Impact of COVID – 19 on Collegiate Students' Life Style – An analysis

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Abstract

Covid'19, the pandemic that started in 2019 is still on its wave affecting the lives and lifestyles of the people around the world. The new normal culture was introduced in the wake of the Covid'19 so that people's job, student's learning does not get affected because of this pandemic situation. But the new normal culture of online meetings, online classes, learning through e-content and writing exams online all are dependent on high speed internet connection, smart phones and laptops. This research article analyses the impact of Covid'19 on changes in the life style of college students. The research is confined to Chennai area. The research work has used survey using questionnaire method to collect the data and has used Percentage and Factor analysis method as research tools to analyse the data. It is identified from the research that there is a positive and negative change in Psychological, social, personal and habitual wellbeing of the students. These factors highly influence the life style of the college students and there is a notable change in the lifestyle of the students before and after Covid'19.

Keywords: Impact of Covid'19, psychological, social, personal, habitual, factor analysis

INTRODUCTION

The outbreak of Covid'19 (Corona virus 2 that causes Severe Acute Respiratory Syndrome) started in the year December 2019 in China causing severe effects and impacts on the living of human beings and their life style. With the outbreak of Covid'19, people got connected through online meetings, video conferencing, online classes, e-content based learning, online games which had become part and routine of many people almost everywhere. The work from home culture has changed lifestyle of working people and online classes has changed lifestyle of the students, their learning capabilities, their responsibility as students and much more. Even though the online meetings and classes were introduced, not all were able to accustom this lifestyle because of their demographic, financial and family profile. To be more specific, more number of college students has changed their routines and have adopted different life style according to the prevailing pandemic situation and some could not adopt this new normal culture.

In the interest of knowing more on the changes adopted by the students, this research article has performed a survey with set of questions that are related to the change in the life style of collegiate students. The article focuses on knowing the demographic profile and identifies the factors that influence the psychological wellbeing of the students that has happened because of the changes in their routines and introduction of new culture.

REVIEW OF LITERATURE

Dr.Pravat Kumar jena (2020), have Studied the perception of learners and educators during the lockdown and how the online education is beneficial during this pandemic situation. The study reveals that students felt very happy to utilize the time in online classes and they actively joined in various courses like Swayam, MOOC which organised by MHRD & UGC for school students as well as UG level and PG Level. The researcher suggested that the students have to follow the guidelines released by UNICEF and partners to keep the kids in safe during the pandemic.

Kimkong Heng & Koemhong Sol (2020), try to understand the key challenges posed in online learning during the pandemic and the suggestions to enhance effectiveness of this methodology. The suggestion given by the researcher is Training and orientation program about online learning tools need to be offered on a regular basis. The teachers will have the opportunity to advance their knowledge in various aspects. Educational institutions also come forward to provide various platform and instruments for the staff to present the content in the better way to their students..

OBJECTIVES OF THE STUDY

- To study the demographic profile of the Students.
- To know the family Profile of the respondents.
- To identify the factors which influencing the Collegiate students' life style during COVID -19
- To identify the variables which influencing the psychological well being of the students.

HYPOTHESES

- Students' Life style factors do not differ significantly.

AREA OF THE STUDY

The study is confined to Chennai City only.

❖ **Sample Size**

 Since the population for the survey are very large, and due to time limitation a sample   size of 300 is taken for the survey**.**

❖ **Sampling technique**

Simple random sampling method is adopted

❖ **Sources of Data**

- **Primary Data**

Survey method is employed to collect the data from the respondents and the data are collected.

- **Secondary data**

The secondary data is collected from various journals, magazines, books, articles, research papers and websites.

❖ **Research Tools**

- Percentage analysis
- Factor Analysis

❖ **Sampling Method**

The study mainly depends on the Primary data collected through a well-structured Questionnaire distributed to in Chennai alone. The Secondary data is collected from journals, magazines, books, articles, research papers and websites.

❖ **Data Instrument**

Well-structured Questionnaire

LIMITATION OF THE STUDY

- The Research Area is confined to Chennai Only.

- Sample size is only 300

- Respondent's opinion differs from time to time

ANALYSIS AND RESULTS

Table – I: Demographic profile of the collegiate Students

S.no	Demographic profile		Frequency	Percentage
1.	**Gender**	Male	147	49
		Female	**153**	**51**
		Total	**300**	**100**
2.	**Age**	**17-19 years**	**90**	**30**
		19-21	84	28
		21-23	66	22
		Above 23 years	60	20
		Total	**300**	**100**
3.	**Marital Status**	Married	15	5
		Unmarried	**285**	**95**
		Total	**300**	**100**
4.	**Disciplines**	Arts	**90**	**30**
		Science	62	20.67
		Commerce	70	23.33
		Management Studies	78	26
		Total	**300**	**300**

It is revealed from the above table that, majority of 51% of the students are female, 30% of the students fall under the age group of 19-21 years , 95% of the respondents are unmarried and 30% of the students Discipline is Arts. This proves that, majority of the students are Unmarried Female Arts students with the age of 19-21 years.

