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RECREATIONAL ACTIVITIES OF PEOPLE TO REDUCE STRESS DURING THE LOCKDOWN - A SURVEY

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ABSTRACT:

The effect of pandemic disease has caused most people to stay indoors to protect themselves from the disease outbreak. This lockdown extension has created panic and stress among most people such that leading to mental and physical health disorders. Activities are not obligatory but are invaluable for developing talents and practical skills. Thus how far people perform the activities and its effect related to mental stress is described. For this study, a questionnaire of 14 questions was prepared and circulated among people through google forms. About 503 people were made to fill these google form questionnaires and the data collection was obtained from the responses of the google forms. These were then updated in SPSS software for data analysis. Pie charts and bar graphs were used to evaluate and interpret the results. Chi-Square test was carried out to check statistical significance and p value <0.05 was considered as significant. From the results we could observe the activities performed by

people of different age groups and sex. Thus different activities undergone by different age groups of people and its effect over stress were analyzed. Thus from this survey article, it is clear that the activities performed by people during the lockdown period help them to relieve stress and positively enrich their skills.

INTRODUCTION

The effect of the pandemic disease has resulted in lockdown to protect themselves from the outbreak of the disease. This lockdown period extension has created stress among the common people. To overcome this, people perform certain activities during the lockdown period which involves music, meditation, exercise, sports, cookery, reading books, and other social activities. In which, activities people commonly involve include music, which is an art form with a vast range of instrumentals and vocal activity ('Liddell, Henry George (1811–1898)', 2017) As well as a meditation where it involves mindfulness, focusing, and enhances attention; likewise cooking, artistic works, etc. Other activities also include gibberish findings, tongue exercises (Shruthi and Preetha, 2018), interesting games etc. Stress due to the lockdown is defined as a mental or physical related disorder which causes mental exhaustion due to the different reasons for being alone. The stress makes the people lower their performance in activities that make them depressed and create adverse diseased conditions (Samuel and Devi, 2015; Harsha et al., 2015). It also decreases the concentration capacity of the students to focus on their subjects and adversely affect an individual's studies, academic performance and well-being (Linden et al., 2005)(P.s. and Krishnajaly, 2020). Stress can also ultimately affect the physical health (Swathy and GowriSethu, 2015) and emotional environment thus leading to depression, cardiac disorders, myocardial infarction, etc(Renuka and Sethu, 2015). It also has a significant effect on emotional, behavioral, physical symptoms including muscle ache, headache, fatigue, asthma etc(Dave and Preetha, 2016; Abigail et al., 2019). These mental suppression to some people may also lead to unhealthy behavior as nutritional disorders (Choudhari and Jothipriya, 2016), junk food obese (Baheerati and Gayatri Devi, 2018); (Fathima and Preetha, 2016) cigarette smoking, alcoholism, health issues, etc. The stress also causes syndrome leading to hypertension, loss of appetite, insomnia, (Rj and R, 2016), weight loss, GI ulcers, etc(Escher et al., 1993). When the stress has increased to a high level it may also cause adverse and complicated disorders of respiratory (Timothy, Gayatri Devi and JothiPriya, 2019); (R and Sethu, 2018), cardiac and other complications.(Iyer, Gayatri Devi and JothiPriya, 2019). This study highlights the importance of the activities and the reduction of the stress level in different aged people. Thus the activities that are performed by children, middle age, old age including the gender-based will be analyzed and the amount of reduction of stress level will be evaluated. Hence, this helps to ensure other people to enrich their skills and make the lockdown period useful.

Thomas, in his study stated that stress reduction among people is enhanced by listening to music across human stress management (Thoma et al., 2013). Linnemann in his study proposed that (Linnemann et al., 2015) the prevalence of stress among the pre-clinical medical students compared to students involved in extracurricular activities had high academic performance and were

relieved from the act of stress. According to de Witte in his study, people those who are involved in other activities gain more opportunities in life, be concentrated, focused on their work, understand the value and importance of team spirit and therefore lead a stress-free life (de Witte et al., 2020)

The lacunae of this study include the limitation of the sample size within a geographical area. There is no age limitation provided in this article as all age varieties are compared for the results. Also there was no specification of occupation as it includes the comparison of stress. The aim of the study highlights the importance of activities and how these activities reduce the stress level in different age groups of people and also to compare the activities performed by different age group people.

MATERIALS AND METHOD

A questionnaire was set up and circulated among the general public population of 503 people. The sampling method used in this study was non-probability convenient random survey sampling. To minimize the bias certain measures were taken that include, to avoid leading questions, use of simple language to frame the questions and avoidance of difficult concepts among common people. A self-structured questionnaire containing 14 questions was framed which was checked for validity by three internal experts (from Saveetha Dental College) and also by three external experts (outside Saveetha Dental College). The questions inquired about the activities performed, how stressed are they during the lockdown, and do they feel stress-free by these activities. Google forms were used to circulate the questions and the responses were collected, the data analysis was carried out using SPSS software. Chi square test was used for statistical analysis and p value < than 0.05 was considered as significant.

