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"PSYCHO-BEHAVIOURAL ANALYSIS OF THE INDIAN COMMUNITY: EVALUATING PUBLIC POLICY IMPACT DURING LOCKDOWN"

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Abstract
Purpose –The study's purpose is to understand the engagement activities of Indian citizens during the lockdown during the scary COVID-19 pandemic.
Design/methodology/approach—a quantitative study is carried out with 401 samples surveyed across different cities of India to understand their routine life, engagement in various activities, and obedience to government rules laid during the home quarantine. The collected data are analysed using SPSS 25.0.
Findings—the study revealed that citizens abided by the rules vowed by government bodies to contain the virus. Businessmen and working-class people followed the rules extensively.
Research limitations – The current study was conducted during the lockdown period; hence, the survey was conducted through a digital platform, and no personal touch was established to complete the questionnaire.
Practical implications—The study can be used to understand the mental map of citizens during a pandemic and isolating situations; further detailed study can provide stress busters to keep citizens calm and peaceful.
Originality/value—No sure-shot oral medicine has been discovered for coronavirus. Furthermore, the vaccine has a limited success ratio, and people are still being affected by the virus. In this situation, going isolated for two weeks is crucial. Spending two weeks in isolation can lead to other mental problems, and the current paper will help to understand what activities can calm the stress of the common public.

Keywords – Public administration, Public Mental health, Public Policy, COVID-19, and indoor games.

1. Introduction

Corona sounded like a new virus to many; however, severe acute respiratory syndrome (SARS) was first described in November 2002, when inhabitants of the Guangdong region, China, presented with an influenza-like illness that began with headache and fever, often followed by pneumonia, respiratory dysfunction, and death (Gautam et al., 2021). The etiological agent of SARS was identified as a novel coronavirus (CoV), SARS-CoV [18, 24, 47, 50, 112]. Conventional public health measures successfully contained the 2002-2003 SARS-CoV epidemic strain by July 2003 (Li et al., 2006). Corona Virus originated in Wuhan City of Hubei province. It is named COVID-19 because it infected people in December 2019 and is called Corona Virus Disease 2019 (Sheikh, 2023).

The spread of COVID-19 was so fast that a rare country was untouched by Corona. On 11th March 2020, the World Health Organization declared the coronavirus a Pandemic. The virus spread so wildly that it infected 3,827,656 people worldwide and 39 237 264 in India (https://www.worldometers.info/coronavirus/) till 21st January 2022. After USA, India was had the second largest COVID cases (Suresh, 2023). The primary solution to deal with

COVID-19 was physical distancing. The Indian and state governments levied lockdowns in the entire country to contain this disease and prevent infection among other people who were not infected yet in different phases; the first lockdown was for 21 days. The Government used two tools of law to contain this virus, viz—the Epidemic Disease Act, 1897 and The Disaster Management Act, 2005. The local authorities also posed section 144 (Curfew) to maintain the order.

During the lockdown period, people were facilitated with access to the Internet, mass media, messengers, and more. Individuals were allowed to go outside the home for valid reasons, and persons related to essential activities like Bank Employees, Municipal workers, medical staff, and grocery storekeepers were granted to go out. However, people under lockdown could spend time on digital platforms by watching movies and series on different portals. Moreover, other options like playing board games were handy. People with fitness approaches were tied up under the house. Therefore, such people had the option of doing yoga online and offline. The shooting of television shows and movies was halted as per the government order. However, many television channels decided to telecast some golden moments like Ramayana and India VS Pakistan World Cup matches. Due to the coronavirus, these activities were called up to engage citizens during the Lockdown Period (Keshri, 2020).

The present Indian Government, on a trial basis, implemented a *"Janata Curfew*" (Public Curfew) on 21 March 2020. The idea was successful, and after a major outbreak of COVID-19, the immediate prime minister of the Republic of India himself declared lockdown in the entire nation live on television (Suresh, 2023). The lockdown was exercised under two constitutional Laws: The Epidemic Disease Act of 1897 and The Disaster Management Act of 2005. The local administrative bodies also made various decisions to maintain the lockdown by the central Government. During this lockdown, many initiatives were taken by the Government.

