

## **Lifestyle Changes adapted by Students during the Covid-19: An Empirical Study**

**S. Haranath\***

*This article presented the lifestyle changes of the student youth during the Covid-19 lockdown period. As we know that, the Covid-19 pandemic has created a lot of disturbance among human beings in the world. The impact of the Covid-19 is very high on education and student youth. This study was adapted quota sampling and conducted with 100 female students and 100 male students pursuing their graduation and post-graduation in various colleges of Visakhapatnam city. It is understood that there are many positive and negative lifestyle changes that occurred in the lives of student youth during the lockdown period. Usage of smartphone increased among student youth. The sleeping hours have increased among youth. The food intake and body weight have increased among youth. The female students have learned household work during the Covid-19 lockdown period. Overall, it is a new experience for the present generation of youth.*

[**Keywords** : Covid-19, Students, Youth, Education, Lifestyle]

---

\* Head & Assistant Professor, Department of Social Work, Andhra University, Visakhapatnam, Andhra Pradesh (India) E-mail: <haranathsarvasiddi@gmail.com>

---

**CONTEMPORARY SOCIAL SCIENCES, Vol. 30, No. 3 (July-September), 2021**  
**Peer Reviewed, Indexed & Refereed International Research Journal**

## **1. Introduction**

Education is a very powerful instrument for social change and transformation. It promotes the development and empowerment of any human being. The students are the ambassadors to bring change in society (Abraham, M., 2021). This study presents the information about the lifestyle changes adapted by the students during the Covid-19 pandemic in Visakhapatnam city. This study is conducted with 100 female students and 100 male students pursuing their graduation and post-graduation in various colleges of Visakhapatnam city. As we know that, the Covid-19 pandemic has created lot of disturbance among the human beings in the world. The first Covid-19 case was identified in Wuhan city of China. In India the first Covid-19 case was identified on 27<sup>th</sup> January 2020 in the state of Kerala. Then it spreads to all the states in India. Then Government of India initiated lockdown to save the lives of Indians. The first wave and the second wave of the Covid-19 created alarm among Indians about their health and lifestyles. The coronavirus disease 2019 (Covid-19) has emerged as a global health threat, with every nation facing unique challenges during the outbreak. They have psychosocial and economic implications (Banerjee, D. and Bhattacharya, 2020). From the two years, people in India facing many problems due to the impact of Covid-19.

## **2. Review of Literature**

Gupta, A., Jagzape, A. and Kumar, M. (2021) study found that the majority of the respondents spent 4 hours on social media in a day. And there are more reflections among 48.86 per cent of the students. Average hours of sleep after using social media before lockdown increased significantly from 6.68 hours to 8.10 hours. Due to the increase in use of social media creates negative mindset and negative feelings among individuals.

Isha Akulwar-Tajane et al. (2021) study revealed that the majority of the students have inefficient posture patterns and inadequate postural habits. Dominant inappropriate postural patterns were those of established low back pain, followed by neck pain, upper back pain, and shoulder pain (these being most prominent). The levels of physical activity before and during lockdown was either 'considerably' or 'minimally reduced' with the majority engaging in only light to moderate physical activity. The acquisition of adequate body behaviours and postural habits must be

shaped during early adult age, minimizing postural disorders in later adult life and their consequences.

C. B. Rajesh (2019) conducted a survey to investigate the impact of the Covid-19 lockdown on the emotional and mental status of individuals in the state of Kerala, India. The study observed that a significant impact is there on the mental health of individuals during lockdown due to this pandemic. It is suggested that international organizations like the World Health Organization (WHO) and the governments can play a vital role in addressing the mental and psychological issues caused due to a lockdown and make people comfortable to face the pandemic.

Francesca Latino (2021) study examined the changes in physical fitness and learning outcomes during the enforced period of lockdown caused by an outbreak of the second wave of Covid-19 pandemic and the closure of schools in Italy. The experimental group reported considerable improvements in motivation and concentration, significant anxiety reduction, and an increase in capacity to organize studying and also to be more flexible. Moreover, it was possible to observe the efficacy of the workout to improve learning ability among practising students. The results suggest that a school-based exercise programme conducted online could be a powerful approach in order to achieve the best academic outcomes and for improving students' physical fitness as well as their cognitive health.