RESULTS AND DISCUSSION

Results obtained from this survey based on activities performed by people during the lockdown and the impact of the lockdown among them states that the lockdown has made the people stressed than before and it has been observed that according to their age & sex, different people perform different activities to reduce their stress level. In which, according to the results we come to know that, 69.5 % were males and 29.5% were females of which 35.5% of the males were involved in exercises and fitness; and about 15.6 % of males were involved on social media and TV whereas for the female population about 21% of females were involved with cooking, and other activities to some extent. The age varieties were also observed which included that all age groups were actively involved in social media, TV, music. In specific we could observe as old age people prefer for meditation, music and adult age people mostly prefer to exercise, cooking, social media, and young age students were more prone to games, social media, and artistic works.

According to figure 1, the percentage of people who are stressed during the lockdown for which the responses were "yes", stressed were responded by 73.76% of the participants, and "no" not stressed were responded by 26.24% of the participants involved in this study. Thus we could observe that due to the persistence of this lockdown both males and females are mostly stressed

which are even more severe in the case of psychiatric and mentally upset people. (Hao et al., 2020). The lockdown to some extent created joy among children to spend time with family and media (Thakur, Kumar and Sharma, 2020). From figure 2, association between gender and stressed people which was done using Chi square test ($p=0.118$) was found to be statistically not significant. Out of the 73.76% of the participants who were stressed, 53.88% were males and 19.88% were females. Hence males are more stressed than females. Figure 3 represents the activities that are involved by people during the lockdown period. The activities that are commonly performed by people during lockdown which goes up to a high percentage of 44.2% in watching TV followed by 38.6% of the study population to listen to music followed by 35.9% in social media, 35.5% for exercise, 33.8% for cooking, 27.4% for games, 24.5% for artworks, 30.5% for studying, 15.6% for dance and 24.5% for sleep involved by the participants of this survey. For most people suffering from stress, find an alternative to perform some activity in their daily routine to reduce their stress (Wigston et al., 2017). People perform activities that are associated with improvement in their performance, clear view, teamwork, stress relief, and participation spirit. Thus the influence of any activities motivates the inner soul of the people to cherish (Fares et al., 2015). Figure 4 represents the response for the question, Gadgets are the only source for time pass during this lockdown period, for which about 64.81% of people have stated "yes", and 35.19% of people have stated "No". Gadgets provide apps with games, information, that gives us temporary stress - relief, and some also provide benefits (Rasche, Schlomann and Mertens, 2017). But accordingly, health and further stress are increased leading them to various adverse problems (Yan, 2018). Figure 5 depicts the association between gender and the opinion on gadgets for time pass which was done using Chi square test ($p=0.005$) which was found to be statistically significant. Out of which 64.81% of the participants agreed that gadgets are used for time pass, 17.10% constitutes females and 47.71% constitutes males. Hence males were more prone to gadgets stating it to be a time pass. Figure 6 portrays the responses that mobile phones are driving people to be "stressed" was responded by 61.03% of the people and "relieves stress" was responded by 38.97% of people. In this present (Gao et al., 2018) generation mobile phones are driving people to be more addicted and absent-minded of all ages, thus leading to several neurological mental health and physical health problems (Page, 2013). But due to the developing technological and undesirable usage people tend to use it over (Page, 2013).

According to figure 7, the questions arise as does and by what means the fitness is maintained during the lockdown for which, exercises was responded about 34.59%, sports by about 21.07%, dance by about 18.29% and other activities for 20.68% and no work by 5.37%. The fitness is maintained by people during lockdown by performing activities. Compared to males and females, males are the most who get involved in physical activities, sports, to maintain fitness (David et al., 2019). Physical activity performers have a healthy lifestyle (Pallitt, no date). But due to the obstacles and lack of implementation, these people face health disorders (Akçay and Van Cleve, 2016). Thus maintaining fitness is an important criterion among people. Figure 8 depicts the association between gender and activities undergone by the

