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Impact of lockdown due to COVID-19 on physical and mental state of population of West Bengal

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ABSTRACT

The outbreak of coronavirus diseases has created a global health crisis and it has deep impact on ours everybody lives. Pandemics is associated with a range of factors including economic stress, disaster related instability, exploitative relationship. This research paper was attempt to know the situation of lockdown in West Bengal on physical and mental health condition of population within home with special reference to women and young group of people.

Keywords— Quarantine, Self-isolation, Prevention, Anxiety, Endemic, Lockdown, Social distancing

1. INTRODUCTION

Physical health helps alternate the symptoms of depression, while mental health discovers can also feed to worsened physical health. Mental health plays a major role in your ability to maintain good physical health. Lockdown can refer to anything from mandatory geographic quarantines to non-mandatory reorganization to stay at home, closers of certain types of business or bans on events and gatherings. COVID-19 is a new virus disease that originated in Wuhan, China (Wang et al, 2020). All the countries are battling against this virus. The World Health Organization has declared it as a pandemic (WHO, 2020) and all countries are waiting for a vaccine to care it (EL Zowalaty and Jarhult, 2020). Government of India undertook an important decision of notified lockdown from March 25th to May 3rd 2020. India, with a population of 1.3 billion people was at a high risk of suffering from such pandemic and strict measures are expected to fitness the curve. The situation is almost same in our state.

2. STUDY AREA

The study area is located in West Bengal (Lat22.9868°N, Long 87.8550°E), the eastern region of India along the Bay of Bengal. With over 91 million inhabitants, it is India's most populous state, with an area of 88.752 km². The state capital is Kolkata (Calcutta) the seventh-largest city in India, and third-largest metropolitan area in the country. The main ethnic group is Bengalis, with Bengali Hindus forming the demographic majority.

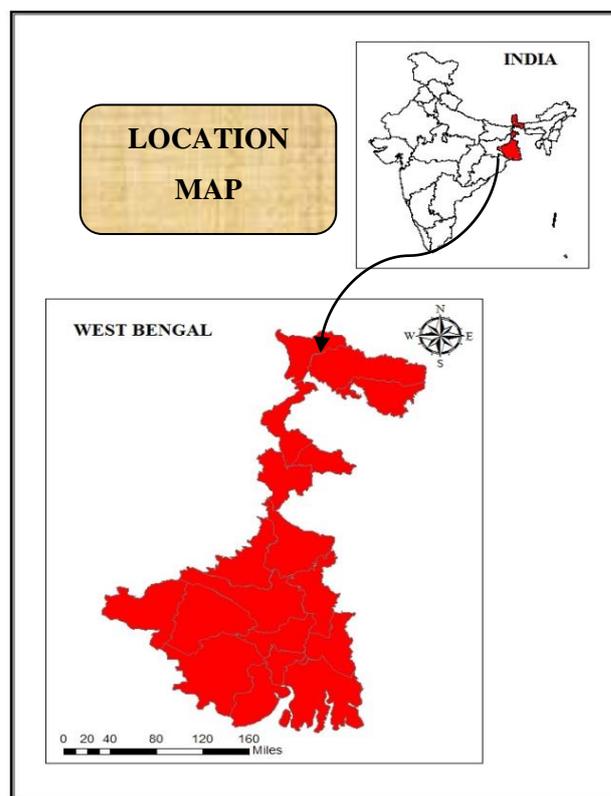


Fig. 1: Location Map

3. BACKGROUND

As covid-19 takes a firm grip over India, the central and state authorities are working in overdrive to try and curb the spread. As per latest government data, covid-19 has affected over 699 people in our state; killing 48 (as on 2nd May, 2020). The Indian Centre for Medical Research (ICMR) has maintained that the virus is still in phase 2 of transmission, which means there is no evidence of local transmission yet. As the cases climb, Prime Minister has announced a complete lockdown in the country for 21 days of a particular phase and the Health Ministry has said states would need to earmark hospitals to exclusively treat corona virus patients.

