

THE LONG-TERM IMPACT OF COVID 19 ON INDIVIDUAL BEHAVIOR

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ABSTRACT

PURPOSE

To understand the concept and long-term impact of COVID-19 on individual behavior, the goal of the project is to bring together various dimensions of study and evaluating them with reference to the pandemic.

KEY FINDING

Findings include that COVID-19 has some disastrous impact on health and lifestyle, which is affecting the lives of individuals. The impact on lifestyle of individuals and the way of living due to the pandemic for a long period of time are reviewed in this paper.

CONTEXT

The paper presents concepts and impacts of health, lifestyle and the way of living effect due to the covid-19 pandemic. Several aspects of data are considered to find out the reasons and link between the adapted measures by the individuals in the society, linking it with the safety protocols as well as the fear in the mindset of the individuals.

INTRODUCTION

The pandemic has changed the way we all lived in the past. Nobody on this planet ever thought of such a disastrous situation where we lost thousands of lives and countless loved ones. The pandemic has impacted and changed the lifestyle and also affected the social lives of everyone. Various journals, articles and research papers claim to have a negative impact on the emotional, mental and academic functioning on countless people in the society (Andrea M. Hussong). Several functions like weddings, birthday parties, anniversaries and other gatherings have reduced the number of guests, compared to earlier times. The post pandemic life is going to retain for a longer period of time and the complex question of when this all is going to end can be solved by none. Rather be it parties, or any other social gathering, people prefer to enjoy but unlike the earlier times, when compared with pre-pandemic. The pandemic has stroked several lives and separated loved ones from individuals, making this the crucial factor in the difference in behavior post-pandemic (A. Fisher). Concerning COVID 19, there was a great deal of worry, concern, and awareness among students and educators. This research looks at the good things about COVID 19 and how technology is changing the education sector and how virtual sessions are being used to keep students interested. (Sheetal Mahendher, 2020)

The study focuses to understand the thought process of individuals and their preference in terms of number of guests, the significance of lesser number of people and happiness, the joy with closed ones and not with guests in celebrations, and so many other aspects of social lifestyle of individuals. The COVID-19 pandemic highlights the vulnerability of our globalised society to natural-system shocks and raises basic issues about the sustainability of our way of life. It also demonstrates how population increase, urbanization, globalization, and mass travel culminate in a complex externality with far-reaching global consequences.

RESEARCH PROBLEM

Covid-19 affected a vast majority of the people on the planet. During and after the epidemic, people reported significant shifts in their eating habits, levels of exercise, and sleeping patterns, as well as increases or decreases in their levels of mental stress (COVID-19). The effects on eating patterns have been shown in the form of more frequent and larger meals. There was a decline in exercise and an increase in weight. Anxiety was determined to be the most common kind of mental stress.

The impact of COVID-19 on people's diets, stress levels, sleeping habits, and levels of physical activity has all been examined in a recent study.

RESEARCH AIM AND OBJECTIVES

This research is conducted to understand the way people preference has changed after the pandemic. The study focuses on finding reasons and understanding the mindset of the individuals regarding how one prefers in context to social activities and social gatherings. The research tries to understand the preference of the individuals and change of mindset in terms of social gatherings and its pros and cons.

RESEARCH SIGNIFICANCE

This study is being performed to better understand how people's preferences have changed since the pandemic. The study focuses on determining the causes for and understanding the mindset of individuals in terms of how they prefer to engage in social activities and social gatherings.

The study attempts to comprehend individuals' preferences and changes in thinking in terms of social meetings, as well as their benefits and drawback.

RESEARCH QUESTIONS

1. What are the ways in which people changed after the pandemic, when compared to before it?
2. Did pandemic impact the lifestyle and behavior of individuals?
3. Did COVID-19 affect the preference of the individuals in terms of social gatherings and social activities?