individuals to maintain fitness which was done using Chi square test ($p=0.208$) which was found to be statistically not significant. Out of 34.59% of the participants who performed exercise to maintain their fitness 25.05% were males and 9.54% were females. Hence males were more involved in exercises to maintain their fitness. According to figure 9, the question arises as, how many hours do they meditate per day, for which 10 minutes was responded by 34.99% of the study population; 30.42% responded as half an hour, 1 hour was responded by 18.89% of people and won't meditate for 15.71% of the study population. According to the results, many people suffer from the stress of the present generation. Many have come to an awareness that meditation reduces stress and accordingly many adults and old age are only more involved with meditation (Sampaio, Lima and Ladeia, 2017). Thus meditation enhances stress management and ensures people get more focused and concentrated. But the Implementation of meditation in daily life is again a barrier (Hilton et al., 2017). Thus according to age discrimination everyone needs to practice meditation to lead a stress-free life. In the represented figure 10, we observe the obstacles faced by the people to perform the activities in which distraction was answered by 7.75% of the study population, Laziness of 23.66%; Social media of 26.84%, lack of interest of 24.06%, feeling tired by 17.69% of people participated. The people who are performing activities were found to be well excelled and pertained in their level without stress (Seow and Pan, 2014). But the obstacles as discussed are the common factors for many people who retain their performance and make them dumb. They need to overcome these obstacles for excelling their performance and obtaining opportunities (Nikkar-Esfahani, Jamjoom and Fitzgerald, 2012).

Figure 11 depicts the association between gender and obstacles faced by people during lockdown which was done using Chi square test ($p=0.349$) which was found to be statistically not significant. Out of 26.84% of the participants who responded as social media to be an obstacle, 18.09% were males and 8.75% were females. Hence males were more used to social media and considered it to be an obstacle for involving in activities. Figure 12, represents the question, does the activities performed by the people during this lockdown make them stress-free for which 76.94% of people responded as "yes", its stress free and 23.06% of people stated "No". From all the graphs it is clear that people perform some activities in their daily routine life. The Activities performed by people help them to enhance and improve their skills which motivates them at different zones to overcome their stress & other mental confusion (Hansen et al., 2017). These activities thus improve the memory, relieve the (Knifsend et al., 2018) stress factor and help to enrich their skills, however, some people due to some obstacles fail to perform those activities regularly. Henceforth this survey article is basically to enlighten the effects and the importance of the activities and the participation of each individual to develop and enrich their skills which also reduces the stress factor in their life. Figure 13 depicts the association between sex and number of stress free individuals due to the activities performed was done using Chi square test ($p=0.733$) which was found to be statistically not significant. Out of 76.94% of the participants who stated that performing activities make them stress free, 53.68% were males and 23.26% were females. Hence males stated that activities relaxes them from stress compared to females. Thus the graphs

and pie charts represent the activities performed by the people and students during this lockdown period and how it relieves the stress factor is depicted.

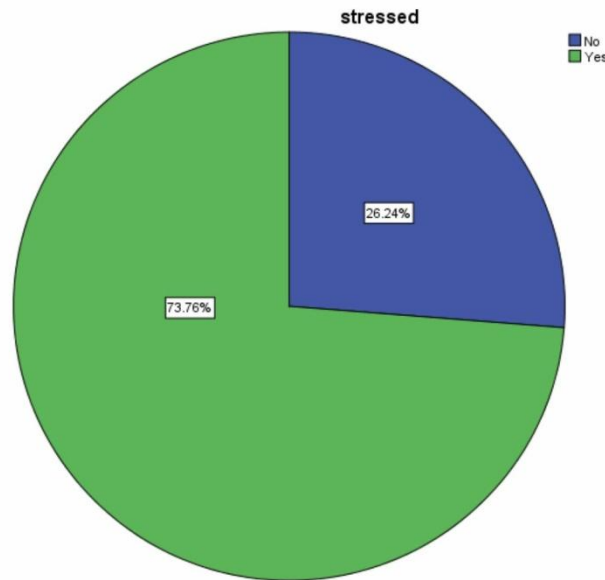


Figure 1 Pie chart representing the percentage distribution of opinion of people over stress. 73.76% of the study population responded ‘yes’, they were stressed (green), 26.24% responded ‘no’, they were not stressed (blue).

