A Psychosocial Exploration on Feelings and Engagements during Covid-19 Quarantine

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Abstract

Background

The purpose of the investigation was to explore the psychosocial status on the feelings and engagements during the COVID-19 Quarantine. The imposed quarantine frequently leaves the people feeling that they have no control over the situation. It is obvious that psychological and social upshots of the COVID-19 pandemic are persistent and would have an effect on mental wellbeing now and forever.

Methods

The survey was conducted online, 382 responses of the internet users of different groups was taken for the study. Descriptives, Factor analyses, t-Test, ANOVA analyses were performed from the data.

Results

The main findings are in encountering this quarantine that people tend to have more positive feelings than the negative feelings at the same time they face some vulnerable feelings to an extent. The people are mainly occupied with social engagements like social networking sites and online chats with friends and household engagements. People are least engaged with the fitness engagements like exercise and yoga.

Conclusions

It is astounding to witness that people are more positive towards facing the quarantine than having drowned with negativity. In quarantine time how are the people doing and what are they doing is what been explored in this study.

Keywords: Feelings; Engagements; Quarantine; COVID-19; Psychosocial effects

Introduction

The call for global emergency is what the coronavirus pandemic has created and is crucial in many aspects. The redistribution of resources and supervision in potential rationing has improved the concerns which make the nations to act and adopt their war tread. India has seen its first reported case for COVID-19 in the end of January, originating from china. The outbreak has become epidemic and all educational institutions and commercial establishments have been called off. The complete lock down of the country was done to aid in preventing the spread. People around the world are facing increasing mental health issues during this Pandemic.

According to the World Health Organization (WHO), nearly 34,00,000 people are currently confirmed to have affected with COVID-19 at the time of writing in May 2020. COVID-19, which is deceivingly similar to pneumonia and influenza, has influenced healthcare, swayed the political climate, and created a financial crisis. Every parts of the world report the cases in daily basis and acute quarantine and social distancing has been imposed on the people.

The isolation of humans or animals to put off the proliferation of disease is called Quarantine(CDCP 2017). The study that was carried out which revealed the extensive concerns about the effect of social isolation and social distancing on the wellbeing, distress, depression, anxiety and other negative feelings as well. The concern of financial obligations and practical upshots bothers them mentally. In this COVID-19 pandemic the possibility of people getting affected physically ranks lower than the prospect of getting affected psychologically and socially. (Holmes EA et al. 2020). The entire nation is rapt on fighting against COVID-19, along with the research to develop a vaccine there needs an imperative attention on the mental health aspects too.

This means the captivity and isolation of the people who are sick with the infection from the people who are not. The execution of mass quarantine signifies that the situation is in serious state and is likely to get worse in future. (Manuell and Cukor, 2011). Entailing the mass quarantine may bring people the feel of being engrossed and may feel the loss of control. (Greg miller 2020). The stream of news about the pandemic would cause anyone to feel restless or stressed. WHO recommends that at those times of distress, there needs an

attention to our own feelings. So that it recommends engaging in healthy activities like exercising, follow sleep routines, eat healthy and relax, stay connected through social networks.

An advisory was issued by The Government of India on social distancing (MOHFW, 2020) in order to impede the spread but the psychological effects of the same are to be researched upon. People of all ages are vulnerable to the ill effects of social isolation like depression, anxiety, fear, loneliness, etc. Elderly people are more prone. Improved awareness of these concerns will induce people to stay connected and take affirmative battle against the odds. (Greg miller 2020)

Customised psychological slant is likely to be the significant component to deal with intricate mental health conditions, coping mechanisms and prevention. The strategic research could help in developing the interventions on psychosocial behaviour of the beings. The physical and mental health has been at hit due to the desertion of the social opportunities. Some working from home, some lost their jobs, social distancing, family relationships, some spend more time with family, etc which influences the dimensions of feelings and the engagements of the people. Such mixed magnitudes are to be explored. Online life, gaming platforms, fitness freaking, learning a skill, cleaning the places, family time is all encountered by the people in an unique dimension. The existing dodge of handling the feelings and the engagements are explored in the study.

