ABSTRACT
COVID-19 pandemic is caused by severe acute respiratory syndrome coronavirus-2. The World Health Organization (WHO) declared a public health emergency, first and latter, expressed as a pandemic. It is most contagious during the early three days after the onset of symptoms. In such severe conditions where people can get infected with Covid-19 by doing their routine task, to control its rapid inflammation, travel restrictions, lock-downs, workplace hazards controls, and facility closures have been implemented worldwide by the authorities. It appears likely that a substantial increase in anxiety and depression, substance use, loneliness, and domestic violence can increase substantially. Considering the various social and psychological issues, researchers thought to understand the people's thoughts in such a difficult time and how to deal with them. The study was conducted on 53 peoples (35 male and 18 female) from the central Gujarat area. Participants for this study were between 20 years to 53 years of age and from different occupations. A hedonic well-being rating scale has ten items -Impatient, Happy, Frustrated, Depressed, Hassled, Angry, Worried, Enjoying, criticized, and tired, were taken for this study. Data was collected through messages and E-mails due to the lock-down restrictions. The study result has shown that women found more tired as compared to men during the lock-down phase. The difference in responses to different age groups led to variations. The result also has shown that the variations in responses of different age group peoples were significantly very high at the enjoy domain. It is also found that during the lock-down period, homemakers are found comparatively significantly less depressed and angry than people in business and job people, respectively. Students were found with the least stress during this phase.

Keywords: Covid-19; Lock-down; Pandemic; Hedonic well-being

INTRODUCTION
Following the global spread of a novel coronavirus (SARS-CoV-2), first identified in Wuhan, China, in December 2019, a pandemic of the disease, COVID-19, has resulted in India. In response to the rising numbers of cases and deaths, India, like every country, has implemented measures to control its spread. These large-scale non-clinical interventions include social distancing (such as banning large gatherings), school and office closures, isolating symptomatic individuals and their contacts, and a large-scale lock down of populations with all internal as well as international travel ban. Such massive scale calamities, whether traumatic, natural, or environmental, are almost always accompanied by increases in depression, Post-Traumatic Stress Disorder (PTSD), substance use disorder, a broad range of other mental and behavioral disorders, domestic violence, and child abuse. In the COVID-19 pandemic context, a similar substantial increase in anxiety and depression, substance use, loneliness, and domestic violence is likely to increase substantially. Also, there is a genuine possibility of an increase in child abuse cases due to school closures.

Coronavirus disease 2019 (COVID-19) has become a highly contagious and fatal respiratory pandemic that has an enormous negative impact on people's minds, which need to understand and treat before it worsens. For example, in sports, health authorities' recommendations, several national and international athletic events, including the 2020 Olympics, have been postponed or canceled in an attempt to limit the virus spread by attending crowds. These cancellations and widespread mandates for social distancing are negatively affecting athletes who are unable to continue regular training [1].

Research is done in Italy by Moccia on Affective temperament, attachment style, and psychological impact of the COVID-19 outbreak, where they had taken five hundred samples. They found that 62 percent of people reported no likelihood of psychological distress, whereas 19.4 percent and 18.6 percent displayed mild and moderate-to-severe chance of psychological distress. It shown a relevant percentage of the Italian population might have experienced from mild to moderate-to-severe psychological distress symptoms during the early phase of the COVID-19 outbreak, and that both temperament and Adult Attachment Style (AAS features)
may predict the extent of mental health burden.

Considering various social and psychological risk factors, understanding whether these interventions have had a significant impact on people's minds in such a difficult time is critical, given their short-term and long-term effects on well-being. The key aim of this study is to assess the fortitude of people in handling prolong challenges patiently.

MATERIALS AND METHODS

Participants

This study was conducted on 53 participants (35 male and 18 female) from India’s central Gujarat region. These participants were aged between 20 to 53 years and were classified into four groups with different occupations: students, professionals, business-owner, and homemaker.