A lockdown is an emergency protocol that prevents people from leaving a given area. A full lockdown will mean you must stay where you are and not exit or enter a building or the given area. This scenario usually allows for essential supplies, grocery stores, pharmacies and banks to continue to serve the people. All non-essential activities remain shutting for the entire period. India, at the moment, is not under complete lockdown. However, severe travel restrictions have been imposed on some states, and public places have been shut. Rail, intercity bus services have been suspended throughout the country.

As an individual, you can lower your risk of infection by reducing your rate of contact with other people. Avoiding public spaces and unnecessary social gatherings, especially events with large numbers of people or crowds, will lower the chance that you will be exposed to the new corona virus as well as to other infectious diseases like flu. Other measures include working from home if possible, organizing meetings via video calls rather than doing them in person and avoiding unnecessary use of public transport. Social distancing “should be approached sensibly and rationally”, says Neil. If you do have to be out and about, the World Health Organization recommends maintaining a distance of at least 1 meter between yourself and anyone who is coughing or sneezing. It is also recommended that you avoid physical contact with others in social situations, including handshakes, hugs and kisses.

Isolation, as opposed to quarantine, is what someone who is confirmed to be ill with a communicable disease has to do to separate themselves from healthy people around them.

The West Bengal government has made it clear that the state’s sensitive zones, which have seen the highest number of Covid-19 cases, will see stricter norms and urged people to follow them.

Howrah, North 24 Parganas, Kolkata, East Medinipur are four red zones districts in West Bengal. There are a few potential red zones as well including Nadia. This districts that have been classified red zones will remain under lockdown till 3rd May in West Bengal. On April 17, Chief Minister addressed the issue during a press conference and set a target of 14 days to transform Howrah from red to orange Zone. With this out of the four districts which were in the red zone one has come under the orange zone,” said State Government. Government also said that Kolkata which is in the red zone also has to be brought under the orange zone and then in green zone adding that the situation must be handled strongly.

Social distancing

Maintain 1.8 metre (6 feet) of distance at all times if in public

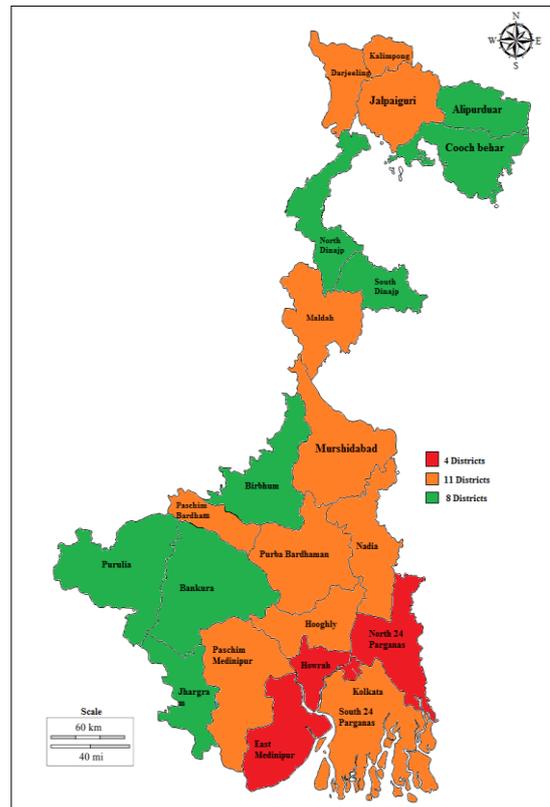
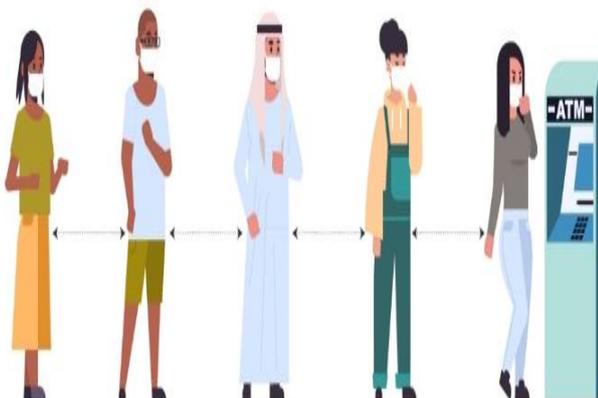