LITERATURE REVIEW

The psychological impact of health threats on human behavior is well explained in the field of health belief theories (Haefner and Kirscht, 1970), where behavioral changes are considered to be influenced by the solemnity of the threat and the actions required to minimize or to avoid (Menon & Szalacha, 2008). Fear is a common emotional response elicited by the psychological defense mechanism of human nature in response to any threat (LeDoux, 2012).

There is a wide variety of events that have been researched for their impact on persons and organizations. While some studies look at life events in general, others look at specific events. (Koschate-Fischer et al. 2018) The cost of lockdown was calculated to be eight percent of the nation's annual GDP. The Covid-19 issues damage not only physical and economic wellbeing, but they also lead to a surge in domestic violence (Alvarez et al., 2020). Aside from the lockdown, behavioral science as a discipline is critical to understanding and predicting the future of the Covid-19 outbreak, and human behavior determines the rate and intensity of transmission (Michie et al., 2020). In the same light, the government of India's ministry of health and family welfare recommended a number of precautions and efforts to prevent the spread of covid-19, such as keeping social distance, frequent hand washing, avoiding hand shaking, and so on (MoHFW, 2020). The combination of this careful conduct and lockdown measures can contain the pandemic to a greater extent and is currently the only exit plan we have. University and college students between the ages of 18 and 25 are another vital segment of our society that has been severely impacted by the Covid-19 pandemic and lockdown. This pandemic has created a stressful environment among students as a result of exam delays and hurdles to learning (Roy et al., 2020). 1.6 billion Students worldwide are affected by the closure of educational and learning facilities.

As the COVID-19 pandemic evolves through its stages, it becomes an increasingly worldwide burden that significantly alters people's normal ways of life. Food availability, nutritional quality, regular daily activities, capacity to attend public places of amusement, social activities and financial stability have all been indirectly affected by public health advice and government efforts adopted to decrease illness. Over time, these variables contribute to substantial alterations in lifestyle habits, especially in daily eating, living, and sleeping patterns, all of which are recognised to be independent risk factors for chronic disorders. (Chopra, 2020)

THE PANDEMIC: COVID 19

The COVID-19 outbreak and measures to contain it have a clear impact on lifestyle-related behaviors in the population. Experts believe that the predictors of weight gain and lifestyle-related cardiovascular metabolic risk are modifiable and need to be investigated and addressed during COVID-19 to prevent obesity and maintain health overall health.

This research is a cross-sectional online survey designed to learn how COVID-19 has altered people's behavior, how severely other demographic groups have been affected, and what factors are unique to COVID-19. We used a web-based platform to collect responses from 995 people from all across India on a lifestyle behavioral questionnaire that had already been verified. The collected data were subjected to rigorous statistical analysis to generate strong inferences about the impact of COVID-19 on lifestyle behaviors in terms of degree and direction. (Chopra, 2020)

HUMAN BEHAVIOUR: THE CONCEPT

What we do and how we do it at different points in our lives, including our physical, mental, and social capabilities, Like other animals, humans go through several phases of development throughout their lifetimes, each of which is marked by its own unique combination of morphological, physiological, and behavioral characteristics. To recap, these phases are: prenatal, infant, kid, teen, and adult (including old age). Human development, often known as developmental psychology, is the study of how people's mental, emotional, and behavioral capacities and skills evolve over their lifespan, from infancy to old age.

Most scientific research on human development has focused on the period from birth to early adolescence. This is due to both the rate and magnitude of psychological changes observed during these periods and because they occur at an optimal time for early mental functioning leading up to adulthood. A primary motivation for many researchers in this field has been to determine how the peak of adult intellectual capacity was achieved in previous stages. (Bornstein, 2022)