Measures

A subjective well-being assessment for survey research developed by Arthur A. Stone was used for this study. Hedonic/affective (subdivision + and -) well-being A real-time data-seven-point rating scale was applied during this survey. This scale is part of the full subjective well-being scale and was directly related to the effects. The rating scale has ten items to rate the feelings of a person during a crisis. The items were based on personality characteristics, namely Impatient, Happy, Frustrated, Depressed, Hassled, Angry, Worried, Enjoying, Criticized, and Tired.

Procedure

The data was collected through messages and e-mails due to lockdown restrictions. The researchers and participants were in frequent contact, and the test/questionnaire was explained to the participants by phone. The scale was circulated in the group of pre-decided peoples, and they were told to contact the researcher for any item-related query. As the data collection process was done at the participant’s home and distraction could not be controlled, it was decided to take their own time to answer the questions and return with the same conversation mode. All the participants gave their responses within a day; no difficulty was reported in the given task.

Statistical analysis

The raw data from 53 participants were collected by following the required protocol in the data collection process. The whole data was organized based on sociodemographic and psychometric characteristics, to perform statistical analysis using t-test and one-way ANOVA statistical techniques [2]. These tests allowed seeing the significant difference and correlation between various variables in the scale items. Analysis of data was performed using SPSS statistical analysis software (SPSS Inc., Chicago, Illinois).

RESULTS

This study is done on a total of 53 samples (n=53), where the number of male participants is 35 (66 percent), whereas the number of female’s participation is 18 (34 percent). Four sociodemographic variables- gender, age, profession, and area of living, were taken to determine differences in responses at different items rated in the given ten items list to collect responses from the participants. Theses are impatient, happy, frustrated, depressed, hassled, angry, worried, enjoying, criticized, and tired.

Differences of opinion at various domains based on their gender is found after conducting independent sample t-test, which is explained here (Table 1).

<table>
<thead>
<tr>
<th>Domain</th>
<th>Mean difference</th>
<th>Std. error difference</th>
<th>Df</th>
<th>t-score</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impatient</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equal variance assumed</td>
<td>-0.13</td>
<td>0.315</td>
<td>51</td>
<td>-0.414</td>
<td>Not significant</td>
</tr>
<tr>
<td>Equal variance not assumed</td>
<td>-0.13</td>
<td>0.331</td>
<td>29.992</td>
<td>-0.393</td>
<td></td>
</tr>
</tbody>
</table>

The Independent sample t-test results shown in Table 1, where the t-score is -0.414 at Equal Variance Assumed (EVA) and the t-score -0.393 at Equal Variance Not Assumed (EVNA), both are negative, and the calculated values are less than the table value, which is not significant. It shows that the male and female both were equally shown impatience during the lock-down period. The mean differences of responses given by males and females.

The Independent sample t-test result and the t-score is -0.837 at Equal Variance Assumed (EVA) and the t-score -0.847 at Equal Variance Not Assumed (EVNA), both are showing negative value. Here, the calculated values are less than the table value, which is not significant. It shows that there is no significant difference between male and female responses in the enjoy domain, also. The study result shows that the level of enjoyment during the lock-down period was found the same in both- males and females. The mean differences of responses given by males and females.

The Independent sample t-test result and the t-score is -0.667 at Equal Variance Assumed (EVA) and the t-score -0.623 at Equal Variance Not Assumed (EVNA), both are showing negative value. Here, the calculated values are less than the table value, which is not significant. It shows no significant difference between male and female responses at the enjoy domain, also. The study result shows that the level of enjoyment during the lock-down period was found the same in both- males and females. The mean differences of responses given by males and females.
Variance Not Assumed (EVNA), both are showing negative value. Here, the calculated values are greater than the table value, which is significant at the 0.05 level. It shows that there is a significant difference between male and female responses in the tired domain. The study result shows that the level of tiredness during the lockdown period was more female than males. The mean differences of responses given by male and female.