Fig. 2: Belts of Covid-19zone of West Bengal as on 29th April, 2020 (Source: As per West Bengal Government)

4. CAUSES OF LOCKDOWN

- As there is no antidote to covid-19, prevention is the only way.
- As per the direction of WHO, washing hands with hand wash, soap and hand-sanitizer, after touching anything or anyone, staying at home, and avoiding public gathering and to drink water frequently are most important for its prevention.
- It is not possible in a simple life for men who are engaged all time for their various services at indoor to outdoor.
- It causes lockdown all over our country. Hence, positive direction has been taken by the India Government for prevention.

5. IMPLICATION OF PLAN DUE TO LOCKDOWN

Social distancing, also called “physical distancing,” means keeping space between you and other people is the most important plan of the lockdown. West Bengal Chief Minister on Saturday declared extension of the lockdown till April 30. According to State Government some plans are already declared these are:

- The lockdown will see suspension of all public transport, close-down of commercial establishments, shops and offices. Most factories and go downs have been asked to close down and suspend operations for the time being.
- However, essential services such as pharmacies, medical shops, market places (selling groceries, food items, etc), and petrol pumps will remain open. E-commerce of groceries and home delivery of food will continue.
- This apart, the State government has also banned “congregation of more than seven persons” across public places of the State.
- Any person found violating the new regulations shall be punishable under section 188 of the Indian Penal Code (disobedience of an order, which includes imprisonment or fine or both).

- All schools and colleges in West Bengal will remain closed till June 10.
- Government said strict vigil in the border areas, so that no one is able to sneak in during this period.
- Government identified seven COVID-19 hotspots in the state and it was taking necessary measures to break the cycle of transmission.
- The state government has decided to grant relaxation to some sectors, but everybody has to adhere to the norms and regulations laid down by the health department.
- "We are thinking of allowing bakeries to function... In the tea gardens also, we had earlier allowed 15 per cent workforce but tea garden owners are keen on 25 percent workforce, whom we are considering," State Government said.
- Markets and essential services shops in West Bengal will now remain open from 10 am to 6 pm in order to avoid crowding, State Government said.

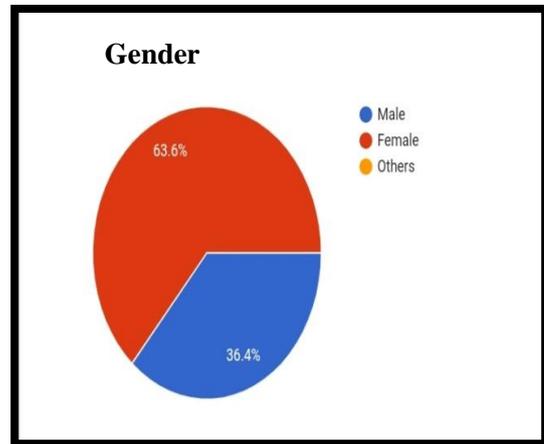


Fig. 4: Gender

We have also noticed that most of them in West Bengal 45% are students, 30 % are either service holder or business holder and other 25% are engaged with any other work. (Figure 5).

6. OBJECTIVES

- To identify the Impact of lockdown on their physical and mental state.
- Find out the impact of lockdown on female population.
- Find out the impact of lockdown on social networking.
- To identify the impact of lockdown on students.

7. METHODOLOGY

Primary and secondary data are collected from the online system (Google forms) and various newspapers.GPS, Cartographic techniques, Statistical method are used for complete the paper.

8. RESULT AND ANALYSIS

The diagram (Figure 3) is also showing the various types of age groups according to respondents. The aged person who are from 60+ onwards are not actually affected as the always entered in the house at the time of lockdown. But the age group between on 20-50 is mostly affected as they go outside the home during the lockdown period. The children sometimes are also affected as the follow their upwards and they could not know the value of lockdown.