EFFECT OF COVID 19 ON HUMAN BEHAVIOUR

After strict lockdowns and restrictions on activities outside the home, it is not surprising that people's mobility around the world has declined dramatically. It has been in place for weeks, needless to say, but compliance with the imposed restrictions is beginning to wane. A study published in Nature Human Behavior found that researchers could hold a 'sweet spot' of travel that was higher than the restrictions imposed but lower than before, even as people began to become less compliant with travel restrictions. I have discovered that it is possible. On the other hand, wearing a mask seems to increase linearly throughout 2020, suggesting it's a behavior that needs getting used to. (The Source, 2022)

The COVID-19 pandemic may intensify psychological disorders or precipitate others, for instance, anxiety, depression, PTSD, alcohol misuse, obsessive-compulsive behaviors, panic and paranoia (Dubey et al., 2020; Islam et al., 2020).

KEY COMPONENTS OF THE EMOTIONAL AND BEHAVIORAL RESPONSE TO COVID-19 PANDEMIC

1. FEAR AND UNCERTAINTY

Unlike other 21st-century viral outbreaks, such as SARS and MERS, which spread primarily in hospital settings (Bai et al., 2004; Cauchemez et al., 2016), COVID-19 goes far beyond the scope of infection. It is unique in that it spreads World health centers out. With entire populations at risk, the necessary stay-at-home measures have created a scenario of unprecedented fear and uncertainty. Fear is an important adaptive mechanism by which humans and other species have evolved to cope with environmental threats, but fear can only support those who feel they are particularly capable of coping with the threats they are exposed to. Fear can trigger defensive reactions in those who feel unable to cope with such risks (Bavel et al., 2020). Therefore, in a situation where fear affects not only death but a myriad of different areas, such as family structure, school closures, social isolation, and economic impact, it is imperative to pay close attention to an individual's mental health. essential (Ornell et al., 2020). In fact, previous studies have shown that anxiety is positively associated with depression, anxiety, perception of infectiousness, and aversion to germs (Ahorsu et al., 2020). Moreover, another negative effect of fear is stigma and discrimination against those who have COVID-19 or are showing symptoms (Ahorsu et al., 2020).

2. STRESSORS

In the context of pandemic, stressors should also be considered when assessing emotional and neuropsychological impact. These primarily include his COVID-19-related situations such as: B. Potential exposure to the virus and loss of loved ones, and secondary to financial hardship, food insecurity, psychosocial impact, disruption of future plans, and potential physical and psychological conditions adversity (Islam et al., 2020; Pfefferbaum and North, 2020).

3. ECONOMIC FACTORS

The ongoing pandemic caused by COVID-19 has caused a pronounced economic crisis in key areas of work and business, such as manufacturing, retail, travel, and commerce (Restubog et al., 2020). Unemployment is rising and even the most stable former employers are at risk of losing their jobs. The International Labor Organization estimates that by the end of the second quarter of 2020 he will have 25 million new unemployed people (Restubog et al., 2020). Moreover, surveys of U.S. workers before and after previous recessions suggest that wage cuts, shorter working hours, increased labor demand, and difficult working conditions may be part of this pandemic contingency plan. (Restubog et al., 2020). Business disruptions and bankruptcies, outstanding debts, unemployment stress, poverty, inability to support families and food insecurity are just a few examples that represent a very severe scenario in terms of the economic impact of this pandemic (Bhuiyan et al. ., 2020; Dsouza et al., 2020; Mamun and Ullah, 2020). Indeed, lack of basic services such as water, food, clothing, and housing appears to be a particularly pernicious source of frustration, fear, and anger (Brooks et al., 2020).

4. DOMESTIC VIOLENCE

In fact, as the "stay at home" recommendation continues to be enforced, it's important to remember that home isn't always a safe place for everyone. It is also supported by research suggesting that forced intimacy is a risk factor for aggression and domestic violence, along with economic stress and disaster-related instability, and can be a venue for power distortion and abuse. (Bavel et al., 2020; Usher et al., 2020). Furthermore, for people living in high-violence areas, distancing measures represent reduced access to community-based and family support, and fewer opportunities to seek help (Usher et al. ., 2020). The fear of COVID-19 and the threat of contagion are even used as coercive mechanisms to perpetuate abuse. As a result, victims of domestic violence, for example, may be less likely to go to the hospital for fear of infection. Ultimately, while social distancing is essential to contain COVID-19, it can exacerbate and obscure violence (Usher et al., 2020).