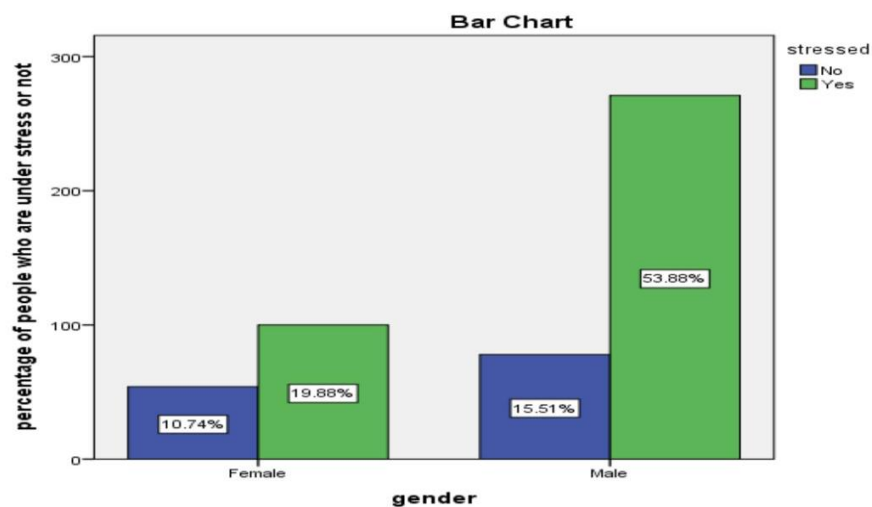


Figure 2 Bar chart depicts the association between gender and stressed people during lockdown where blue denotes ‘no’, not stressed and green denotes ‘yes’. X-axis represents the sex and Y-axis represents the percentage of people who are under stress or not. Out of the 73.76% of the participants who were stressed, 53.88% were males and 19.88% were females. Hence males are more

stressed than females. Association between gender and stressed people were done using Chi square test. However Chi square test showing $p=0.118$ ($p > 0.05$ indicating statistically not significant). Hence it is not significant

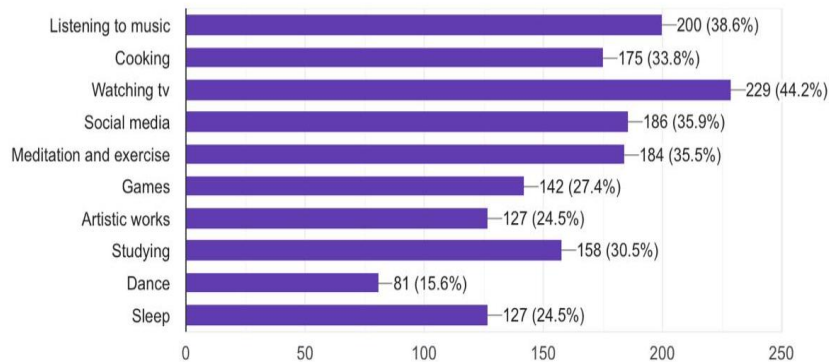


figure 3 represents the activities that are involved by people during the lockdown period. Most commonly people were watching tv with a percentage of 44.2%. X-axis denotes the number of respondents and Y-axis represents the activities involved by the people.

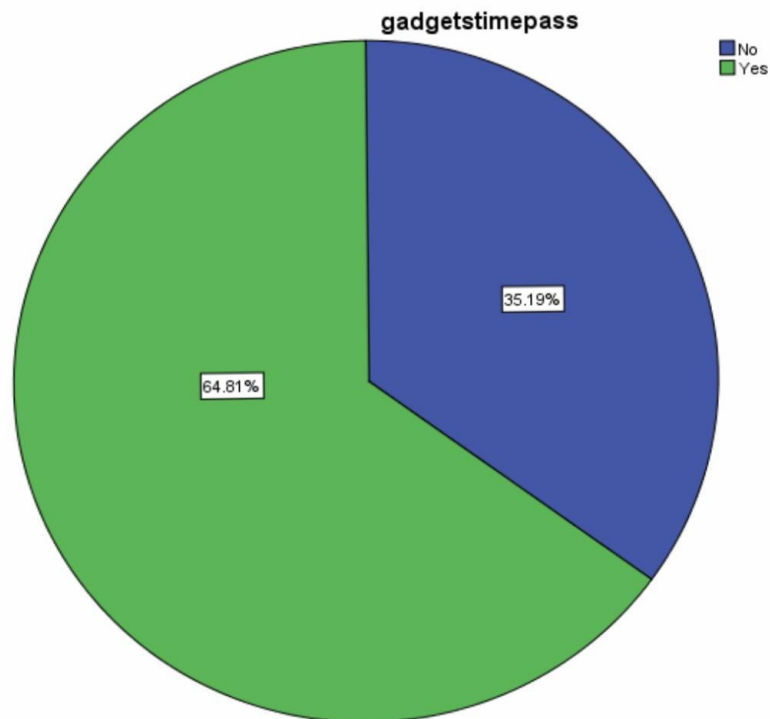


Figure 4 Pie chart represents percentage distribution of opinion of people on gadgets for timepass for which 64.81% of participants responded as ‘yes’ (green), gadgets are used for pastime whereas 35.19% responded as ‘no’ (blue), gadgets are not used for timepass.