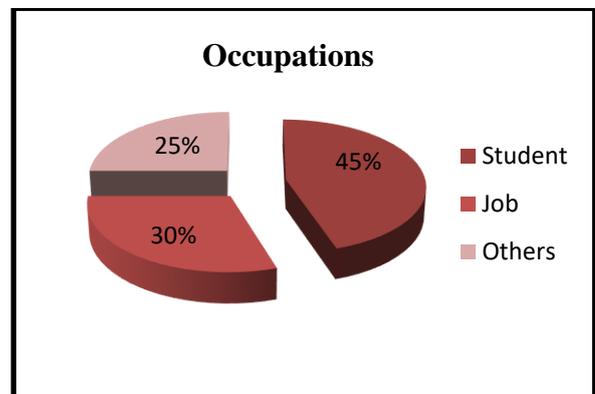


Fig. 5: Occupations

This diagram also shows that during this lockdown time only 18.2 % people are involved with the morning walk and remaining 16.4 % are not interested with this. On the other hand, people for only 25.5% are involved with meditation are 6.4 % are not involved. Further it is notified that others are not involved any circumstances during the lockdown period. (Figure 6).

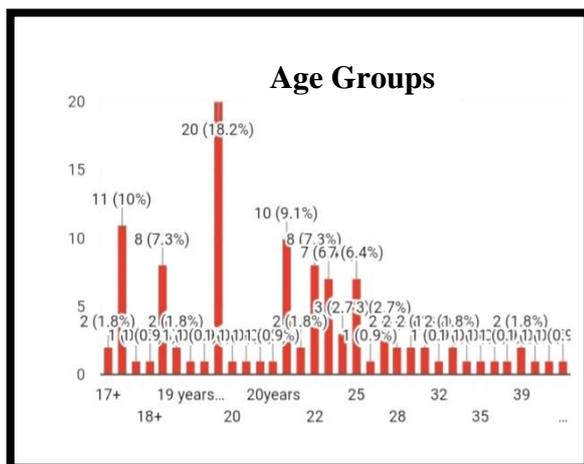


Fig. 3: Age Groups

The questionnaire which we have surveyed from that it is clear that 63.6% female response and 36.4% male are also responded. (Figure 4).

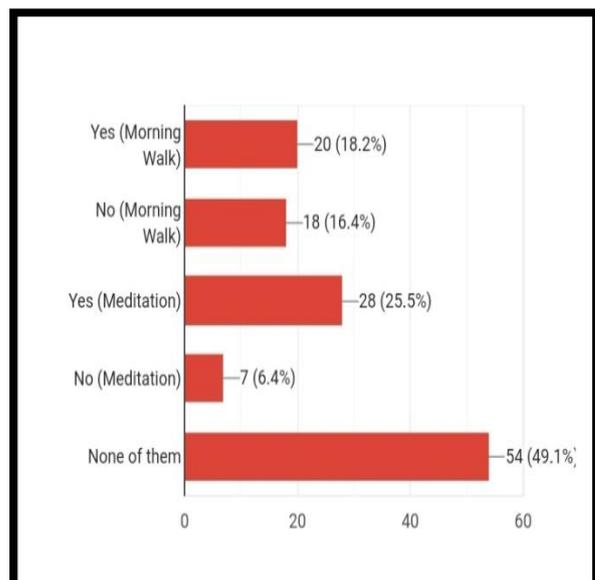


Fig. 6: Different types of Exercises

Social networking is the most important part of the lockdown because maximum people are passing their time on the basis of social network. This figure is shown 80.9% are not harassed and 19.1% are harassed on the social networking. (Figure 7)