5. CHANGES IN DAILY HABITS

Changes in diet and lifestyle were evaluated in a survey of 3,533 Italians aged 12–86 that was conducted in April 2020. There was an increase in appetite among 34.4% of respondents, whereas a decrease in hunger was seen among 17.8%. Half of the people who took part in the research noticed that they had put on weight while the epidemic was going on. In addition, those who were already physically active increased their training frequency, whereas those who weren't before the COVID-19 lockdown didn't change their activity levels at all. Around 3% of smokers have quit smoking in this period, probably due to the fear concerning increased risk of respiratory distress and mortality from COVID-19 (Di Renzo et al., 2020).

6. INDIVIDUAL RESPONSE TO STRESS

The COVID-19 pandemic may exacerbate psychological disorders or predispose others to psychological disorders, such as anxiety, depression, PTSD, alcohol abuse, obsessive-compulsive behavior, and panic and paranoia (Dubey et al., 2020; Islam et al., 2020). A national survey in China of more than 52,000 participants found that nearly 35% of respondents experienced psychological distress due to SARS-CoV-2 (Qiu et al., 2020). In this study, women appeared to be more susceptible to stress than men, although this result is inconsistent across the literature (Huang and Zhao, 2020). Therefore, some of the most cited psychological consequences of the pandemic will be discussed in more detail.

7. PSYCHOLOGICAL DISORDERS SECONDARY TO THE COVID-19 PANDEMIC

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8. ANXIETY AND DEPRESSION

Anxiety, one of the main themes assessed, has increased significantly in society during this pandemic period (Huang and Zhao, 2020; Li et al., 2020; Qiu et al., 2020; Teufel et al. al., 2020). A research team in China analyzed the online posts of about 18,000 Chinese social media users before and after the COVID-19 outbreak in China on January 20, 2020, and found an increase in increased words that reflect negative emotions, including anxiety, depression, and anger (Li et al., 2020). One type of anxiety in particular deserves mention: health-related anxiety. Misinterpretations of body sensations, false ideas about health and illness, and maladaptive coping mechanisms are the main features of this disorder. Consequences of this disease include compulsive hand washing, isolation from friends and family, frantic shopping, and wasteful expenditure on preventative measures like hand sanitizer, antibiotics, and face masks. (Asmundson and Taylor 2020). Indeed, especially for suspected COVID-19 cases, the development of obsessive-compulsive symptoms may be the result of anxiety related to their state of health (Dubey et al. events, 2020). There was a similar increase in depressive symptoms (Bavel et al., 2020; Pfefferbaum and North, 2020; Restubog et al., 2020; Sher, 2020a). Interestingly, less educated groups seem to be more susceptible to these manifestations in the context of epidemics, especially because of its access to unreliable information and apprehensions about its academic training (Pfefferbaum and North, 2020).

9. MENTAL HEALTH VULNERABILITY

Certain groups are more vulnerable to the greater emotional, behavioral, and psychological impact of the COVID-19 pandemic. The most cited will be addressed in this discussion. However, other groups at increased risk for mental health effects from the pandemic include people with pre-existing health conditions, people living in care homes, family caregivers, and COVID patients and members of their families (Dubey et al., 2020; Khan et al., 2020)

