Yes more than usual	88
<b>Have you got any new opportunity during the lockdown, which one?</b>	
No	78
Yes	22
<b>Have you participated in any group actions to encourage people to follow lockdown and shared relevant information with them?</b>	
No	59
Yes	41

Figure 3: Installed new application



This figure shows that in lockdown most of the institutions had shift their working lifestyle, allowed to employees to work from home. Figure-1 exhibit 60% participants are working from home.

Figure 2: Applications of internet



This figure shows that during lockdown 84 % of participants were using more internet data on social network and 39% of participants use film/web series to access online gaming.

In figure 3 62% participants agreed to install latest application on their devices to further easy connection and speedup their work after lockdown imposed. The frequencies & percentages of the habits of the participant shows in table 2. The current lockdown has adversely affected the sleep pattern of the participants that were before lock-down and 17% of participants used to wake up after 8 am. However, as long as lock-down data reached up to 64% of total participants and 37 % participants used mobile phone most of time in a day before lockdown and to chat and talk to their friends or relatives but since lock-down, the percentage increased up to 54%. The study results show that 40% of participants agreed to waste maximum time on watching TV than before lock-down as 20%.

Figure 4: Weekly exercise pattern

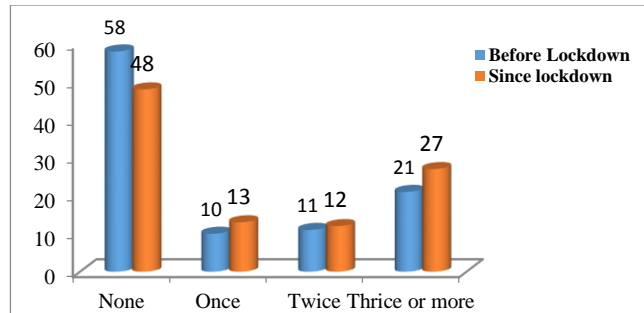
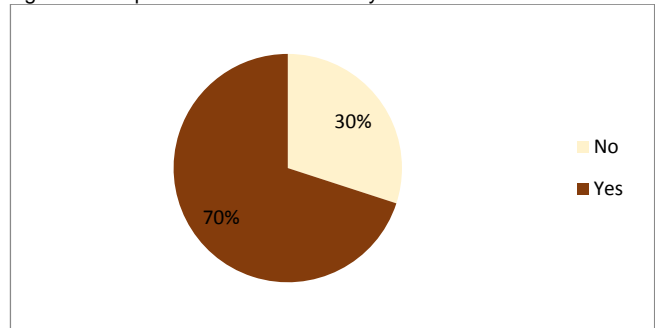


Table 3 showed that majority of participants (79%) had modify their daily routines & eating habits than routine hence, affected also dietary pattern as they are preparing more food since lock-down. 89% were having good approach to basic essentials (food and health) during lockdown as the government had been providing these essentials and emergency services were running uninterrupted. 88% were worried about their close relatives and friends due to the fear of covid-19 disease. data showed that only 22% of participants took part in any group actions to motivate people to follow lockdown and discuss applicable details with them. Lockdown had very bad impact on population job and income status, with 29% respondent faced unemployment.

Figure 4 showed the week-by-wee exercise habit, 21% participants 3 times or more in a week exercised before lock-down and that changed to 27% post lockdown, 48% participants started to exercise during the lockdown. Data explanation recommend that changes in daily routine activities due to lock-down affected physical exercise habit.

Figure 5: Response to covid-19 socially isolated



## DISCUSSION

To control the covid-19 infection critical situation, on 22<sup>nd</sup> March, 2020, the government of Pakistan declared a countrywide total lockdown with social movement limitation over all of the business exercises and mass get-togethers including instructive and open establishments, except critical department. In such extraordinary circumstance of the century, it was vital to see how individuals were adjusting to the limitations ordered by the government due to Covid lock-down and its effect on the given populace and their schedules and propensities. Gathering information through electronic reviews is progressively well known these days because of different reasons. Estimation of Quality of Life importance increased over the past numerous decades and a look in Pub Med delineated

amounting advancement of conveyed articles comprise the term Quality of Life<sup>8,9</sup>. The research was proposed to discover the effect of covid-19 implemented lockdown on people's day to day inclinations, on social limitations, schedules like rest, food habits, exercise, and economic issues. Routine in life is the most significant factor in getting peace and rest and during lockdown, all routines and other life habits were unexpectedly affected. An ongoing report directed by Bengaluru-based startup proposed that it had affected rest designs too<sup>6,7</sup>.