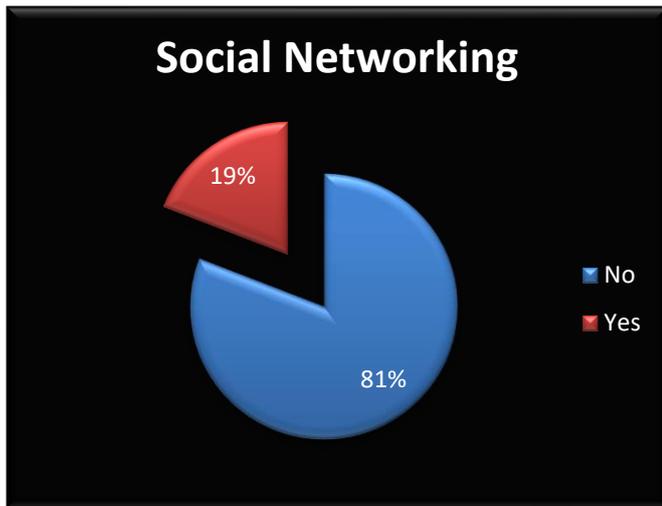


Fig. 7: Social Networking

This diagram is showing that 70% people change their time for breakfast or lunch and dinner 30% are remain unaltered at this crucial time. (Figure 8)

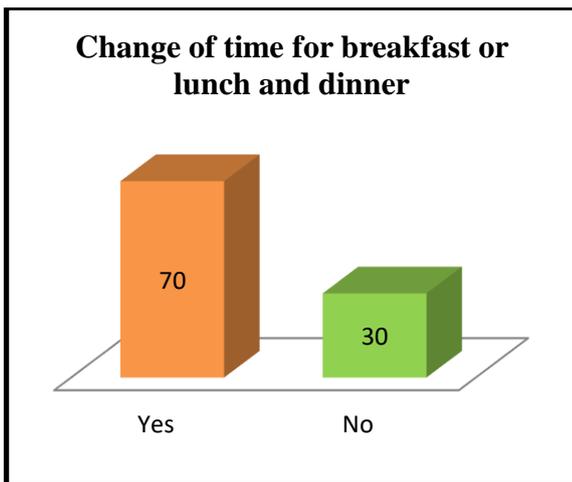


Fig. 8: Change of time for breakfast or lunch and dinner

In this crucial period most of the people as 17% people past their life with multimedia, 22% on social media, 11% on art or designer and remaining 50% are engaged with books and periodicals. (Figure 9)

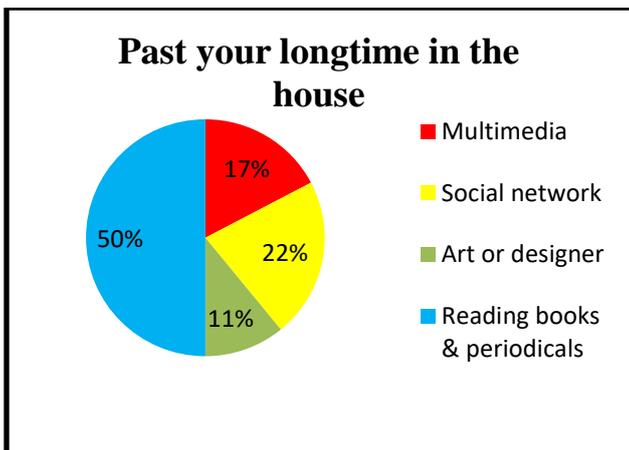


Fig. 9: Past your longtime in the house

In survey we have been feeling that 54% people are in positive, 19% are feeling sometimes and 27% are feeling anxiety during this crucial lockdown time. (Figure 10)

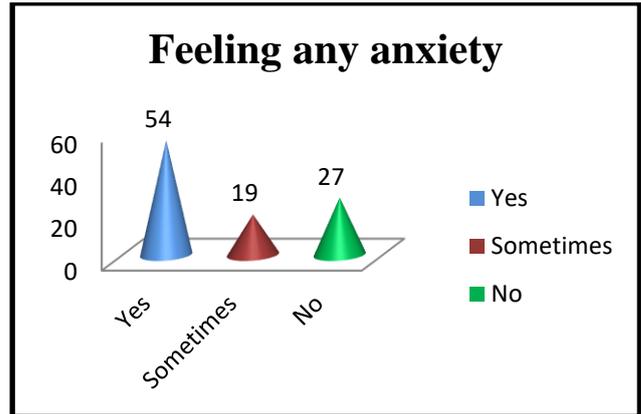


Fig. 10: Feeling any anxiety

With this survey paper a question always anxious me how the housewives are passing their time for 24 hours in the house room as a captive prison. No doubt it is a herculean task we can feel to follow this lockdown. We think it their natural way of life just like a doctor, a labor and a farmer etc.