One of the key groups in this category is healthcare providers during the pandemic, especially frontline workers. In the midst of the alarming circumstances of this medical emergency, these professionals are faced with different circumstances and pains, including the fear of catching and infecting others, the volume of higher workloads, considerable pressure, pain of losing patients and colleagues, the still unpredictable nature of the virus, inadequate testing, limited treatment options, and disruption of usual routines, and insufficient personal protective equipment and other medical supplies, especially in developing countries (Chew et al., 2020; Lancet, 2020; Mamun et al., 2020c; Pfefferbaum and North, Year 2020). Evidence indicates that such conditions may make them more vulnerable not only to physical symptoms, including headaches and sore throats (Chew et al., 2020), but also to a burden on mental health, with increased levels of anxiety, depression, stress, irritability, insomnia, anger, and frustration (Brooks et al., 2020; El-Hage et al., 2020; Pfefferbaum and North, 2020; Zhang J. et al., 2020). Organic disease has emerged as an independent risk factor for these outcomes in previous studies (Zhang J. et al., 2020).

10. ALCOHOL ADDICTION

Alcohol sales have also been banned in some countries during lockdowns. Arguments for maintaining restrictive requirements include limiting the ability of intoxicated persons to carry out preventive measures, the effects of alcohol consumption in domestic violence, the effects on the immune system, and finally acute care for emergency services. (Nadkarni et al., 2020). Nonetheless, more abstinence syndromes occurred in addicted patients as a result (Narasimha et al., 2020). At the Psychiatric Emergency Service in Bangalore, India, severe withdrawal symptoms (seizures, delirium tremens, and hallucinations) after lockdown he doubled per day (Narasimha et al., 2020). In addition, increased black he marketing of alcohol, consumption of non-drinkable alcohol, and even suicide of addicts has been reported in India (Nadkarni et al., 2020). In fact, it has been suggested that alcohol consumption is an important risk factor for decompensation in mental disorders, which can ultimately lead people, especially weaker and more vulnerable individuals, to suicide (Conejero et al. 2020).

The emergence of SARS-CoV-2 in December 2019 has caused surprise in many parts of the world. Its rapid spread led the World Health Organization to declare him a pandemic in March 2020. Aiming to stem the spread of the virus, leaders in many countries sought to flatten the contamination curve by curbing social movements and social distancing. It was intended to

analyze how human behavior has changed. It also explores how internal and external factors such as key components of emotional responses to the pandemic, personality traits, gender, media, economy and government responses affect social perceptions of the pandemic and the psychological consequences of the current scenario. In addition, the research tries to investigate groups at high risk of suffering mental health distress as a result of these situations. include disadvantaged groups, homeless, prisoners, rural communities, and mentally ill. We have also described some actions that can minimize the emotional impact of this scenario. To help vulnerable groups and promote emotional and psychological support strategies, health authorities, governments and communities have a say. Additionally, it is fundamental that the public receive accurate information about the COVID-19 pandemic.

RESEARCH METHODOLOGY

The information was gathered using a web-based survey created in Google Forms and a follow-up telephone interview. The members of the research group sent out emails, Facebook messages, Instagram posts, and WhatsApp messages to their personal and professional networks with a typical study invitation message and a link to the online survey. With the help of our volunteers, we were able to conduct a countrywide poll, which was extremely important given the current pandemic scenario. If a participant's literacy or technological skills were too low for them to complete the Google Form independently, researchers conducted a phone interview and completed the form for them.

RESEARCH STRATEGY

The research paper is focused on identifying the long-term effect of the covid-19 pandemic on the social and behavioral lifestyle of individuals. The paper also identifies the key elements in the same and understands the reasons behind it. The primary source of data collection in the paper was through questionnaire and the surveys. The sample size was around 200 and the data collected was regarding their demographics, educational background, the place of belongings, number of events and ceremonies they have attended recently, and according to them, what could be the appropriate size of the guests at the birthday parties, functions and anniversaries, and also the association of all these data with the level of tension, fun and family closeness. The data is also linked in order to discover a link between the number of guests at the gatherings and the financial savings that result from it. The relationship between various determinants/ constraints is established and various tests have been conducted to measure the relationship amongst all the constraints and its effect on social lives of individuals post pandemic.