A. Wagle (2021) This study aimed to analyze the psychological impact of the Covid-19 and lockdown on international Nepali students studying at Liverpool John Moores University (LJMU). The study found that the coronavirus pandemic had caused a wide range of changes for international students including lifestyle changes, reorganization of teaching and learning methods, economical changes and, impact on their long-term career prospects, which in turn have affected the mental health of international students. International students in this study had adapted individual coping strategies and used social support to help them to deal with the fears and worries related to lockdown.

### **3. Scope of the study**

The Covid-19 pandemic has created a lot of disturbance among human beings in the world. There are many changes that have come in the education sector in India due to lockdown. The students have to spend an entire day at the home and have to attend the classes in

online mode. For the last one and half years, the same practice is happening in Andhra Pradesh and India. During this period, many lifestyle changes have been adapted by the students. some of them created a native impact and some of them created a positive impact on the lifestyles of students. The present study conducted in Visakhapatnam presents the major lifestyle changes that took place among student youth.

#### **4. Objectives of the study**

1. To study the socio-economic and demographic profile of the students pursuing their graduation and post-graduation
2. To understand the physical and mental health lifestyle changes among student youth during the Covid-19 lockdown
3. To understand the new learning and new habits of the student youth during the Covid-19 lockdown period
4. To provide the appropriate suggestions to promote better lifestyles of the student youth

#### **5. Research Methodology**

The present study is conducted in Visakhapatnam city. It is a smart city and a big city in the state of Andhra Pradesh. The study purposively selected two colleges from Visakhapatnam city i.e. St. Joseph's College for Women, and Gayatri Vidya Parishad Degree and Post-graduation college. The study selected the students, who involved in National Service Scheme (NSS) activities through these colleges. These students are called NSS volunteers. This is a quantitative study and adapted the descriptive research design. There are 400 NSS volunteers are available in these two colleges. The study adapted the quota sampling method and selected 100 male and 100 female students. The data was collected through the structured, pre-tested questionnaire which was shared via Google form. The data was collected in August 2021. The data were analyzed through Ms-Excel 2010 version and SPSS 20th version.

#### **6. Findings and Discussions**

The collected data through a structured questionnaire from 200 students are analyzed and interpreted in the following tables. Table-1 presents the information about the age of the respondents on the next page.

**Table-1 : Distribution of the respondents by their age**

Age	Frequency	Percentage
18 years	41	20.5
19 years	64	32.0
20 years	58	29.0
21 years	28	14.0
22 years	6	3.0
23 years	3	1.5
<b>Total</b>	<b>200</b>	<b>100.0</b>
Mean : 19.5		
Median : 19.0		
Mode : 19.0		

The data in the above table revealed that 32.0 per cent of the respondents belong to 19 years, 29.0 per cent of the respondents belong to 20 years, and 20.5 per cent of the respondents belong to 18 years. The mean age of the respondents is 19.5 years, median age is 19 years and mode is 19 years. The following table presents the information about the gender of the respondents :

**Table-2 : Distribution of the respondents by their gender**

Gender	Frequency	Percentage
Male	100	50.0
Female	100	50.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The present study adapted the quota sampling method to understand the lifestyle changes of student youth. So that, the researcher selected 100 female students and 100 male students, who are pursuing their graduation and post-graduation in various colleges of Visakhapatnam city. The following table presents the information about the education of the respondents :

**Table-3 : Distribution of the respondents by their education**

Education	Frequency	Percentage
Graduation	189	94.5
Post-graduation	11	5.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the preceding table revealed that the majority (94.5) per cent of the respondents are pursuing graduation and only 5.5 per cent of the respondents pursuing their post-graduation. The following table presents the information about the college of the respondents.

**Table-4 : Distribution of the respondents by their college**

College	Frequency	Percentage
Gayatri Vidya Parishad Degree and PG	149	74.5
St. Joseph's College for Women	51	25.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (74.5) per cent of the respondents represented from Gayatri Vidya Parishad Degree and PG College, and followed by 25.5 per cent of the respondents are belongs to St. Joseph's College for Women. The following table presents the information about the caste of the respondents.

**Table-5 : Distribution of the respondents by their caste**

Caste	Frequency	Percentage
OC	60	30.0
BC	125	62.5
SC	15	7.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (62.5%) of the respondents belongs to backward classes, followed by 30.0 per cent of the respondents are from open category classes. The scheduled caste population represented only 7.5 per cent of the respondents. The following table presents the information about the religion of the respondents.

