

## A STUDY TO ASSESS THE IMPACT OF COVID-19 LOCKDOWN ON SLEEPING AND EATING HABITS AMONG GENERAL POPULATION

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#### ABSTRACT

Confinement due to COVID 19 has brought significant changes in eating and sleeping habits among the general population. In view to this study was undertaken to assess the impact of COVID- 19 lockdown on sleeping and eating habits among general population at selected panchayat, Thrissur. The objectives were to assess the impact of COVID 19 lockdown on sleeping habit among general population, to assess the impact of COVID 19 lockdown on eating habits among general population and to find out association between sleeping and eating habits of general population with their selected demographic variables. The research approach adapted for the study was Quantitative approach and design was Descriptive survey design. The sample selected for the study was general population between the age group of 26 to 45 years from community. Purposive sampling technique was adopted and sample size was 125. The data was collected by using demographic profile of general population and semi structured questionnaire to assess the sleeping habit and eating habit among general population. Our conclusion, significant changes have occurred in the sleeping pattern in term of hours of sleep per night-greater than 9 hours which has increased during COVID -19 lockdown from 1(.8%) to 14 (11.2%). Due to this quality of sleep also increased (i.e.; from 32% to 37.6%) Due to prolonged sleeping hours, energy level of population has reduced (from 40.8% to25. 6%). Simultaneously changes have occurred in eating pattern also, most of the people begin to eat homemade food than the other food sources during corona (i.e.; from 86.4 % to 93.6 %). Per day and the frequency of meals has also increased from 1.6 % to 11 %. Before corona almost 47.2 % were used to skip the meals which has reduced to 32.8 % during corona time. Also, the intake of water in terms of frequency has also increased from 16.8 % to 33.6 % during lockdown. Further analysis shows that there is a significant association between the amount of water consumed before and during COVID 19 lockdown with their selected demographic variables such Employment (before lockdown- 13.5648), and Education (Before Lockdown- 24.721 & during lockdown 23.41) and between the sleeping hours at night before COVID 19 Lockdown with their selected demographic variable, Education (27.58)

Key words: Impact; COVID-19 Lockdown ; Sleeping Habits; Eating Habits; General Population

#### **INTRODUCTION**

In December 2019, an outbreak of the novel strain severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) emerged in China, and rapidly spread worldwide. The new condition was named coronavirus disease 2019 (COVID-19) by the World Health Organization (WHO) and was declared a pandemic on the 11th of March 2020. Millions of cases were confirmed with hundreds of deaths. This unprecedented situation and the finding that the virus was highly contagious (person-to-person transmission) required the adoption of nonvaccination public health measures aiming to reduce further spreading of SARS-CoV-2 (2). These measures included track-and-tracing, self-isolation, quarantine, social distancing and community containment, as well as nationwide lockdowns.

Lockdown measures were implemented in many countries. In

addition to any direct effects of COVID-19 on people's health the lockdown had an impact on the perception of confinement, caused worries about livelihood, family or friends, and had indirect effects on the health and wellbeing of non-infected people.

COVID-19 pandemic has changed lifestyles dramatically, with many people working from home and having little contact with people other than family members. These changes have possibly led to less physical activity, altered rhythms of daily life, and unhealthier lifestyles. Many adults who are not leaving home to go to work and are spending more time at home may have greatly diminished levels of daily physical activity or time spent outdoors. Additionally, they may be snacking more and experiencing more circadian rhythm disorders. Although the reasons for the different effects of quarantine on lifestyle or psychological health are unclear, age and sex differences have been reported.

An online cross sessional study was conducted to assess and compare the lifestyle changes of Work at office (WAO) and Work from home (WFH) employees during the lockdown. An online cross-sectional study was designed which included employees of both Government and private sectors. Electronic Data Capture method was used to collect the data after obtaining their online consent. Multinomial logistic regression analysis revealed that the employees of WFH were at a higher risk than WAO with respect to their food intake and eating patterns. The study analysis indicates that the risk of weight gain was higher (OR: 1.51, P < 0.005) in WFH group besides, significant (P<0.005) increase in time spent on mobile by the WFH. An increase in the intake of fruits and vegetables was observed in both the groups

#### STATEMENT OF THE PROBLEM

"A study to assess the impact of COVID-19 lockdown on Sleeping and Eating Habits among General Population at selected Panchayat, Thrissur"

#### **OBJECTIVES**

1. To assess the impact of COVID-19 lockdown on Sleeping habits among General Population.

2. To assess the impact of COVID-19 lockdown on Eating habits among General Population.

3. To find out the association between Sleeping and Eating habits of General Population with their selected demographic variables.

#### HYPOTHESIS

At 0.05 level of significance

H1: there will be significant association between the sleeping and eating habits of general population with their selected demographic variables before and during COVID 19 Lockdown.

#### **METHODOLOGY**

#### **RESEARCH APPROACH**

The research approach adopted for this study was 'Quantitative Research Approach'.

#### RESEARCH DESIGN

'Descriptive Online Survey Design 'was used for this study.

#### VARIABLES

#### Research Variables:

Independent variable: COVID – 19 lockdowns Dependent Variables: Eating habits and Sleeping habits **Demographic Variables:** 

In this study, the demographic variables are age, gender, marital status, number of kids, educational status, employment status, area of residence, weight change, and general state of health in past three months.

#### SETTING OF THE STUDY.

Data was collected from the ward -7, 8,9 of Avanur grama panchayath. Avanur is a village situated in Thrissur district of Kerala, India.