The pandemic has affected several areas and industries. Since the outbreak began, healthcare providers have received more support, solidarity and gratitude than ever before. Nonetheless, attacks on healthcare continue to be reported, now including incidents related to her COVID-19 pandemic around the world.

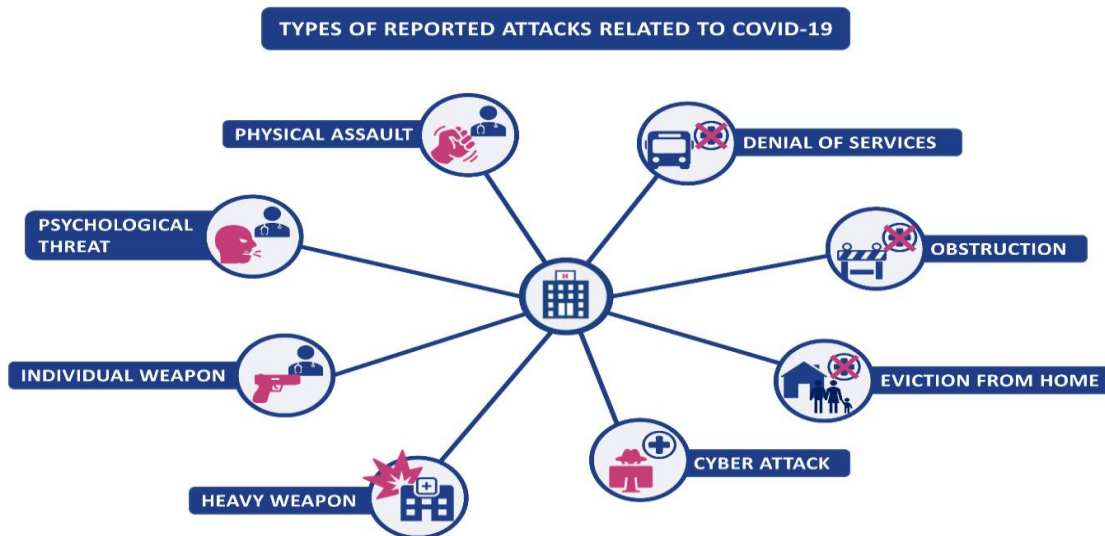


Figure 1. Types of Reported Attacks related to Covid-19

This unprecedented public health emergency demonstrates that healthcare facilities, medical transport, patients, healthcare workers and their families can be targeted anywhere. This alarming trend reinforces the need for improved measures to protect healthcare from violence. Protecting the health and lives of frontline healthcare providers during the COVID-19 pandemic is more important than ever to enable a better global response. (WHO, 2020).

RESEARCH METHODS

COVID-19 is still evolving and the situation is largely unknown. The main aim of the study is to identify various elements that have been affected in human life and key changes on individual behavior, due to the pandemic. Thus, the scope of the study may be limited to a certain area in a particular time frame, but it can be a preliminary study that provides direction for future studies (Jennings, 2010).

The research also uses survey and questionnaire method to collect data from people from different backgrounds, religion, areas and educational levels. The data is collected to further analyze is using chi-square test in R studio as the segments of the data was more than 2, and was categorical.

DATA ANALYSIS

Hypothesis:

H0: There is no association in the number of people of attending wedding before and after pandemic

H1: There is association in the number of people of attending wedding before and after pandemic

OUTPUT:

Pearson's Chi-squared test

X-squared = 3.8148, df = 3, p-value = 0.2822

INTERPRETATION:

Since the p value is more than 0.05, hence there is no association between number of people of attending wedding before and after pandemic.