**Table-6 : Distribution of the respondents by their religion**

Religion	Frequency	Percentage
Hindu	187	93.5
Muslim	5	2.5
Christian	8	4.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the preceding table revealed that the majority (93.5%) of the respondents belong to the Hindu religion, 4.0 per cent of the respondents are belong to the Christian religion and only 2.5 per cent of the respondents are belong to the Muslim religion. The following table presents the data about the native place of the respondents

**Table-7 : Distribution of the respondents by their native place**

Native Place	Frequency	Percentage
Urban	141	70.5
Rural	56	28.0
Tribal	3	1.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (70.5%) of the respondents' native place is an urban area, followed by 28.0 per cent of the respondents native place is a rural area and only 1.5 per cent of the respondents are from tribal area. The following table presents the opinions of the respondents towards the changes that came in the lifestyles of students.

**Table-8 : Distribution of the respondents by their opinion on changes observed in students' life**

Changes Observed in Students Life	Frequency	Percentage
Yes	191	95.5
No	9	4.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (95.5%) of the respondents opined that changes took place in the lifestyles of the students during the Covid-19 lockdown period. The following table presents the opinion of the respondents on the changes observed in their life.

**Table-9 : Distribution of the respondents by their opinion about changes observed in their life**

Changes Observed in Their Life	Frequency	Percentage
Yes	184	92.0
No	16	8.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the preceding table revealed that the majority (92.0%) of the respondents opined that changes came in their lifestyles during the Covid-19 lockdown period. And 8.0 per cent reported that no changes took place in their lifestyles. The following table presents the opinions of the respondents on increased usage of smartphones during the Covid-19 lockdown.

**Table-10 : Distribution of the respondents by their opinion on increased usage of smartphone**

Increased Smartphone Usage	Frequency	Percentage
Strongly Disagree	5	2.5
Disagree	12	6.0
Agree	98	49.0
Strongly Agree	85	42.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (91.5%) of the respondents agreed and strongly agreed on the usage of the smartphone have increased among the students during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased family relations during the Covid-19 lockdown.

**Table-11 : Distribution of the respondents by their opinion on increased family relation**

Increased Family Relation	Frequency	Percentage
Strongly Disagree	10	5.0
Disagree	31	15.5
Agree	104	52.0
Strongly Agree	55	27.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (79.5%) of the respondents agreed and strongly agreed that the family relationships have been increased during the Covid-19 lockdown. The table12 presents the opinions of the respondents on increased interaction between friends during the Covid-19 lockdown on the next page.



**Table-12 : Distribution of the respondents by their opinion on increased interaction between friends**

Increased Interaction Between Friends	Frequency	Percentage
Strongly Disagree	22	11.0
Disagree	66	33.0
Agree	90	45.0
Strongly Agree	22	11.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that 45.0 per cent of the respondents agreed that interaction between friends is increased during the Covid-19 lockdown and followed by 33.0 per cent of the respondents not agreed that the interaction between friends have not increased during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased physical activity and walking during the Covid-19 lockdown.

**Table-13 : Distribution of the respondents by their opinion on increased physical activity, walking**

Increased Physical Activity, walking	Frequency	Percentage
Strongly Disagree	19	9.5
Disagree	68	34.0
Agree	80	40.0
Strongly Agree	33	16.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (56.5%) of the respondents agreed that the physical activity and walking among students have been increased during the Covid-19 lockdown. The following table presents the relationship between the gender and physical activity of the respondents

**Table-14 : Distribution of the respondents by their gender and physical activity**

Gender	Physical Activity				Total
	Strongly Disagree	Disagree	Agree	Strongly Agree	
Male	6	30	38	26	100
Female	13	38	42	7	100
<b>Total</b>	<b>19</b>	<b>68</b>	<b>80</b>	<b>33</b>	<b>200</b>
Pearson Chi-Square : 14.660(a)			Df : 3	Significance : .002	

Analysis of the data on gender and physical activity are cross-tabulated and the result shows that there is an association between two variables as it is evident that more female students have disagreed towards increased physical activity during Covid-19 lockdown than male students. It means the female students at their house only. The following table presents the opinions of the respondents on followed more health care tips during the Covid-19 lockdown.

**Table-15 : Distribution of the respondents by their opinion on following more health care tips**

Increased Health Care Tips	Frequency	Percentage
Strongly Disagree	7	3.5
Disagree	13	6.5
Agree	121	60.5
Strongly Agree	59	29.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (60.5%) of the respondents agreed and 29.5 per cent of the respondents strongly agreed that they followed more health care tips during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased sleeping hours during the Covid-19 lockdown.