Methods

The study was descriptive and cross sectional in nature and the online questionnaire was used as the tool to collect the data. The data collection was done through google forms and the link was shared through E-mails and various social media and the respondents were encouraged to forward to as many people as possible. The data collection was set off on 9th April 2020 and stopped on 14th April 2020. The people under quarantine are taken as the population of the study. The Cochran's (1977) sample size formula is used to determine the sample size as the size of the population is unknown. The population size was estimated to be 384 with 95% confidence level and 5% margin of error (Bartlett et al., 2001). The required data was collected and 382 responses were found complete and useful for the study. Feelings and Engagements scale containing 19 items and 16 items each were employed for the study. Five point response scales was used as follows: (1) Never, (2) Rarely, (3) Sometimes, (4) Often, (5) Always. The data was coded for analysis using SPSS 25. Descriptive statistics such as mean, standard deviation, frequency and percentage were used to describe socio demographic variables.

Results

Among the respondents 53.7% are Female and 46.3% were Male. 55.8% were married, 61.3% are from the age group of 26 to 35. And considering the respondents occupation 34.3% of them were a private employee followed by business, homemaker, students and professionals with 18.3%, 16%, 13.1% and 10.5% respectively. Majority of the respondets have more

than 5 members in their family accounts to 35.6%. The mean and Standard deviation values are presented in the table.

Table 1: Respondent's Profile.

S.No	Demographic Profile	Number of Respondents (N=382)	Percent (%)	Mean	SD
1	Gender				
	Male	177	46.3	1.537	0.499
	Female	205	53.7		
2	Marital Status				
	Single	161	42.1	1.599	0.532
	Married	213	55.8		
	Separated	8	2.1		
3	Age of the Respondents				
	Below 20	17	4.5	2.919	0.885
	21-25	79	20.7		
	26-35	234	61.3		
	36-45	28	7.3		
	46-55	18	4.7		
	55 and above	6	1.6		
4	Occupation				
	Business	70	18. 3	3.215	1.891
	Private Employee	131	34.3		
	Government Employee	15	3.9		
	Home maker	61	16.0		
	Student	50	13.1		
	Professional	40	10.5		
	Retired	3	0.8		
	None of the above	12	3.1		
5	Number of Family members				
	2	22	5.8	3.961	0.931
	3	107	28.0		
	4	117	30.6		
	5 and above	136	35.6		

Table 2: Descriptive of Feelings scale.

			Never	Rarely	Sometimes	Often	Always	

	Mean	SD	N	%	N	%	N	%	N	%	N	%
Boredom	2.775	1.193	61	16.0	100	26.2	126	33.0	54	14.1	41	10.7
Isolation	2.568	1.290	103	27.0	87	22.8	103	27.0	50	13.1	39	10.2
Depression	2.223	1.155	143	37.4	72	18.8	123	32.2	27	7.1	17	4.5
Secure	3.955	1.282	15	3.9	57	14.9	61	16.0	46	12.0	203	53.1
Annoyance	2.534	1.039	75	19.6	97	25.4	155	40.6	41	10.7	14	3.7
Relief	3.401	1.253	23	6.0	84	22.0	92	24.1	83	21.7	100	26.2
Loneliness	2.620	1.382	118	30.9	58	15.2	109	28.5	45	11.8	52	13.6
Helplessness	2.372	1.256	134	35.1	67	17.5	113	29.6	41	10.7	27	7.1
Happiness	3.568	1.148	14	3.7	57	14.9	114	29.8	92	24.1	105	27.5
Fear	2.529	1.229	104	27.2	79	20.7	121	31.7	49	12.8	29	7.6
Nervousness	2.272	1.120	122	31.9	99	25.9	110	28.8	37	9.7	14	3.7
Sadness	2.262	1.110	125	32.7	89	23.3	127	33.2	25	6.5	16	4.2
Guilt	2.005	1.170	175	45.8	93	24.3	73	19.1	19	5.0	22	5.8
Anger	2.364	1.070	103	27.0	98	25.7	130	34.0	41	10.7	10	2.6
Worry	2.500	1.091	86	22.5	97	25.4	136	35.6	48	12.6	15	3.9
Frustration	2.419	1.187	114	29.8	79	20.7	127	33.2	39	10.2	23	6.0
Comfy	3.010	1.234	51	13.4	76	19.9	132	34.6	64	16.8	59	15.4
Cool	3.613	1.204	15	3.9	61	16.0	106	27.7	75	19.6	125	32.7