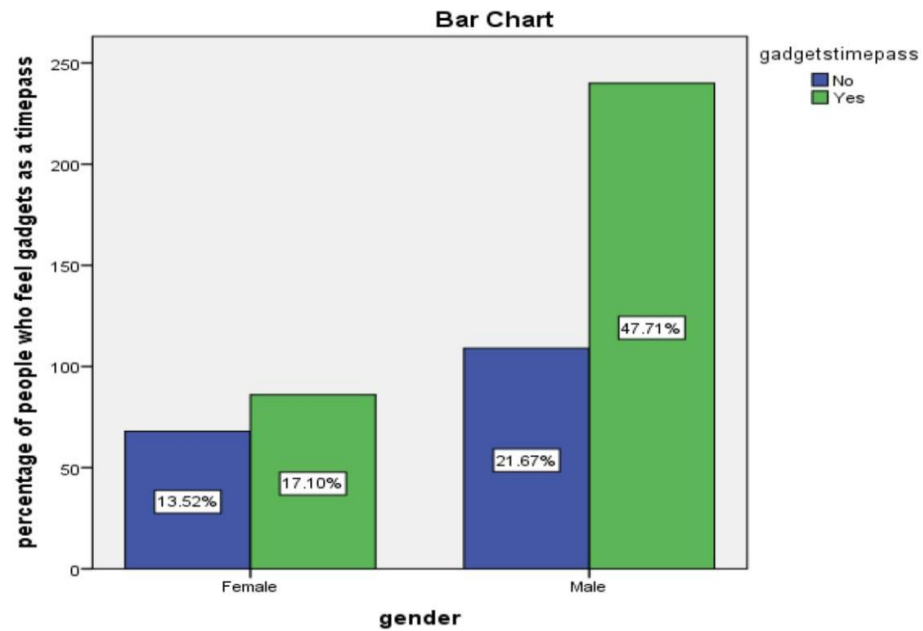


Figure 5 Bar chart depicting the association between gender and the opinion on gadgets for time pass where blue denotes no and green denotes yes. X-axis represents the gender and Y-axis represents the percentage of people who feel gadgets as a timepass. Out of which 64.81% of the participants agreed that gadgets are used for timepass, 17.10% constitutes females and 47.71% constitutes males. Hence males were more prone to gadgets stating it to be a timepass. Association between gender and the opinion on gadgets for time pass was done using Chi square test. Chi test showing value of $p=0.005$ which is statistically significant ($p<0.05$ indicating statistically significant). Hence there is a significant increase in the usage of gadgets stating to be a timepass.

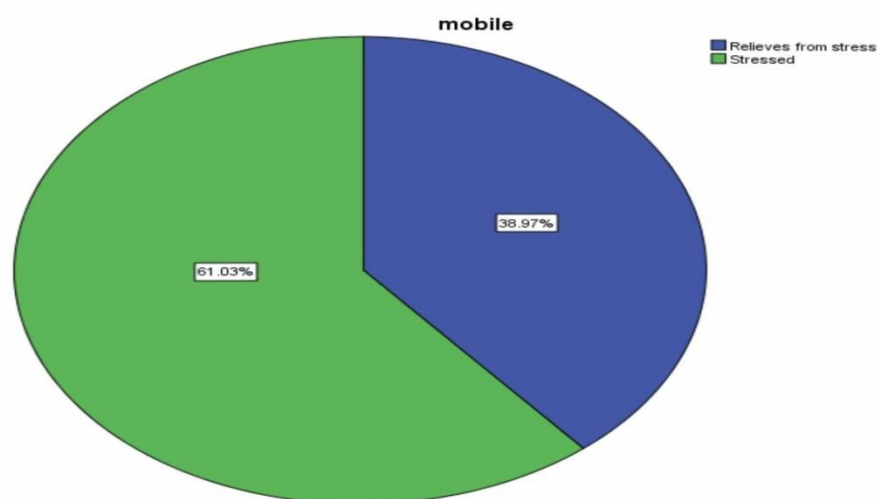


Figure 6 Pie chart represents the percentage distribution of mobile phones as a stress buster or a stress provoker. 38.97% participants responded that mobile phones relieved them from stress (blue) whereas 61.03% responded that the use of mobile phones increased their stress (green).