It shows that the level of impatience is more in females than males during the lockdown period, but at the same time, females are found happier than males. The level of frustration is found more in males than females; depression is also found higher in males. At the hassled domain, females score percentage found higher than males. In the angry and criticized domain, the response scores were equal in both males and females. Females were found more worried during the lockdown period as compared to males. Females also found tired during the lockdown, but in contrast, females were also enjoying the moment during the lockdown period.

In this study, all 53 samples (n=53) were divided into four different age groups and tried to see the differences of responses between each age group. Here gender was not considered during calculation and analysis. To know the level of significance of the differences of responses. The significance level indicates the age-based statistical difference between the groups, which is obtained using a one-way ANOVA statistical method.

The calculated value obtained through One-way ANOVA, where the obtained F-value is 0.886, which is much lesser than the table value. The calculated score shows that the people from each age group found about equally impatient during the lockdown phase at the impatience domain. There is no significant difference found in their responses. The mean score difference between the responses given by the different age levels people at the impatient domain.

The calculated value obtained through One-way ANOVA is mentioned in Table 2, where the obtained F-value is 1.325, which is lesser than the table value. The calculated score shows that the people from each age group were found as equally tired during the lockdown period at the tired domain. There is no significant difference found in their responses at the tired domain in the scale. The mean score difference between the answers given by the different age levels people at the tired domain.

<table>
<thead>
<tr>
<th>Domains</th>
<th>Sum of square</th>
<th>Df</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tired</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>17,831</td>
<td>21</td>
<td>0.849</td>
<td>1.325</td>
<td>Not significant</td>
</tr>
<tr>
<td>Within Groups</td>
<td>19,867</td>
<td>31</td>
<td>0.641</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>37,698</td>
<td>52</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All 53 samples (n=53) were divided into four different groups based on the client’s occupation and tried to see the people’s differences in different professions- students, professionals, business-owner, and homemakers. Here, age and gender were not considered during calculation and analysis of the data to know the significance level. The significance level indicates the occupation-based statistical difference between the groups, which is obtained using a one-way ANOVA statistical method.

The calculated value obtained through One-way ANOVA, where the obtained F-value is 1.117, which is lesser than the table value. The calculated score shows that at the impatient domain, the people from different professions have not much difference. Their responses were found more or less similar at the impatient domain. This result shows no significant difference between all four groups from different professions; their impatience levels were found equal at the impatient domain. The mean score difference between the people’s responses from every four professions in an impatient environment.

The calculated value obtained through One-way ANOVA, where the obtained F-value is 0.549, which is lesser than the table value. The calculated score shows that the people from different professions found showing equally frustrated at the frustrated domain. Their responses were found at a similar level in the frustrating field. This result indicates no significant difference between all four groups from different professions; their stories of frustration are found equal in all groups. The mean score difference between the responses given by the people from every four disciplines on the frustrated domain.

The calculated value obtained through One-way ANOVA, where the obtained F-value is 1.731, which is greater than the table value. The calculated score shows that in the depressed domain, the people from different professions show differences in the depression domain. It shows that there is a significant difference found in the score in the depressed domain. This result shows a significant difference between the responses of all four groups, which significant at 0.05 level of significance. The mean score difference between the answers given by the people from every four professions on the depression domain.

The calculated value obtained through One-way ANOVA, where the obtained F-value is 1.990, which is greater than the table value. The calculated score shows that at the hassled domain, the people from different professions showed different responses. There are significant differences between the person from other disciplines has found on this domain, which is significant at 0.01 level of significance. The mean score difference between the responses given by the people from every four professions on the hassled domain.

The calculated value obtained through the One-way ANOVA method, where the obtained F-value is 2.257, which is greater than the table value. The calculated score shows that in the angry domain, the people from different professions are given different responses. There is significant differences have been found between the person from different professions, which is significant at 0.01 level of significance. The mean score difference between the people's responses from every four professions on the angry domain.