Figure: 2 Mean of Feelings.
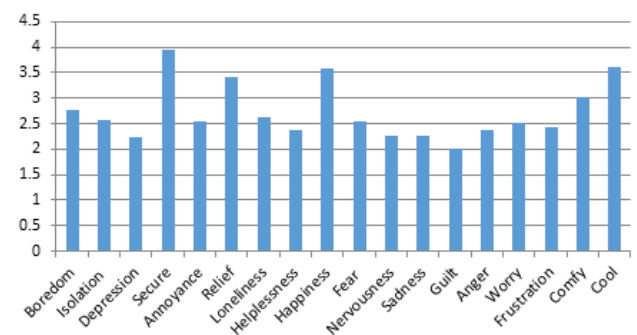
When considering the mean values of the Feelings scale items, the respondents are more towards positive feelings rather than the negative feelings. Foremost is the feel of secure with the mean of 3.995 and followed by cool, Happiness, relief and comfy with the mean values of 3.613, 3.568, 3.401 and 3.010 respectively. And there are low mean values for the negative feelings like Guilt with 2.005 and followed by depression, sadness, Nervousness, Anger and helplessness with mean values of 2.223, 2.262, 2.272, 2.364 and 2.372 respectively. The standard deviation ranges from 1.039 to 1.382.

Table 3: Descriptive of Engagement scale.

	Mean	SD	Never N	Never %	Rarely N	Rarely %	Sometimes N	Sometimes %	Often N	Often %	Always N	Always %
Work from home	2.746	1.563	130	34.0	54	14.1	63	16.5	53	13.9	82	21.5
Music	3.123	1.024	18	4.7	91	23.8	133	34.8	106	27.7	34	8.9
TV	3.275	1.092	19	5.0	78	20.4	118	30.9	113	29.6	54	14.1
Rediscovering my hobbies	2.783	1.213	69	18.1	85	22.3	127	33.2	62	16.2	39	10.2
Learning a skill	2.806	1.300	79	20.7	83	21.7	99	25.9	75	19.6	46	12.0
Yoga	1.901	1.226	212	55.5	70	18.3	47	12.3	32	8.4	21	5.5
Exercise	2.448	1.373	127	33.2	97	25.4	63	16.5	50	13.1	45	11.8
Household works	3.560	1.280	25	6.5	67	17.5	82	21.5	85	22.3	123	32.2
Reading	2.730	1.325	95	24.9	66	17.3	117	30.6	55	14.4	49	12.8
Sleeping	3.073	1.094	32	8.4	81	21.2	134	35.1	97	25.4	38	9.9
Chit-Chat with Family	3.474	1.112	21	5.5	51	13.4	110	28.8	126	33.0	74	19.4
Cleaning house	3.393	1.235	31	8.1	62	16.2	105	27.5	94	24.6	90	23.6
Connecting with friends online	3.455	1.160	19	5.0	61	16.0	120	31.4	91	23.8	91	23.8
Doing the long pending work	2.885	1.218	71	18.6	55	14.4	142	37.2	75	19.6	39	10.2
Gam	3.1	1.2	48	12.6	74	19.4	113	29.6	70	18.3	77	20.2

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es with family	41	92										
Social Networking sites	3.455	1.293	34	8.9	58	15.2	101	26.4	78	20.4	111	29.1

Figure 2: Mean of Engagement.
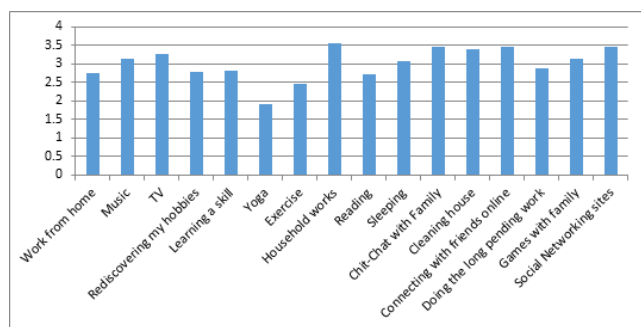
When exploring the engagements that people involved in, it is understood that people spend more time getting engaged with Household works with the mean value of 3.560. Subsequently the social networking sites and connecting with friends online stand with the mean value of 3.455 each. People tend to do chit chat times with family with mean value of 3.474. Then they tend to spend on TV, Games and Music with mean values of 3.275, 3.141, and 3.123 respectively. People tend to spend very less on the fitness engagements like Yoga and Exercise with 1.901 and 2.448 as the mean values respectively. They tend to spend very less time to rediscover their hobbies and to learn a skill with the mean values of 2.783 and 2.806 respectively.