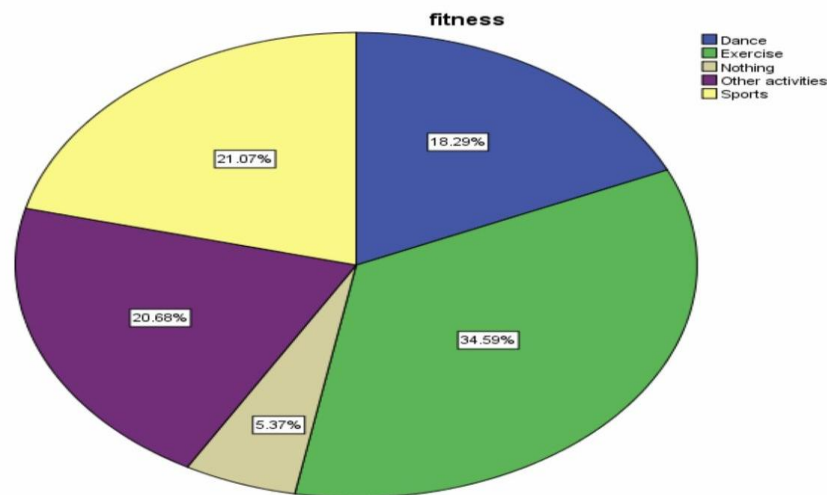


Figure 7 Pie chart represents the percentage distribution of activities undergone by people to maintain their fitness. 34.59 % participants responded as they were involved in exercise (green), 20.68% responded that they participated in other activities (purple), 21.07% responded that they took part in sports (yellow), 18.29% responded that they were involved in dance (blue) while 5.37% responded that they did not take part in anything (brown).

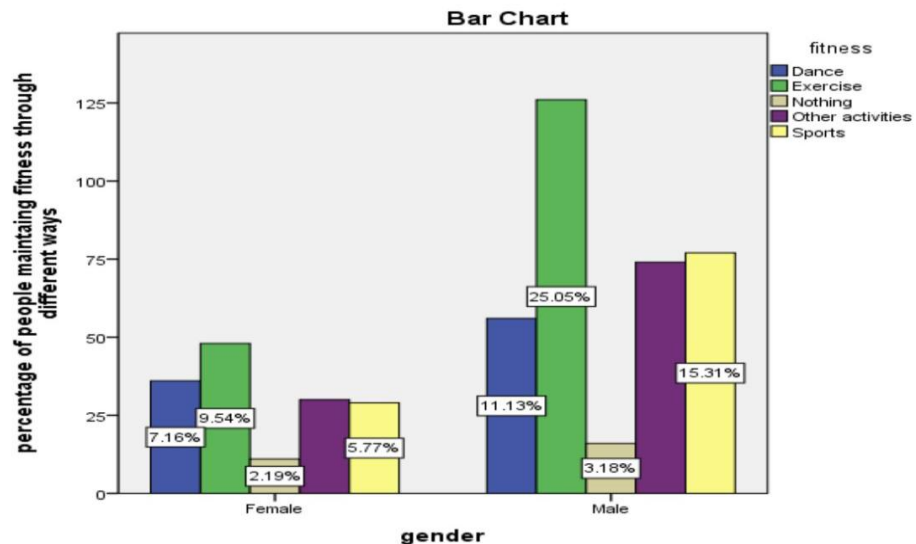


Figure 8 Bar chart depicting the association between gender and activities undergone by the individuals to maintain fitness where blue denotes dance, green denotes exercise, brown denotes nothing, purple denotes other activities and yellow denotes sports. X-axis represents the sex and Y-axis represents the percentage of people maintaining fitness through different ways. Out of 34.59% of the participants who performed exercise to maintain their fitness 25.05% were males and 9.54% were females. Hence males were more involved in exercises to maintain their fitness. Association between gender and activities undergone by the individuals to maintain fitness was done using Chi square test. However Chi square test showing $p=0.208$ ($p>0.05$ indicating statistically not significant). Hence it is not significant.