Table- II: Family's profile of the Respondents

S.No	Respondents' Family Profile		Frequency	Percentage
1.	Father's Educational Status	High School	45	15
		Higher Secondary	60	20
		Under Graduation	54	18
		Post-Graduation	63	21
		Professional degree	**78**	**26**
		Total	**300**	**100**
2.	Mother's Educational Status	High School	54	18
		Higher Secondary	60	20
		Under Graduation	**69**	**23**
		Post-Graduation	66	22

		Professional degree	51	17
		Total	300	100
3.	Father's Employment Status	**Employed**	**111**	**37**
		Unemployed	90	30
		Self-Employed	99	33
		Total	300	100
4	Mother's Employment Status	Employed	81	27
		Unemployed	**120**	**40**
		Self-Employed	99	33
		Total	300	100
5.	Family Income	Less than Rs.10, 000	39	13
		Rs.10, 000- 20,000	63	21
		Rs.20, 000- Rs.30, 000	**72**	**24**
		Rs.30, 000 - Rs.40, 000	60	20
		Above 40,000	66	22
		Total	300	100

The above table shows that, majority of the students' father and mother education qualification is Professional Degree(26%) and under Graduates(23%) respectively.37% of respondents' father are employed in Government or any other private institution,40% of their mothers are Home makers and their family income is Rs. 20,000-30,000.

FACTOR ANALYSIS

Factor Analysis aims at grouping the original input variables into factors which underlie the input variables. Each factor will account for one or more input variables. Theoretically, the total number of factors in the Factor analysis is equal to the number of factors in the study can be reduced by dropping the insignificant factors based on certain criterion. Here, the results of Factor analysis carried out on the variables of the student's life style are given below.

The KMO measures the sampling adequacy (which determines if the responses given with the sample are adequate or not), Kaiser-Meyer-Olkin Measure of Sampling Adequacy which should be close than 0.5 for a satisfactory factor analysis to proceed. Kaiser (1974) recommended 0.5 (Value for KMO) as minimum, values between 0.7 – 0.8 as acceptable, and values above 0.9 as outstanding. In this study to test the sampling adequacy, the KMO test is carried out and its value is **0.78 and acceptable.**

RELIABILITY TEST

Cronbach's alpha is used in order to assess the construct reliability of the scale. In order to evaluate the same, Cronbach's alpha calculated for each variable of the factors of students' life style. The table 4 shows all the resulting alpha values. The measurement shows good reliability.

DESCRIPTIVE STATISTICS
The descriptive statistics for each construct in proposed research is presented in the below table – 4. As reported in that table, there is sufficient evidence to support univariate normality of all the items and the values of skewness are below their cut off point 3 all kurtosis values are less than 8 (kline,2011 west Finch & curran,1995). The critical ratios for both skewness and kurtosis for all items are found to be within the recommended limits of -2 and +2 (kline 2011), which indicates support for multivariate normality in the data.

Table – 4: Factors Affecting Students Life style KMO (0.78)

Factor	Variables	N	Mean	Std. Deviation	Variance	Skewness	Kurtosis	Cronbach's alpha	Factor Loading
Psychological Factor	Creates happiest moments with my family	300	2.8200	1.40978	1.987	.261	-1.244	.732	.781
	Anxious to use the digital platform in the beginning stage of Pandemic	300	2.9600	1.51704	2.301	.033	-1.513	.729	.776
	Feels impatient to get more advice from the Parents regarding electronic gadgets usage	300	2.8800	1.47901	2.187	.096	-1.429	.737	.644
	Feels over helmed in using the electronic gadgets in the pandemic	300	3.1300	1.36074	1.852	-.093	-1.258	.732	.654
	Ordinary cold and fever makes me panic as the symptoms of Covid 19	300	2.9100	1.48457	2.204	.063	-1.424	.734	.678
	Feels stressed to listen the online class without any face to face	300	2.7400	1.39711	1.952	.319	-1.254	.745	.663
	Seems initial Anxiety to use the digital platforms.	300	2.8800	1.38009	1.905	.102	-1.229	.744	.643

Impact variables of Covid 19 on Collegiate students is analysed by using factor analysis and the above seven variables is falls under one group. This group is named as "Psychological Factor".
This reveals, the Collegiate students strongly agree that,Lock down during the pandemic paved the way to spent more time with their family members and learned new digital platform usages.