Table 4: Factors Derived from Rotated Varimax (Engagement).

Factor Eigen values	5.818	2.018	1.281	1.101	1.038
% of explained variance	36.36	12.612	8.005	6.88	6.49
Loadings	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
Reliability Coefficient	0.811	0.782	0.802	0.832	0.757
Connecting with friends online	0.812				
Sleeping	0.785				
Social Networking sites	0.71				

Chit-Chat with Family	0.668				
Games with family	0.505				
Work from home		0.772			
Reading		0.69			
Learning a skill		0.639	0.528		
Doing the long pending work		0.549		0.465	
Rediscovering my hobbies		0.461			
Exercise			0.861		
Yoga			0.851		
Household works				0.862	
Cleaning house				0.85	
TV					0.815
Music					0.788

Exploratory factor analysis (EFA) using the principal components method was computed on data obtained from 382 participants. KMO measure of sampling adequacy was 0.821 for engagement and 0.868 for feelings.

Orthogonal varimax rotation generated five stable factors for engagements that explained 70.35% of the primary information on the matrix as follows: Factor 1 represented the Social engagements; Factor 2 represents the Professional engagements; Factor 3, Fitness engagements; Factor 4, Household engagements and Factor 5 represents Entertainment engagements. Similarly for feelings the three stable factors was produced which explains 59.97%. The factors were named as Negative (factor 1), Vulnerable (factor 2) and Positive (Factor 3).

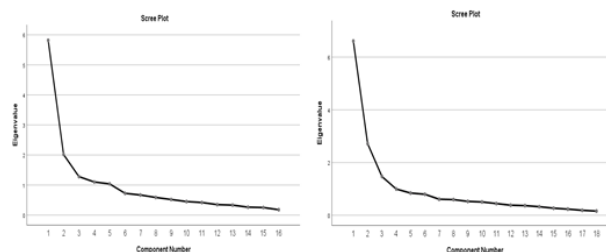Fig: Screen Plot for Engagement and Screen Plot for Feelings.

Table 5: Factors Derived from Rotated Varimax (Feelings).

Factor Eigen values	6.61	2.716	1.469
% of explained variance	36.721	15.087	8.163
Loadings	Factor 1	Factor 2	Factor 3

Reliability Coefficient	0.92	0.804	0.774
Anger	0.841		
Sadness	0.823		
Worry	0.809		
Nervousness	0.775		
Frustration	0.762		
Guilt	0.701		
Fear	0.634		
Loneliness		0.707	
Boredom		0.682	
Annoyance		0.675	
Isolation		0.655	
Helplessness		0.643	
Depression		0.543	
Cool			0.79
Relief			0.752
Happiness			0.746
Secure			0.712
Comfy			0.62

The eigen values of the five factors of engagements were 5.818, 2.018, 1.281, 1.101 and 1.038 and for three factors of feelings were 6.610, 2.716 and 1.469 in decreasing order, i.e., the highest contribution to the overall variance in the matrix came from the togetherness of the five items that made up Factor 1(Social Engagement) for engagements and by six factors that made up factor 1(Negative) for feelings. Factors, their relative contributions to the total variance and the communalities for each of the variables are shown in the Tables 4 and Table 5

Small coefficient values under 0.45 were suppressed for the better results. In engagement factor analysis two items (learning a skill and Doing the long pending work) loaded on two factors each but were retained under the factor which has relatively higher factor loading (Table 4).

The acceptable internal consistency is ensured by Cronbach's alpha coefficient which is 0.878 for engagement and 0.855 for Feelings. According to Babbie (1992), the value of Cronbach Alpha is classified based on the reliability index classification where >0.8 is considered high. (Nunnally & Bernstein, 1994)

The study factors are continuous and therefore were analysed to verify that they comply with the normality assumptions. The skewness and kurtosis analysis was carried out. Tabachnick & Fidell (2001) and Garson (2006) put forward that values of skewness and kurtosis should be within the 2 to -2 range while the data are normally distributed. The distribution shows that all factors have skewness and kurtosis within the ± 1 range, therefore the normality was strongly ensured. (Table 6).

Table 6: Normality.

Variables	Engagements					Feelings		
	SE	PE	FE	HE	EE	NF	VF	PF
x	3.320	2.790	2.174	3.476	3.199	2.336	2.515	3.509
σ	0.901	0.972	1.189	1.164	0.949	0.939	0.870	0.887
Skewness	-0.414	0.033	0.901	-0.453	-0.085	0.432	0.092	-0.303
Kurtosis	-0.231	-0.459	-0.158	-0.678	-0.364	-0.146	-0.652	-0.512

Table 7: Independent t-Test Gender and Feelings.