The calculated value obtained through the One-way ANOVA method, where the obtained F-value is 2.525, which is greater than the table value. The calculated score shows that people from different professions have given different responses in the worried domain. They have shown significant differences in their opinion at this domain, which is significant at 0.01 level of significance. The mean
score difference between the people's responses from each of four professions on the worried domain.

The calculated value obtained using the One-way ANOVA method, where the obtained F-value is 0.068, which is less than the table value. The calculated score shows that the people from different professions have given similar responses at the enjoy domain. The scores of people from every four professions are mostly the same. It shows no significant difference in the enjoy domain in the responses given by every four categories of professionals. The mean score difference between the people's responses from each of four professions on the enjoy domain.

The calculated value obtained through the One-way ANOVA method, where the obtained F-value is 0.415, is less than the table value. The calculated score shows that people from different professions have given similar responses in the criticism domain. The scores of people from every four professions are mostly the same. It shows no significant difference in the criticism domain in the responses given by every four categories of professionals. The mean score difference between the responses given by the people from every four professions on the criticism domain.

The calculated value obtained through the One-way ANOVA method, where the obtained F-value is 0.220, which is less than the table value. The calculated score shows that people from different professions have given similar responses in the tired domain. The scores of the people from four different professions are mostly found as same. It shows no significant difference in people working in different professions, in the tired domain. The mean score difference between the responses given by the people from every four professions on the tired domain.

During the lockdown period, researchers tried to know the difference in opinion of those who live in urban areas from those who live in rural areas. An independent t-test was performed based on “Area of Living” to see the differences between them.

Based on the participants' scores, the calculated t-test score at every ten domains, which is impatient, happy, frustrated, depressed, hassled, angry, worried, criticized, and tired is statistically not significant at any point/ domain. The finding indicates that the area of living affects people's minds and lifestyles. People from rural areas or urban areas have found equally worried or depressed or even happy and joyful during the lockdown period. No statistically significant difference could be seen in their responses. The response percentage found to similar at each domain assessed using a checklist.

DISCUSSION

This research is done to study the hedonic well-being in the people during the pandemic time, especially during the lockdown of how peoples from a different age, gender, professions, and different living areas were reacting to the situations forced on them. Uncertainty due to suddenly forced control and possibly financial, health, and the most important thing, the food crisis, put the people in a painful condition. No one was ready to face this crisis, but all were helpless due to the fear of pandemic. Due to the feeling of helplessness, mostly people react negatively and show a tendency to develop some neurotic symptoms. Peterson & Selgman defined the learned helplessness as the ‘emotional numbing and maladaptive passivity sometimes the following victimization.’ It refers to a mental state of helplessness, which has been induced through repeated attempts to escape a harmful situation-they have learned that their fate is out of their control. However, the development of learned helplessness may be dependent on our next move, the trust openness to the humanity of the individual circumstances of the trainees [3].

By doing this study, we could observe the difference between responses given by males and females on the provided rating scale and found that a significant difference was present at the "tired" domain.

It shows that females showed more tiredness during the lock-down period than males. Hence, it can be asserted that due to the lockdown, either no outside work reduced the male tiredness significantly compared to female or in the presence of everyone all day at home due to the "homemaker" profile – the female tiredness increased more than the regular days.

In the study, total participants were classified into three age groups-between >= 20 years and <= 30 years, >30 years to <=40 years, and > 40 years of age. The results show that except for one enjoy domain, at the other all domains- impatience, happy, frustrated, depressed, hassled, angry, worried, criticized. In the tired, no significant difference was observed between different age groups. It shows that people are different age groups and are equally affected due to the COVID-19 lockdown phase. However, for the domain enjoy, a highly significant difference was observed (significance level of 0.01). A supporting finding was there in a study, whose general mission was to examine the meaning of psychological well-being from the lay perspective. The premise was that those who are living through the experience of growing old have much to offer in articulating the meaning of successful aging. Their view of positive functioning illuminates the standards middle-aged and older adults may use to evaluate their own lives and, at the same time, provide avenues for challenging and extending research conceptions of well-being. From this inquiry, a central message was that the right relationship with others is essential in the lay formulations of positive functioning [4].