The average metropolitan citizen watches two hours of television daily during weekdays (Vaidya & Dua, 2022). The most popular shows were re-telecasted on Government Channels, a substantial supply of essential goods was promised, engagement of local bodies communicating the benefits of social distancing and the lockdown, and colossal investment in Media and communication stating how to remain safe during the hard times of COVID-19.

Contradictorily, citizens were also engaged in work-from-home options. Therefore, it becomes coherent to understand what people would do during lockdown to keep them engaged while at home. The research has attempted to understand people's daily course of action to keep themselves engaged during lockdown.

2. Literature Review

World Health Organization on 11th March 2020 declared the COVID-19 pandemic. Data from China indicated that older adults, particularly those with severe underlying health conditions, were at higher risk for severe COVID–19 associated illness and death than younger individuals. Approximately 80per per cent of deaths occurred among adults aged ≥60 years; just one (0.1 per cent) death occurred during a person aged ≤19 years (Alipio, 2020). The mortality rate seen is 2-3 per cent in all cases, whereas very few in the case of infants. It takes 14-18 days of isolation under medical observation to recover from COVID-19. The researchers claimed isolation is the only key pillar to contain this virus (Kam et al., 2020). The average length of hospital stay for a SARS patient in Toronto was 14 days (Gupta et al., 2005). Handful information is available about the clinical presentation, clinical course, and risk factors for severe COVID-19 in children (Alipio, 2020). When SARS first emerged in China (2003), it was thought to be little more than a severe strain of influenza. During that time, the efficacy of quarantine was proven globally during the outbreak of

SARS (Gupta et al., 2005).

Infectious diseases, like the plague and cholera, that were extensive throughout a broad geographic area from India to Europe occasionally reached epidemic proportions during the 19th century. The allowance of international trade made the port cities potential sources of communicable diseases throughout the Mediterranean. Quarantine structures were equipped to isolate maritime travellers and crew, called Lazarettos (Arslan & Polat, 2017). The practice of compulsory isolation abstractly served as a bird's view on changing views towards labour migration: the need to protect the population, both elite and labour (Cianciosi, 2019).

The results of the study (Gupta et al., 2005) indicated that quarantine is not only effective at containing SARS, but it is also cost-saving when compared to not implementing a widespread containment mechanism. The study also stated that modern medicine, such as SARS, would be ineffective if the virus remains unknown. Antiviral drugs and antibiotics would be of slight use. The simplest and most effective tool is quarantine. A study (Cianciosi, 2019) discussed that the British Empire built a quarantine station on the Flat Island of Mauritius in the Indian Ocean to prevent the pandemic situation of cholera during the second half of the 19th century. 'We have been warned'. "The next pandemic will probably be much more contagious and, perhaps, more lethal than SARS" – Said Dr. Alison McGeer, epidemiologist at Toronto's Mount Sinai Hospital.

In cases such as leprosy / Lassa fever, isolation/quarantine has been a major key changer in controlling the spread of infectious diseases since ancient times. The importance of isolation is to reduce the chances of a healthy individual encountering an infected human. With limited access to pharmaceutical options such as vaccines and proven treatment, isolation is one of the finest choices to control or reduce the transmission rate of infectious diseases (James et al., 2015). To weaken the wide-ranging hazard of a blowout of acute SARS infections, Standard recommendations to avoid the spread of such infections comprise regular hand washing and covering the mouth during coughing and sneezing (Rao et al., 2020). During the H1N1 pandemic 2009, the Australian state of Victoria, with nearly 5 million residents, enforced home quarantine for seven days. The strategy was targeted at school children with the condition that they do not have exposure to non-household members with restricted Childcare options (Kavanagh et al., 2012).

The study (Tognotti, 2013) concluded in her research that it has been long since quarantine became the essential strategy for containing communicable disease outbreaks. Pandemics such as the 2003 SARS outbreak and the 2009 influenza A (H1N1) pdm09 forced the administration to use traditional public health tools. During the twenty-first century pandemic for better sanitation of society, especially in the absence of pharmaceutical medications, quarantine helped contain the infection, delaying the spread of it, averting terror in the mind of people and deaths and maintaining the health infra of the nation.