Limiting food waste and shopping more health consciously are the top two priorities for consumers
Proportion that agree or significantly agree with statement and are likely to sustain this post-outbreak

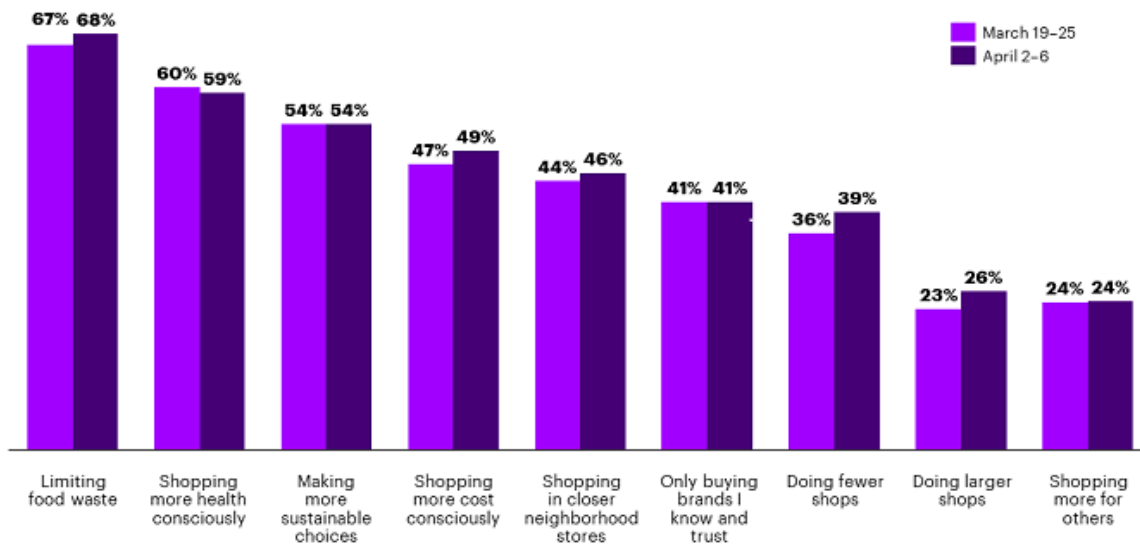


Figure 2: Impact of Covid-19 on the industry

After the analysis of data, the level of significance is 0.44511624 showing that there is a significant relationship amongst educational background of individuals and their fear to go to social gatherings. People with higher level of education fear the pandemic outcomes more than compared with the people with lower level of education. Therefore, it is well established that there is a significant relationship between educational background and the fear of social gatherings in the individuals.

After the analysis of the data, the level of significance is 0.22250538 draws an understanding that there is a significant relationship between people fearing to go to social gathering and people belonging to different parts of India. People belonging to the all the parts of the country fears the pandemic equally. Therefore, it can be interpreted that there is no significant relationship between people belonging to different parts of the country and the fear of social gatherings in individuals post pandemic.

People in the sample size have attended very few wedding ceremonies in the recent times, due to the fear of the pandemic. The level of significance is $3.74406E-15$. As with the increased lockdown in different corners of the country, and imposed restrictions, a higher percentage of people attended less than 5 wedding ceremonies in recent times.

Ceremonies before the pandemic used to have gathered more than 200 to extended limit in each and every wedding. But due to the increased fear, and to maintain the protocols as well as precautions, people tend to avoid going to crowded places. Thus, there is a significant relationship between low attendees at wedding ceremonies and fear in individuals regarding the pandemic. The significance level of the relationship between people fearing to go to social gathering and size of people in wedding ceremonies post pandemic is $5.32508E-15$.

As mentioned in the last testing, the results of the wedding ceremonies attended due to the fear of the pandemic, significantly conclude the size of the people gathered. There is a significance relationship between people fearing to go to social gathering and birthday parties they have attended in the last 2 months and the level of significance is 0.65141494. There is a declination in the percentage of people when compared to the size of the gatherings of the times pre-pandemic.