Gender		N	Mean	t	df	Sig.(2-tailed)
Negative	Male	177	2.2785	-1.110	380	0.268
	Female	205	2.3854			
Vulnerable	Male	177	2.6299	2.410	380	0.016
	Female	205	2.4163			
Positive	Male	177	3.4441	-1.339	380	0.181
	Female	205	3.5659			

The t-test results indicate that there is no significant differences in having Positive (t(380) = -1.339, p>0.05) and negative (t (380) = -1.110, p>0.05) feelings based on gender. But there is significant difference in perceiving the vulnerable feeling between male and female (t (380) = 2.410, p<0.05).

Table 8: Independent t-Test Gender and Engagements.

Gender		N	Mean	t	df	Sig.(2-tailed)
Social engagements	Male	177	3.2599	-1.211	380	0.227
	Female	205	3.3717			
Professional engagements	Male	177	2.5921	-3.764	380	0.000
	Female	205	2.9610			
Fitness engagements	Male	177	1.9379	-3.667	380	0.000
	Female	205	2.3780			
Household engagements	Male	177	2.9492	-9.065	380	0.000
	Female	205	3.9317			
Entertainment engagements	Male	177	3.2599	1.166	380	0.244
	Female	205	3.1463			

It is to be noted that the table shows that there is significant differences between male and female in engaging with professional engagements (t (380) = -3.764, p<0.01), Fitness engagements (t (380) = -3.667, p<0.01) and Household engagements (t (380) = -9.065, p<0.01). There is no significant

difference between male and female in engaging with social (t (380) = 0.227, p>0.05) and entertainment engagements (t (380) = 0.244, p>0.05).

ANOVA results for the indicated significant differences in perceiving the negative (F(2, 379) = 8.827, p<0.01) and vulnerable feelings (F (2, 379) = 4.725, p<0.01) among the different groups of marital status. Whereas there is no significant differences between the groups and within groups in perceiving positive feelings (F (2, 379) = 1.547, p>0.05). There is significant difference among different groups of marital status in household engagements (F (2, 379) = 5.881, p<0.01) and Professional engagements (F (2, 379) = 3.857, p<0.05). There is no significant difference among different groups of marital status in social engagements (F (2, 379) = 2.950, p>0.05), fitness engagements (F (2, 379) = 2.263, p>0.05) and entertainment engagements (F (2, 379) = 1.192, p>0.05).

There is significant difference among the different age groups in perceiving the Household engagements (F (5, 376) = 3.966, p<0.01), entertainment engagements (F(5,376)=4.177, p<0.01), professional engagements (F (5, 376) = 3.068, p<0.05) and fitness engagements (F (5, 376) = 3.068, p<0.05). There is no significant difference among the different age groups in social engagements (F (5, 376) = 1.135, p>0.05). There is significant difference among the different age groups in perceiving Negative (F (5, 376) = 3.929, p<0.01), Vulnerable (F (5, 376) = 3.562, p<0.01) and Positive feelings (F (5, 376) = 2.519, p<0.01).

There is a significant difference among the different occupation groups in the Social engagements (F (7, 374) = 3.630, p<0.01), Professional engagements (F (7, 374) = 6.802, p<0.01), fitness engagements (F (7, 374) = 3.169, p<0.01), Household engagements (F (7, 374) = 12.702, p<0.01) and entertainment engagements (F (7, 374) = 3.997, p<0.01). There is the significant difference among the respondents of different occupational groups in perceiving the Negative feelings (F (7, 374) = 2.244, p<0.05), vulnerable feelings (F (7, 374) = 5.819, p<0.01), and positive feelings (F (7, 374) = 3.169, p<0.01).

There is a significant difference among the respondents whose number of family members is different in social engagements (F (3, 378) = 3.106, p<0.05) and professional engagements (F (3, 378) = 7.661, p<0.01). There is no significant difference among the respondents whose number of family members is different in Fitness engagements (F(3,378)=1.844, p>0.05), Household engagements (F (3, 378) =1.795, p>0.05) and Entertainment engagements (F (3, 378) = 2.262, p>0.05). There is a significant difference among respondents whose number of family members is different in perceiving the vulnerable feelings (F (3, 378) = 5.888, p<0.01) and positive feelings (F (3, 378) = 5.277, p<0.01) whereas there is no significant difference in perceiving the negative feelings (F (3, 378) = 2.422, p>0.05).