Three main streams have compelled the concept of quarantine. First, it involves the personification of epidemics, which has developed a concrete connection between travel and the outbreak of disease. The second central aspect of isolation/quarantine is the capability of a social organisation to provide the necessary infrastructure for quarantining / isolation. Dedicated infrastructural facilities are obligatory, and competent authorities must make and enforce laws. The third and last aspect of implementing the quarantining concept is the role of science (Mafart & Perret, 1998).

The study by (Tracy et al., 2009) conducted over 500 individuals through a telephonic survey over the perception of people under quarantine and maintaining social- distancing. The results showed that it is necessary to gain public support before implementing quarantine, social distancing, and other health measures. Health and public administration can only do well when the public is communicated logically and ethically during outbreaks

of infections and commutable diseases. However, a study (A. Kumar & Ayedee, 2021) suggested that lockdown is not a long-term solution and will result in an economic slowdown. Industries like tourism are affected the most by the lockdown and may take a long time to revive (Bhatia et al., 2022). COVID-19 will also impact mental health and job opportunities (S. Kumar, 2021).

3. Methodology

The scope of the study is limited to India, and the digital questionnaire was floated through platforms like WhatsApp and email using Google Forms. As people were under lockdown, the study was carried out randomly using the convenient sampling method. The respondents' queries were solved by using WhatsApp messenger and phone calls. A total of 414 responses were received; however, a few of them were duplicates in nature. Hence, they were removed, and a total of 401 responses were considered for final data analysis.

The sample size was determined by reviewing the existing research in similar studies (Kavanagh et al., 2012); a study of 133 Samples; (Tracy et al., 2009): a study of 500 samples; (Piotrowski & Guyette Jr, 2009): a study of 52 Samples; (Somer et al., 2005): a study of 32 Samples; (Kumari et al., 2021): a study of 519 samples. A similar kind of study conducted in Srilanka (Mirza et al., 2022) can also justify the sample size.

The questionnaire included dichotomous, multi-choice, and scaling questions. Descriptive statistics was exercised using Frequency, Crosstab, Multiple Response, Factor Analysis and ANOVA test. Crosstab was performed on Gender, Occupation, 'Rules followed as stated by the government', 'Engaged in different activities' and 'Time spending in different activities' to find the frequency in numbers and percentage of individual variables and Co-variable. All types of analysis were performed using IBM SPSS 25 for Windows.

4. Data Analysis

TABLE 1

Demographic Profile, Abiding the Rules and Time Spent of Respondents Particulars

Occupation	**Male**	**Female**	**Total %**	
Business	47	14	61	15
Private Job	108	96	204	51
Government Job	8	8	16	4
Student	45	60	105	26
Retired	2	1	3	1
Other	3	9	12	3
Abiding the rules				
Are You Following Rules as Stated by Government?				
No, I'm Not Following	0	0	0	0
Partially	27	12	39	10
Yes, I'm Following word by word	186	176	362	90
Time Spent by Survey Respondents				
Rating based on 'Work from Home'				
No Work from Home	71	75	146	36
Less than 2 Hours	56	47	103	26
2-6 Hours	69	53	122	30
More than 6 Hours	17	13	30	8
Total	213	188	401	100
Percentage	53	47	100	

A total of 401 respondents were studied in the survey on how people spent their time during the lockdown period. Table 1 summarises demographic characteristics, Abides by the rules, and shows status and time spent. The survey included 213 (53 per cent) male respondents and 188 (47 per cent) female respondents, which showed a near balance of samples based on gender.

The descriptive analysis revealed that 204 (51 per cent) respondents were engaged in a private job; 26 per cent were students, the second- highest percentage of the total pie; and 61 respondents (15 per cent) were business class people, the third-highest percentage of respondents among the occupation categories.