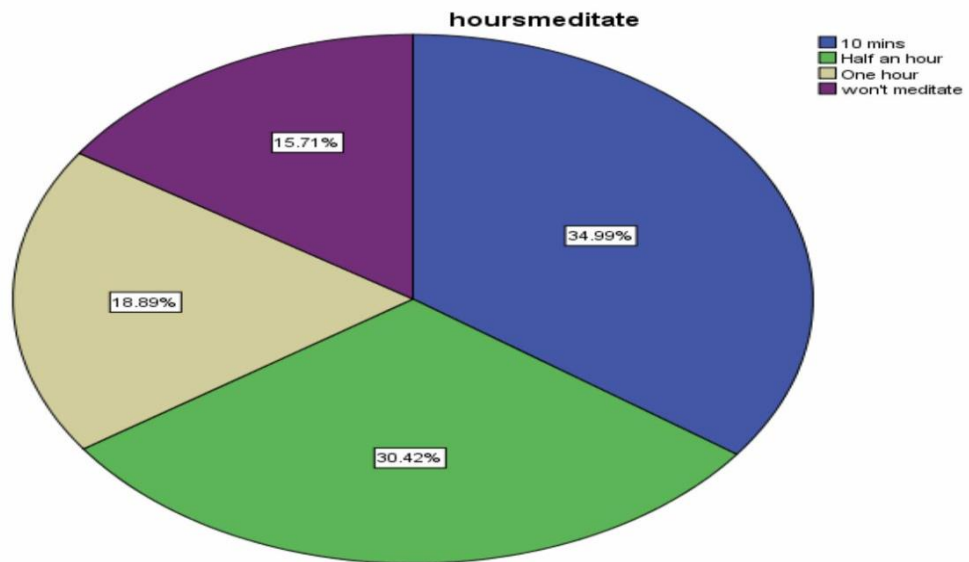


Figure 9 Pie chart represents the percentage distribution of time allocation by participants for meditation per day. 34.99% responded that the participants mediated for 10 minutes (blue); 30.42% responded as that they meditated for half an hour (green), 18.89% responded that they meditated for 1 hour (brown) and 15.71% of participants responded that they won't meditate (purple).

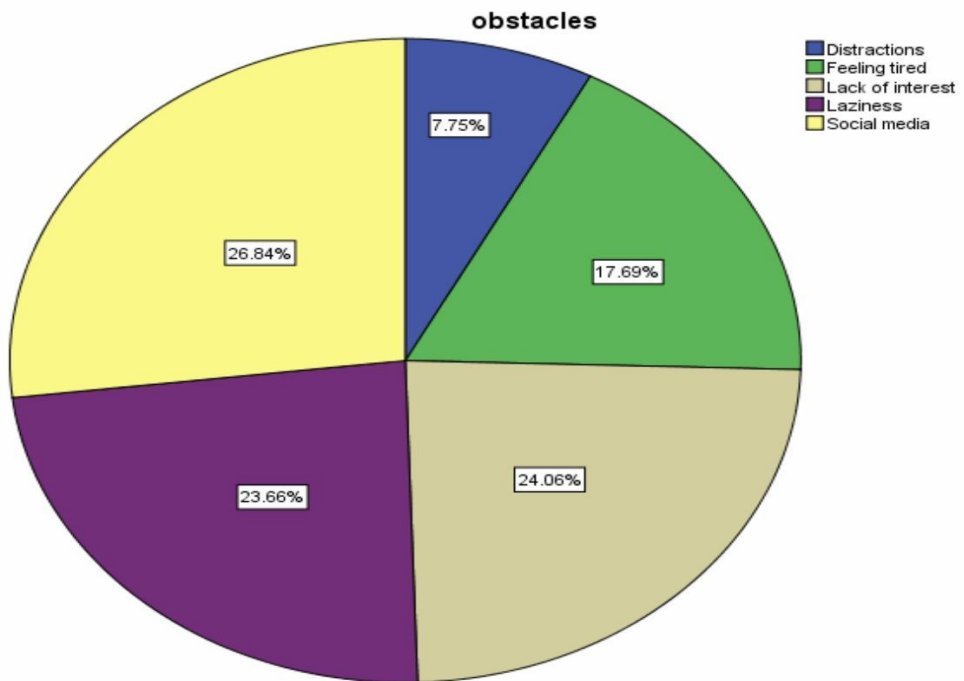


Figure 10 Pie chart represents the percentage distribution of obstacles faced by people from involving in activities 26.84% responded as social media (yellow) was an obstacle while 23.66% responded that laziness (purple) to be an obstacle, 24.06% responded as lack of interest (brown), 17.69% responded that they felt tired (green) and 7.75% responded that distractions (blue) as an obstacle.