In these research responses were given by the peoples involved in different occupations was also valued and appropriately examined. All the participants were classified into four major groups: students, professionals, businessmen, and homemakers. The study result shows that at the domains - impatient, happy, frustrated, enjoy, criticized, and tired, no significant difference in responses of the people from all four groups was observed despite their work. However, the results also show that for depressed, hassled, angry, and worried, a significant difference was observed, showing that the peoples from different work natures are affected during the lockdown phase. However, they are showing significant variations in the degree/ level. In the depressed domain, the study results show a significant difference, which is at 0.05 level of significance, between all four groups. At the domain hassled, angry and worried, the study results show that peoples from all four groups are showing significantly high different patterns from each other. This study result shows that the homemakers are comparatively significantly less depressed in the lockdown period, while business people are found as profoundly depressed during the phase. The depression level in students and job peoples are also present. However, it can only be said to be more than usual. The Significant growth in the hassled domain, where it is observed that students are comparatively showing significantly less stress or hassled feeling while the job peoples are showing a feeling of hassled more than the student but less than the other two groups. Business people are showing a feeling of hassle. However, this study result shows
that the homemakers feel more hassled compared to all the other three groups. It can be seen which is showing a staircase form. It is also seen in the result that the homemakers are comparatively showing very little anger during the lockdown period while here, the peoples in the job are showing more anger than the other two groups. A significant gap between all four groups can be seen in the plot. It also found that the homemakers are comparatively very worried in the lockdown phase while students show the least worry during this time. Similarly, professionals and business people are not so worried as homemakers [5].

The study result shows that at all the domains- impatience, happy, frustrated, depressed, hassled, angry, worried, enjoy, criticized, and tired, there is no significant difference between the people's responses in rural and urban areas.

CONCLUSION

This study shows that people show a significant change in their behavior during the lock-down phase, especially during any pandemic. It can be related to individuals' personality, to an extent but also with the environmental factors sometimes, which may dominate and affect their life significantly- can be positive, negative, or sometimes both. The study result showed that women were more tired compared to men during the lock-down phase. The difference in responses at different age groups showed that - for enjoy domain, a high variation in responses of different age peoples was observed. It also found that homemakers are comparatively less depressed and angry during the lockdown period than people in business and professionals. Students were found with the least stress during this phase. A study was done on COVID-19 pandemic, and related crisis argued that the Covid-19 pandemic could be considered a career shock that will significantly impact people's work and careers. In the study, experimenters set out to achieve two goals: offering ways of understanding this impact through recent insight from the career shock literature. The second was to help guide future research based on these insights. They argued that the impact would be the consequence of the dynamic interplay between contextual and individual factors, which will differ for people across career and life stages. It also argued that there might be differences between short-term and long-term consequences, for example, that even though the pandemic is negative career shock, it may have long-term positive implications for few.

LIMITATIONS

1. Further study is advised to go in detail to determine the reason/s behind that during the lockdown period why women felt more tired than males while they were also found happier.
2. Further study can be done on the same age people (mentioned in the discussion) by following their personality factors to go in more depth to find out the result with more accuracy.
3. The sample size can be increased to include participants from the other parts of Gujarat.
4. Another research can be done on a large scale by using a full assessment scale in the future.

ACKNOWLEDGMENT

We are happy to acknowledge that without the constant motivation from our Director, Dr. Madhu Singh, for promoting the research work in our institutes, such work could not be done during the lock-down period. We could do this as a team by following all the measures of lock-down during the Covid-19 pandemic.

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