State government and local bodies had implemented different laws during the lockdown; it was necessary to understand how people took this lockdown; results showed that 90per cent of people followed the rules word by word stated by the Government bodies, whereas 39 (10per cent approx.) followed partially; zero respondent accepted that they are not following the rules at all. Corona (COVID-19) is a community-spreadable disease; hence, the data greatly relieve society as people follow the rules to a greater extent. 87 per cent of the Male respondents and 93 per cent of the female respondents followed all the rules as stated by the Government to prevent themselves from the coronavirus, and hence, the situation of the country is under control compared to other countries like China, the USA, Italy etc. Approximately 64per cent of people were engaged in 'Work from Home' and out of them, 30per cent people were doing 'Work from Home' for 2-6 hours. 36 per cent of the total respondents did not do 'Work from Home' which is very few. 66 per cent of male and 60 per cent of female respondents were engaged in 'Work from Home', which shows both males and females are, on average, equally engaged in 'Work from Home', which is an excellent sign to balance the economy.

Table No. 2 represents time spent by the people in different activities rated on different scales like 'Not Implemented', 'Partially Implemented' and 'Highly Implemented'. It can be stated that most of the people were highly involved in doing home chores (washing utensils, mopping, dusting etc.), surfing mobile phones and using social media (WhatsApp, Facebook, Instagram etc.) that, were 192 (48 per cent), 162 (40per cent) and, 156 (39per cent) respectively. It can also be stated that 192 (48 per cent) people were helping their family by doing home chores like washing utensils, mopping, dusting etc. and out of them, 35per cent of males and 65per cent of females were engaged, that revels, males also supported in daily chores activity to a specific limit. Overall, 35per cent and 41per cent of people were spending their time in either activity by involving them highly and partially, respectively, while only 24per cent of people were not spending time in any stated activities. Most of the males were highly involved in social media (WhatsApp, Facebook, Instagram etc.) and surfing on mobile; of which, most of the females were spending their time in home chores while 25 per cent of people were spending their time in physical exercise (yoga, skipping, etc.) to keep body and mind calm and to increase immunity power in the body to prevent against Corona Virus.

TABLE 2

Response of Survey Respondents of time spent in different activities

	Male			Female			Total		
	N.I.	P.I.	H.I.	N.I.	P.I.	H.I.	N.I.	P.I.	H.I.
Old In-House Games (Ludo, Carom, Cards etc.)	71	77	65	45	77	66	116	154	131
Online Game (Ludo, Chess,	85	69	59	72	65	51	157	134	110

PUBG)									
Watching Television	44	100	69	43	84	61	87	184	130
Watching Series/Movies over Mobile Phone	58	78	77	54	63	71	112	141	148
Engage in WhatsApp, Facebook, Instagram etc.)	31	106	76	9	99	80	40	205	156
Doing Home Chores like (Washing Utensils, mopping, dusting etc.)	58	87	68	16	48	124	74	135	192
Doing Physical exercise like Yoga, Skipping etc.	67	91	55	57	91	40	124	182	95
Surfing Mobile Phone	27	108	78	21	83	84	48	191	162

*N.I. = Not Implemented, P.I. = Partially Implemented, H.I. = Highly Implemented

4.1. Factor Analysis

TABLE 3
KMO and Bartlett's Test

KMO Measure of Sampling Adequacy Bartlett's Test of Sphericity	0.620
Chi-Square Statistic	252.519
D.F. (Degree of freedom)	28
Significant value (P-value)	.000

TABLE 4
Rotated Component Matrix

List of Activity	Factor-I	Factor-II	Factor-III
Surfing Mobile Phone	0.775		
Engage on WhatsApp, Facebook, Instagram etc.	0.771		
Watching Series / Movies over Mobile phone	0.560	0.371	
Watching Television	0.497		
Playing Online Game (Ludo, Chess, PUBG)		0.825	
Playing Old In-house Game (Ludo, Carom, Cards etc.)		0.703	0.368
Doing home Chores like Washing Utensils, Brooming, Dusting etc.			0.743
Doing Physical Exercise like Yoga, Skipping etc.			0.735