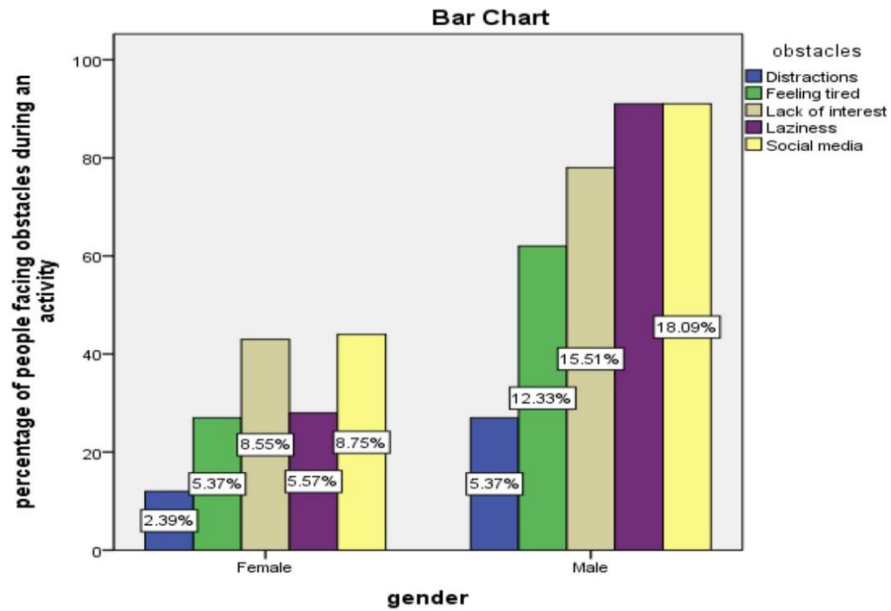


Figure 11 Bar chart depicting the association between gender and obstacles faced by people during lockdown where blue denotes distractions, green colour denotes feeling tired, brown colour denotes lack of interest, purple colour denotes laziness and yellow colour denotes social media. X-axis represents the sex and Y-axis represents the percentage of people facing obstacles during an activity. Out of 26.84% of the participants who responded as social media to be an obstacle, 18.09% were males and 8.75% were females. Hence males were more used to social media and considered it to be an obstacle for involving in activities. Association between gender and obstacles faced by people during lockdown was done using Chi square test. However Chi square test showing $p=0.349$ ($p>0.05$ indicating statistically not significant). Hence it is not significant

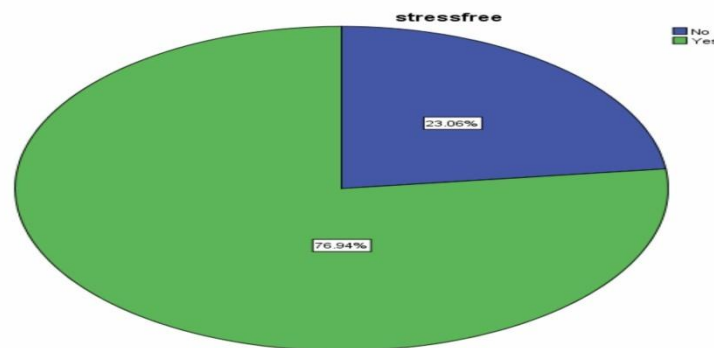


Figure 12 Pie chart represents the percentage distribution for the question, 'does the activities performed by the people during this lockdown make them stress-free for which 76.94% participants responded as 'yes', stress free (green) due to activities whereas 23.06% responded as 'no', not stress free (blue).

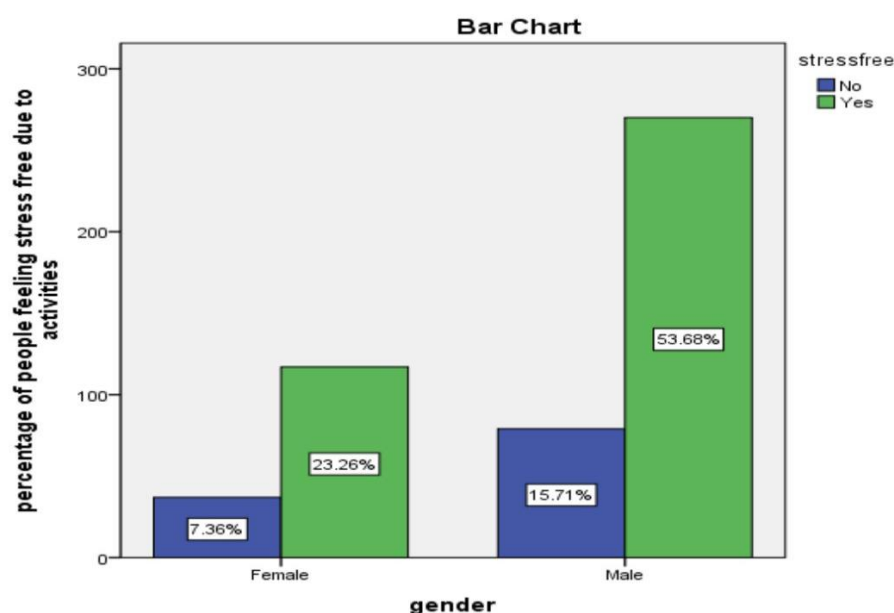


Figure 13 Bar chart depicting the association between sex and number of stress free individuals due to the activities performed where blue represents 'no' and green represents 'yes'. X-axis represents the gender and Y-axis represents the percentage of people feeling stress free due to activities. Out of 76.94% of the participants who stated that performing activities make them stress free, 53.68% were males and 23.26% were females. Hence males stated that activities relaxes them from stress compared to females. Association between sex and number of stress free individuals due to the activities performed was done using Chi square test. However Chi square test showed $p=0.733$ ($p > 0.05$ not statistically significant). Hence it is not significant.

CONCLUSION

This survey article shows us that the activities performed by the people during this lockdown period relieve them from the stress factor and helps them to enrich their skills positively.

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