Factor	Variables	N	Mean	Std. Deviation	Variance	Skewness	Kurtosis	Cronbach's alpha	Factor Loading
Personal factor	Pandemic creates the best platforms to learn and get more information	300	3.0500	1.32859	1.765	-.014	-1.143	.737	.665
	Pandemic gives comfortable education at Home.	300	2.9800	1.50407	2.262	.053	-1.419	.729	.645
	Covid 19 creates good opportunities in the education sector	300	2.8500	1.41689	2.008	.141	-1.245	.731	.643
	Study materials and information requires is easily sharable through online platforms	300	3.1200	1.40478	1.987	.262	-1.344	.713	.632
	Screen surfing stain my eyes vision	300	2.9200	1.61704	2.301	.034	-1.523	.765	.624
	Great variation seems between online and offline education.	300	2.9800	1.46701	2.187	.093	-1.489	.795	.618
	Lockdown is best method of germs contamination in the pandemic	300	2.8300	1.42074	1.852	-.098	-1.458	.765	.587
	Pandemic makes more financial crisis in my family	300	2.9200	1.52457	2.204	.068	-1.494	.723	.583
	Online education methodology creates frustration in my studies.	300	2.8700	1.43711	1.952	.413	-1.284	.718	.543
	Online education encourages multi tasking ability to me	300	23100	1.37609	1.905	.109	-1.289	.727	.781
	Online platform gives more confident to speak than face to	300	2.4500	1.41978	1.987	.112	-1.444	.775	.742

	face interaction								
The above eleven variables is related to the personal opinion about the pandemic. So this factor is named as "Personal Factors".								
Social Factor	My family members and peers gets infected by this Covid 19	300	2.6100	1.48701	2.187	.234	-1.479	.763	.712
	Media creates more panic among us during the pandemic	300	2.7500	1.67074	1.853	.044	-15258	.742	.617
	Media creates more awareness about Covid 19	300	2.3900	1.47711	1.962	-.098	-1.274	.764	.745
	Ignorance of Government guidelines causes more death in my family and peers.	300	2.7200	1.38043	1.908	.072	-1.269	.721	.734
	Local panchayat/ Municipal corporation gave more immunity boosters to the people.	300	2.5100	1.40923	1.923	.418	-1.234	.738	.723
	Local Police taken more precaution measures to control the germs contamination	300	2.6300	1.51724	2.332	.105	-1.523	.716	.716
	The above six variable is concerned with social wellbeing of the society so it is called as "Social Factors"								
Habitual Factor	**Pandemic makes me so ideal and late night sleep and late wake up in the morning**	300	2.6100	1.81457	1.842	.064	-1.256	.714	.676
	Pandemic makes me to addict to the electronic gadgets and E- games.	300	2.7000	1.52711	2.209	.098	-1.434	.712	.664
	Open book examination makes me lethargically in my studies.	300	2.4100	1.86467	1.962	-.096	-1.263	.716	.643
	Staying at home, make me to eat without any hungry	300	2.3000	1.47614	1.967	.074	-1.232	.713	.642
	The above four variable indicates how the College students behaviour has been changed because of this pandemic. So this factor is coined as "Habitual Factors"								

DISCUSSION

The overall finding of the study shows that, the students feels happy and express that the lock down during the pandemic paved the way to spent more time with their family members and learned the new digital platform usages. The students also strongly agree that, online platform encourages multi tasking ability and gives more confident to speak than face to face interaction. Media creates more awareness about COVID 19 and safety measures to be taken to safeguard us and the people who didn't follow the government guidelines causes more death in the family. This pandemic insisted the children to stay alone and not to mingle with the neighbours and paved the way from indoor games & outdoor games to online games addition. This proves that, this pandemic significantly influences the students' life style in a positive and Negative.

CONCLUSION

"Nothing is impossible in the Universe" and this phrase has been proved. COVID 19 makes the education methodology as a question mark in the Initial stage. Later, it creates a good opportunity and our information technology has paved the various platforms to study without any classroom and Face to face interaction. COVID 19, pandemic constructs various virtual Platforms to learn and get valuable information across the country. The study also proves that, the COVID 19 has paved the way to improve the students well being and at the same

time it shows the other faces also like Electronic gadgets addition and Eye vision problems etc., The students have to overcome this negative influence and make use of this situation in right way. Uncertainty of this situation has been overcome and teacher can best use the various virtual platforms and tools to make the session lively and interestingly. Blended form of teaching methodology is recommendable for the future generation.

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