9. FINDINGS

Isolated from friends and colleagues can be unbalancing and traumatic for most people and can result in short or even long-term psychological and physical health problems. Increase of anxiety, aggression, depression, forgetfulness and health hallucinations are psychological effects of isolation. Heightened anxiety and depression also affect a person's immunity system, making them more susceptible to illness. 65% respondents are in favor of such effects of isolation. But smaller age group respondents have not affected in this situation. Most of the respondents in different occupation have been instructed to work from home. Loss of income is providing to be catastrophic on several fronts.

The quarantine is intended to save lives but for woman locked up at home with an abusive partner, the consequences can be alarming. Violence for women comes in various forms. Women in abusive relationships suffer physical, emotional, psychological, sexual and economic violence. The lockdown has isolated them and rendered them more vulnerable. They is no relief from any quarter. 45% are facing such situation mainly working and non-working woman. 75% respondents are agreeing with this point that household burden and work has increase, because all the family members are lockdown of a family. It can be largely oppressive for low increase families in small single room houses. (Figure 11)

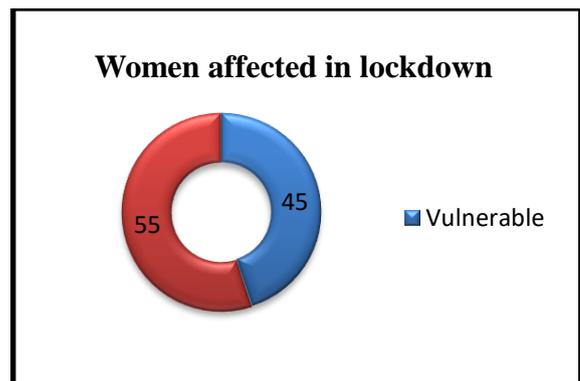


Fig. 11: Women affected in lockdown

Most of the people were spending more times on face book, twitter and WhatsApp. 80% respondents spent more than four hours every day on social networking, television, and internet browsing and streaming platforms have also seen a rise in view ship according to the survey. People are spending more time online. Social platforms are the perfect place for brands to connect with their audiences.

It has brought enormous uncertainty for young people studying for exam. It not only interrupts the teaching for students. The closure also coincides with a key assessment period of many examination have been postponed or cancelled. 75% respondents are facing such crisis in this situation. But hope that educational institution is introducing online courses and some educational technology offering free classes to help offset the impact of school closures. But 30% respondents are not getting this opportunity due to remoteness of their village as well as economic crisis to purchase internet connection always. (Figure 12)

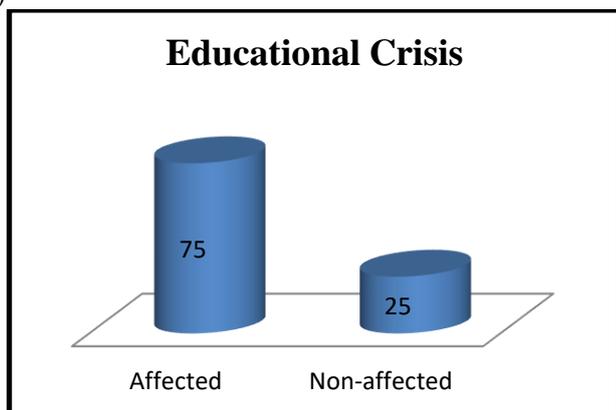


Fig. 12: Educational Crisis

10. CONCLUSION

It is clear from the research paper that impact of lockdown has different issues in West Bengal due to COVID-19. But this pandemic impact or react to the stressful situation on people's mental or physical health seriously. This situation currently

dominating our daily lives in West Bengal as well as all over our country. This virus is the impact on families and societies with latest threat.

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