**Table-16 : Distribution of the respondents by their opinion on increased sleeping hours**

Increased Sleeping Hours	Frequency	Percentage
Strongly Disagree	5	2.5
Disagree	29	14.5
Agree	102	51.0
Strongly Agree	64	32.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (51.5%) of the respondents agreed and followed by 32.0 per cent of the respondents who strongly agreed that the sleeping hours are increased among students during the Covid-19 lockdown. Table-17 presents the opinions of the respondents on increased food intake during the Covid-19 lockdown.

**Table-17 : Distribution of the respondents by their opinion on increased food intake**

Increased Food Intake	Frequency	Percentage
Strongly Disagree	4	2.0
Disagree	27	13.5
Agree	113	56.5
Strongly Agree	56	28.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (56.5%) of the respondents agreed and 28.0 per cent of the respondents strongly agreed that the food intake was increased among the students during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased body weight during the Covid-19 lockdown.

**Table-18 : Distribution of the respondents by their opinion on increased body weight**

Increased Body Weight	Frequency	Percentage
Strongly Disagree	14	7.0
Disagree	62	31.0
Agree	77	38.5
Strongly Agree	47	23.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that 38.5 per cent of the respondents agreed that the body weight has been increased and followed by 31.0 per cent of the respondents who disagreed with an increase of body weight during Covid-19 lockdown period. The following table presents the opinions of the respondents on increased reading hours of the students during the Covid-19 lockdown.

**Table-19 : Distribution of the respondents by their opinion on increased reading hours**

Increased Reading Hours	Frequency	Percentage
Strongly Disagree	29	14.5
Disagree	77	38.5
Agree	79	39.5
Strongly Agree	15	7.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the preceding table revealed that 53 per cent of the respondents disagreed and strongly disagreed on increased reading hours during the Covid-19 lockdown. Followed by 47 per cent of the respondents have agreed and strongly agreed to increased reading hours. The following table presents the opinion of the respondents on increased stress among students during the Covid-19 lockdown.

**Table-20 : Distribution of the respondents by their opinion on increased stress**

Increased Stress	Frequency	Percentage
Strongly Disagree	22	11.0
Disagree	67	33.5
Agree	76	38.0
Strongly Agree	35	17.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (55.5%) of the respondents agreed and strongly agreed that the stress levels are increased among the students during the Covid-19 lockdown. The following table presents the opinions of the respondents on increased loneliness among students during the Covid-19 lockdown.

**Table-21 : Distribution of the respondents by their opinion on increased loneliness**

Increased Loneliness	Frequency	Percentage
Strongly Disagree	20	10.0
Disagree	68	34.0
Agree	71	35.5
Strongly Agree	41	20.5
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (55.5%) of the respondents agreed and strongly agreed that the feeling of loneliness increased among the students during the Covid-19 lockdown. The following table presents the opinions of the respondents on learned household work during the Covid-19 lockdown.

**Table-22 : Distribution of the respondents by their opinion on learning household work**

Learned Household Work	Frequency	Percentage
Strongly Disagree	6	3.0
Disagree	15	7.5
Agree	113	56.5
Strongly Agree	66	33.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that majority (89.5%) of the respondents agreed and strongly agreed that they learned household work during the Covid-19 lockdown. The following table presents the relationship between the age and learned household work of the respondents.

**Table-23 : Distribution of the respondents by their age and learned household work**

Age	Learned House Hold Work				Total
	Strongly Disagree	Disagree	Agree	Strongly Agree	
18 years	1	0	28	12	41
19 years	3	3	32	26	64
20 years	0	11	28	19	58
21 years	2	0	18	8	28
22 years	0	1	4	1	6
23 years	0	0	3	0	3
<b>Total</b>	<b>6</b>	<b>15</b>	<b>113</b>	<b>66</b>	<b>200</b>
Pearson Chi-Square Value : 27.716(a)		Df : 15		Significance : .023	

Analysis of the data on age and learned household work are cross-tabulated and the result shows that there is an association between two variables as it is evident that the small age (18,19,20 years) group learned household work than higher age group during the Covid-19 lockdown. The following table presents the relationship between the gender and learned household work of the respondents

**Table-24 : Distribution of the respondents by their gender and learned household work**

Gender	Learned House Hold Work				Total
	Strongly Disagree	Disagree	Agree	Strongly Agree	
Male	2	14	56	28	100
Female	4	1	57	38	100
<b>Total</b>	<b>6</b>	<b>15</b>	<b>113</b>	<b>66</b>	<b>200</b>
Pearson Chi-Square Value : 13.457(a)		Df : 3		Significance : 0.004	

Analysis of the data on gender and learned household work are cross-tabulated and the result shows that there is an association between two variables as it is evident that more female respondents are agreed and strongly agreed on learned household work than the male respondents during the Covid-19 lockdown. The following table presents the opinions of the respondents on learned new habits during the Covid-19 lockdown.