#### **POPULATION OF STUDY**

The population selected for the study is general population between the age group of 26 -45 years.

#### SAMPLE AND SAMPLING TECHNIQUE

In this present study 125 samples were selected by purposive sampling technique

#### **CRITERIA FOR SAMPLE SELECTION**

#### Inclusion criteria:

General population between the age group of 26 - 45 years People who are willing to participate in the research study *Exclusion criteria:* 

People who are not willing to participate in the study

#### **DESCRIPTION OF THE TOOL**

The tool adapted was demographic profile of general population and structured questionnaire to assess the impact of COVID 19 lockdown in sleeping and eating habits

#### METHOD OF DATA COLLECTION

The study was conducted through online. The study was conducted in Ward 7,8,9 of Avanor Grama Panchayath. The Demographic Profile of general population and semi structured questionnaire were prepared in English and translated to Malayalam. The questionnaire and demographic profile were typed in Google form in Malayalam. Once the sample size reached 125, the link was closed/disabled. Totally 125 samples participated in the study and their response were automatically recorded in the email Id of one of the researchers. The response sheet is attached at the Appendix page for further reference.

#### **RESULTS AND DISCUSSION**

### SECTION A: Description of Demographic Variables of General population

Table 1 and 2 : Frequency and percentage distribution of demographic variables of general population reveals that 48% were males,28.8% belongs to 36-40 age group,64% were married group, 40% had 2 child, 40% has completed graduate ,55.2% people were employed,44.8% gained health related information from social media,68.8% are not currently work at home ,44.8% people had gained their weight and 75.2% had good health status in past 3 months

#### SECTION B: To assess the impact of COVID 19 Lockdown on sleeping and eating habits

#### Table 3: Frequency and percentage distribution of impact of COVID 19 Lockdown on eating habits

Sl.No	Demographic variables	Before COVID 19 lockdown		During COVID 19 lockdown		
		Frequency	Percentage	Frequency	Percentage	
1	Most of the consumed meals during the week were -					
	Homemade	108	86.4	117	93.6	
	Refrigerated	5	4.8	3	2.4	
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		/		

	1	,		2	1.2
	Ready to eat	2	1.6	2	1.6
	Fast food	3	2.4	0	0
	Hotel food	6	4.8	3	2.4
2	How many meals did				
	you eat per day				
	1-2	20	16	16	12.8
	3-4	103	82.4	98	78.4
	More than 5	2	1.6	11	1.6
3	Did you use to eat				
	breakfast on most days				
	of the week				
	Yes	110	88	107	85.6
	No	15	12	18	14.4
4	Did you use to skip				
	meals				
	Yes	59	47.2	41	32.8
	No	66	52.8	84	67.2
	If yes, why				
	To decrease food	14	23.7	6	14.6
	intake	27	45.7	14	34.1
	No time	10	16.9	11	26.8
	To decrease weight	7	11.8	9	21.9
	No appetite	1	1.7	1	2.4
	Fasting				
5	How much water did				
	you use to drink daily				
	1-4 glasses	30	24	17	13.6
	5-7 glasses	74	59.2	66	52.8
	More than 8 glasses	21	16.8	42	33.6

Fig 1 Frequency and percentage distribution of type of food items



#### Table 4: Frequency and percentage distribution of COVID 19 Lockdown on sleeping habits

Sl.No	Demographic variables	Before COVID 19 lockdown		During COVID 19 lockdown	
		Frequency	Percentage	Frequency	Percentage
1	How many hours did you				
	sleep per night				
	<6 hours	47	37.6	38	30.4
	7-9 hours	77	61.6	73	58.4
	>9 hours	1	0.8	14	11.2
2	How would you rate your				
	sleep quality				
	Very good	40	32	47	37.6
	Good	69	55.2	62	49.6
	Bad or poor	16	12.8	16	12.8
3	Did you experience any				
	of the following				
	Decreased sleep	27	21.6	21	16.8
	Take time to sleep	36	28.8	34	27.2
	Wakes early	6	4.8	12	9.6
	None of the above	56	44.8	58	46.4
4	How would you describe				
	your energy level				
	Energized				
	Neutral	51	40.8	32	25.6
	Lazy	67	53.6	76	60.8
		7	5.6	17	13.6

#### SECTION C: To find out association between Sleeping and Eating habit before and during COVID 19 Lockdown of General Population with their selected demographic variables

Table 5 denotes the association between Most of consumed meals during the week before and during COVID 19 Lockdown with their selected demographic variables such as Age, Gender, Education, and Employment that there is no association between the Most of your consumed meals during the week before and during COVID 19 Lockdown of general population with their selected demographic variables

Table 6 denotes that the association between How much water did you use to drink daily consumed before and during COVID 19 Lockdown with their selected demographic variables such as Age, Gender, Employment and Education .The chi square calculated between the How much water did you use to drink daily before COVID 19 Lockdown with the selected demographic variables such as Employment (Before Lockdown- 13.5648), and Education (Before Lockdown-24.721 & during lockdown 23.41) was statistically significant at 0.05 level of significant.

Table 7 denotes the association between Hours of sleeping per night before and during COVID 19 Lockdown with their selected demographic variables such as Age, Gender, Employment and Education.

The chi square calculated between the sleeping hours per night before COVID 19 Lockdown with the selected demographic variables such education (27.58) was statistically significant at 0.05 level of significant. variable.

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