COVID-19 pandemic outbreak had negative impact on psychological, financial and mental health of people, for instance psychological distress, mental health issues, shame, hopelessness, substance abuse, panic attacks, stress, anxiety, depression, loneliness, ambivalence, fear, anger, stigma and worry towards socioeconomic status<sup>10</sup>. The aim of this study was to access the implications of this lockdown, its positive and negative impact on population of Pakistan. The results of this study would help general public to analyze their own habits and behavior, the clinicians to anticipate and early diagnose the associated co morbidities and other stake holders and policy makers to adjust further planning process accordingly.

Although there's no all-around agreed-upon least reaction rate for online overviews capturing information to the area conceivable on the characteristics of the respondents and the non-respondents may permit an evaluation of the effect of reaction rates on the ponder comes about<sup>16</sup>. Statistic points of interest of thinking about members appear that the 61% responders were youthful and proficient between 18-25 a long time. We have gotten as it were 8% of members from age bunch 34-40 a long time. Females were dictate by more than half of add up to responders, 28% of members were married. The study data showed 30% were in private sector employment 63 % participants were either not working or homemaker. In this study, 60% respondents were working from home during lockdown. A relevant project conducted in China informed, 38% of people groups worked from domestic and 25% of people's jobs was affected by the lockdown in Covid period. (17) 80 % participant's maximum usage of internet data was for official work since lockdown, 62% respondent had installed new applications on their devices to speed up the contact. As anticipated to analysts, at the time of lockdown individuals increased the utilization of social media because the plat forms offers an opportunity to ameliorate social isolation. This study substructure that sleeping pattern were distributed, during lockdown as wakeup pattern uniquely changed with people resting till late hours in the morning.

A study was carried out, which planning to evaluate effect of COVID -19 lockdown, uncovered that 60 % people groups working from domestic had changed their rest schedule<sup>18</sup>. 40% respondent were spending extra time watching TV since lockdown and recent research study conducted revealed their finding that with lockdown television usage increased with an moderate observant time 3.30 hours a day that was 2.48 hours pre-lock-down.

Lock-down had a serious impact as 21% participants went to work out more than 3 times a week some time recently lockdown and presently that went up to 27% since

lockdown as drawn out domestic remains can alter the behaviors that lead to inactivity<sup>19</sup>. Eating habits changed during lock-down and 80% participants were cooking more compared to pre lockdown and new project acknowledge that 89% of respondents declare to be known of food waste and most of the respondents have set up a techniques of saving, storing and eating residuals<sup>20</sup>. Pakistan a intensely populated country and providing basic needs continues to remain the biggest task for government, still maximum of the responders (89%) approved that they have had good access to basic needs like food and health care during the lock-down. Our study data shows that 70% of the responders agreed to feel socially isolated due to lockdown as they were forced to stay inside their home and not allowed to go outside or assemble people. In addition to importance of social distancing we cannot pass over social solidarity was an important tool for reducing such extraordinary situation of infectious diseases and other threats where 41% members moreover agreed to assist their neighbors in any possible ways while following social distancing practice.

## CONCLUSION

From experiments it is concluded that Glycemic indices of biscuits are  $110.99 \pm 7.18$ ,  $108.93 \pm 3.874$  and  $116.34 \pm 3.164$  of chocolate chip, chocolato and candy biscuit respectively. While Satiety indices of biscuits are  $47.45 \pm 3.29$ ,  $42.89 \pm 3.23$  and  $53.48 \pm 6.90$  of chocolate chip, chocolato and candy biscuit respectively.

Graph revealed that all cookies have high GI & low SI. For SI, we used rating method. Most people were very full and rated 80 score right after 30 min of eating White bread. But later on their level decreased soon. This showed that biscuits were not enough to bring them in gratified state.

**Conflict of interest:** None

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