The significance relationship between people fearing to go to social gathering and lower size of people in weddings shows significance level as 0.0797917. The fear of the pandemic and protocols, as well as restrictions, combine to be the result of lower size of the crowd, or gatherings in social functions, events and birthday parties. People all around the country have noticed to be in great fear which has affected their emotional, physical as well as mental health. This is a major reason for which individuals are avoiding crowded places as well as functions and events, to prevent the risk of the Covid19 virus as well as to maintain social distancing at public places. Therefore, there is a significant relationship between size of the ceremonies and fear in individuals.

Increased fear in individuals inclined towards increase in awareness regarding Covid safety protocols and people, in order to avoid the consequences, have strictly started following the imposed restrictions and safety measures. There is a significance relationship between people fearing to go to social gathering and size of crowd in social gatherings post pandemic with significance level as 0.35367525.

This has in-turn declined the number of guests in the social gatherings. Therefore, it can be said that there is a significance relationship between people fearing to go to social gathering and lower size of people in weddings.

With reference to the safety measures, restrictions by the government, increased awareness, and guidelines with precautions, people have become more responsible towards breaking the chain of the pandemic. In turn, individuals have started avoiding visits to social gatherings. This has lowered the size of the audience when compared with time before the pandemic.

Since, the fear regarding the pandemic has made people understand the protocols and precautions, and due to this there is a lower size of gatherings at social events, it can be stated that there is a significance relationship between people fearing to go to social gathering and size of crowd in social gatherings post pandemic.

It is found to be higher level of stress in ceremonies and functions with comparison to the time before the pandemic. This is because people are more under stress, and also not able to meet each other due to government impositions. Earlier, weddings and ceremonies invited people and relatives even from different corners of the country, but now, with changing times and environment, people are not able to spend time in the gatherings with their loved ones if they are in different parts of the country.

This shows a no significant relationship between people fearing to go to social gathering and level of stress during weddings and other social gatherings, with significance value as 0.04980476.

The statistics have concluded that the level of fun has affected due to the pandemic. People used to enjoy gatherings with their loved ones before the pandemic, but now due to the fear and restrictions, people stress, and are very anxious. This has affected the quality of fun. Thus, there is lower level of fun with increased level of fear in the individuals post pandemic with significance value as 0.50533113.

Due to the increased fear of the pandemic all over the country, people tend to avoid social gatherings, events, ceremonies, and birthday parties, as well as other occasions. This has reduced the size of the guests in the events and thus, reduced the cost incurred by the event organizer, and significance value is 0.67569907.

All of this is linked to thereby reduction in cost incurred and a positive increment in the financial savings of the individuals. Therefore, there is a significance relationship between people fearing to go to social gathering and efficiency in financial savings.

LIMITATIONS

The research consists of various limitations including various elements that could not be interpreted using questionnaire method.

The study does not involve interviews and conversations with industry experts and their opinion on the research.

The area of the study is limited to Indian population.

The research excludes statistical details of each and every aspect of human behavior that is being affected.



Figure 3: Suggestions for the betterment

CONCLUSION

The study found out that with the increase of education level in individuals, there is a higher level of fear. This is because of the knowledge of the consequences and the awareness regarding the risk of the after-effects of the pandemic.

The world has been brought to its knees by COVID-19. It is crucial to maintain equilibrium in our lifestyle and conduct as the world works to halt the spread of COVID-19 and optimize the rising load it poses. During this time of crisis, there is an

urgent need for public monitoring and guidance. There is a huge need for a unified, trustworthy platform for health education programmes to help people learn more and become more aware.

The research conducted has concluded that there is an increased effect on the size of the guests in weddings, gatherings and parties, which has left the option of just the closed ones to be attending the events and functions. This has improved the level of family closeness, which earlier was not found. People post-pandemic; have started giving more priority to the family, as compared with the times before the pandemic, which in turn have shown a positive impact on family closeness.

People now prefer less crowded and more spacious environment and locations, rather than the opposite, as of the earlier times.

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