**Table-25 : Distribution of the respondents by their opinion on learned new habits**

Learned New Habits	Frequency	Percentage
Strongly Disagree	7	3.5
Disagree	27	13.5
Agree	122	61.0
Strongly Agree	44	22.0
<b>Total</b>	<b>200</b>	<b>100.0</b>

The data in the above table revealed that the majority (82.0%) of the respondents agreed and strongly agreed that they learned new habits during the Covid-19 lockdown. It may be a reason that they have plenty of time during the Covid-19 lockdown period

## 7. Suggestions and Recommendations

1. The student youth should increase their learning during the Covid-19 lockdown period. They have to increase the social service activities through National Service Scheme

2. The student youth should spend less time on the usage of smartphone otherwise this habit increases the native attitude among students
3. The students should reduce their sleeping hours and have to learn the new skills and enrol for online courses which help to their career development
4. The student youth should eat the healthy and nutritious food for good health and follow the healthy tips suggest by their parents and grandparents
5. The universities and the colleges should provide the online counselling to the student youth towards gaining healthy personality development and to maintain healthy lifestyles.
6. The student youth should spend some time on yoga and meditation which improves their physical and mental health

## 8. Conclusion

This article presented the lifestyle changes of the student youth during the Covid-19 lockdown period. It is understood there are many positive and negative lifestyle changes have been taken place in the lives of student youth during the lockdown period. The students should have taken the guidance of their parents for healthy lifestyles. The sleeping hours have increased among youth. Food intake and body weight have also been increased among youth. The female students have learned household work during the Covid-19 lockdown period. Overall, it is a new kind of experience to the present generation of youth.

## References

- Abraham, M., "Assessment of Classroom Teaching Techniques in Higher Education: An Empirical Study in India", *Journal of Indian Education*, 47 (2), August 2021, NCERT, New Delhi, India.
- Akulwar-Tajane, I., Darvesh, M., Ghule, M., Deokule, S., Deora, B. & Mhatre, V., "Effects of Covid-19 Pandemic Lockdown on Posture in Physiotherapy Students : A Cross-Sectional Study", *Medical & Clinical Research*, 6(1), 2021, 91-101.
- Banerjee, D. & Bhattacharya, P., "Pandemonium of the pandemic" : Impact of Covid-19 in India, focuses on mental health. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(6), 2020, 588-592.

- Gupta, A., Jagzape, A. & Kumar, M., "Social media effects among freshman medical students during Covid-19 lockdown : An online mixed research", *Journal of Education and Health Promotion*, 10, 55, 2021. [https://doi.org/10.4103/jehp.jehp\\_749\\_20](https://doi.org/10.4103/jehp.jehp_749_20)
- Latino, F., Fischetti, F., Cataldi, S., Monacis, D. & Colella, D., "The Impact of an 8-Weeks At-Home Physical Activity Plan on Academic Achievement at the Time of Covid-19 Lockdown in Italian School", *Sustainability*, 13(11), 2021, 5812, 1-16.
- Rajesh C. B., Cherappurath N., Vinod V., Elayaraja M., Hussain S., Sreelekha N., "Covid-19 Lockdown Impact on Mental Health: A Cross-Sectional Online Survey from Kerala, India", Niranjnamurthy M., Bhattacharyya S., Kumar N. (eds.), *Intelligent Data Analysis for Covid-19 Pandemic (Algorithms for Intelligent Systems)*, Singapore : Springer, 2021, [https://doi.org/10.1007/978-981-16-1574-0\\_14](https://doi.org/10.1007/978-981-16-1574-0_14)
- Wagle, A., "A qualitative study on the impact of lockdown on mental health among Nepali students studying at Liverpool John Moores University (LJMU) during the Covid-19 pandemic", *Public Health Institute Journal*, Issue 1, 2021, 7-22 . ★