Principal components factor analysis is used to find the combination of activities in which people are engaged most using Varimax with Kaiser Normalization and rotation is converged in 5 iterations (Tracy et al., 2009). Table 3 shows KMO and Bartlett's test, which indicates that the factor analysis is a suitable model for a list of activities to find highly correlated variables as its value is 0.62 ($p > 0.50$) (Malhotra & Dash, 2010). The analysis also stated that there is a relationship between a list of activities that denote different activities correlated as it is significant at $p = 0.000$ ($p < 0.05$) (Malhotra & Dash, 2010). Table 4 indicates the correlated combination of activities, which are categorised into 3 Factors (independent variables). Factor 1 includes four activities: surfing mobile phones, engaging on WhatsApp, Facebook, and Instagram, watching series/movies over the mobile phone and watching

television; it is stated that people are engaged in these four activities simultaneously. Factor 2 includes two activities named playing an online game (Ludo, Chess, PUBG) and playing an old in-house game (Ludo, Carom, Cards, etc.), which states that people are engaged in both the games simultaneously, while Factor 3 includes two activities named doing home chores like Washing Utensils, Mopping, Dusting, etc. and doing physical exercise like yoga, skipping etc. which states that people are engaged in home chores are also engaged in physical exercise. These three factors indicate a dependency ratio on more than one activity of the people during home quarantine due to COVID-19.

TABLE 5
Analysis of Variance (ANOVA)

Factors	**F*Cal***	**p-value (Significant)**	**Test of Equal Variance (p-value)**
Factor 1	1.336	0.248	0.458
Factor 2	4.801	0.0003	0.353
Factor 3	0.274	0.927	0.184

TABLE 6
Crosstab between Occupations and Games

Occupation	Playing Old In-house Games				Playing Online Games			
	N.I.	P.I.	H.I.	Total	N.I.	P.I.	H.I.	Total
Business	13	23	25	61	19	30	12	61
Private Job	69	76	59	204	92	62	50	204
Government Job	5	8	3	16	10	3	3	16
Student	24	43	38	105	28	35	42	105
Retired	3	0	0	3	3	0	0	3
Other	2	4	6	12	5	4	3	12
Total	116	154	131	401	157	134	110	401

*N.I. = Not Implemented, P.I. = Partially Implemented, H.I. = Highly Implemented

Factor analysis depicted three factors that were highly related to the group variables. Henceforth, One Way ANOVA test was performed on those three factors using occupation as a categorical variable with equal variance and Table 5 revealed that factor two, named Playing Online Game (Ludo, Chess, PUBG) and Playing Old In-house Game (Ludo, Carom, Cards etc.) were highly influenced to the people associated with the different occupation with significant value 0.0003 ($p < 0.05$). Table 6 gives a detailed description of how occupation matters and the type of activity engagement among citizens. The majority of respondents were from private jobs, followed by student fraternity. The table shows that 59 per cent of people from private jobs were involved partially or fully in 'Old in-house games', whereas only 55 per cent were involved in online gaming. The students' clan showed, 77per cent of students were involved (partially / highly) in 'Old in-house games', while 73per cent of students were involved in online gaming during the home quarantine period. The table also sheds significant light on the retired category, which shows that the people were involved in neither of the activities.

5. Conclusion

COVID-19 has obligated the Indian Government and local governing bodies to lock down the nation for long days to prevent society from getting infectious. The study revealed that the rules laid down by the different governing bodies regarding the Lockdown period of 21 days were accepted to a greater extent by the citizens, including students, working-class people, and business people, which shows people understood the seriousness of the transmissible disease, and the government promotions went right. Both males and females engaged in

some full or partial activities to employ their time in home quarantine during the lockdown. Many females were doing home chores and surfing mobile and social media. Popular indoor games were a saviour for passing the time during such tense times. The concept of 'Work from Home' seemed practical as people continued working from home during quarantine, which showed promising signs of improving the economy. Citizens also opted for physical exercise like yoga, skipping, etc. Such isolated situations can be dealt with by simple engagement activities, which can keep the individual mentally active and healthy.

6. Limitations & Further scope of study

The data was collected through a digital platform; physical touch was not possible due to the lockdown while collecting the data. Future studies can be conducted to understand the effect of quarantine on people's mental health, and further deep studies can be conducted on changes in the lifestyle and daily routine of quarantined people. Government machinery regarding integrated support constructed during COVID-19 can be viewed from the public angle.

Conflicts of interest

None declared.

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