Discussions

It is astounding to witness that people are more positive towards facing the quarantine than having drowned with negativity. They feel more secure and cool during the quarantine period. People tend to spend more time in household works which shows that they help each other in doing the chores. In the era of social media, no wonder that people spend more time with social networking sites and connecting with friends online. Gaming with family and chit-chat with them is a 'bring-back' culture, where they get time to mend when the relationships are at stake. Ultimately the family harmony gets enhanced.

It is also saddening part to note that people do not spend much time for the fitness regime like exercise and yoga which may help them to beat their stress at present crisis and keep them healthy. Hence socialising is what people prefer in getting themselves engaged during these quarantine times rather than concentrating on development or fitness oriented. The factor analysis reduced the number of engagement factors and grouped them as different platforms social, professional, fitness, household and entertainment. And the list of feelings has been grouped into three factors Negative, vulnerable and positive. It is understandable during quarantine times that people would suffer from boredom, annoyance, isolation, loneliness etc, which are unavoidable that grouped into a single factor which was named as vulnerable feelings. Being at home and maintaining social distancing, spending time with family may make them feel secure, relief, comfy, cool and happy which are grouped by the analysis to a single factor which is named as positive feelings. The threat from increasing number of positive cases for COVID-19, intensity of the spread, financial hit, fear of future may reflect as anger, sadness, worry, fear, etc which are rightly grouped by the analysis and are named as the negative feelings.

The vulnerable feeling is significantly different from male and female as female counterparts is used being in the home setting for the majority of the time but the male counterpart are mostly gregarious and tend to spend time with their social needs where, boredom strikes, feeling isolated, feeling annoyed are all faced mostly by men as they lack their social associates.

When it comes to household engagements the mean value of female is significantly different from male. It shows that even in this dual-career couple's era, men shows less interests in household engagements it is mostly the women who gets committed to it. When it comes to professional and fitness engagements it is again women who get more involvement with those. Men generally have not as much of commitment towards these engagements. Married, single and separated status of the people has influence over the perception of the feelings both negative and vulnerable, whereas all groups posses positive feeling indifferently.

It has to be noted that singles are the one who has dominant vulnerable feelings as well as the positive feelings. Married people will be a bit composed and matured in handling the situation where as singles may mostly be with less commitments but more expectations hence they confront both feeling simultaneously. This may help them to move forward with positivity. Their engagement level in the household activities is considerably low. It is to be noted that during quarantine times as singles are with less commitments they have high involvement in professional engagements and fitness engagements which are to be marked prominent although their association with entertainment engagement also had been maintained high comparatively.

When it comes to professional engagement the people with 55 and above age are more involved it is also interesting to note that parallel they get more engaged with entertainment engagements like Music and TV. Good to be noted that retired people give importance to the fitness engagements. Retired and professional people get more involvement towards professional engagements. Vulnerable feelings during the quarantine are high for people above 55 and above and people less than 20. People in the age group of 36 to 55 have very less negative feeling might be because as they were running behind the routine every day their quarantine seems to be a break to their routine and gives some positivity for them. Home maker's foremost engagement is household engagement. It is to be noted that business and professional people tend to get less engagements towards households.

When there are fewer members in family, the professional engagements are high. Where there are a large number of family members, it is quite understandable that all being under single roof they may spend less time towards professional engagements. Adding daze to the study the vulnerable and positive feelings are more when there are less number of family members. Government employees show high positive emotions as they have job security and financial security the associated obligations might not be a big botheration to them.

Conclusion

A limitation of this study was our use of cross- sectional data which precluded attribution of causality. COVID-19 hits every news channel, every memes in social networks, every message that gets forwarded, every talks that we hear, every thoughts that we process, hence the study on psychosocial effect is the need of the hour. So that the problem if any can be resolved to provide a quality and crisis oriented psychological services to the general public. In quarantine time how are the people doing and what are they doing is what been explored in this study. As the limitation this study was conducted in only India and findings may not be generalized to the other countries. Researchers are yet to explore the vast psychological effects. As the state of affairs by itself is novel, the need for further research can throw more light. As the survey was conducted online there might be systematic differences among the respondents and even over the period of time. Hence longitudinal studies may give more robust outcomes.

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