

# **Stay Home Time: A Brief Analysis**

*This research was undertaken by Counselling Cell of K.G. Joshi College of Arts and N.G. Bedekar College of Commerce to get some insights in the lives of youngsters during the period of lockdown.*

## **Introduction**

COVID-19 virus and resulting pandemic has changed the demography of the world forever. In India a complete lockdown was initiated from 24th March 2020 in order to prevent the spread of virus. As everyone had to stay home for almost a period of three months, lives have taken a different turn. Some of the people have experienced major stress, some have found new opportunities, some have invested this time in learning new skills, some have developed several insights about life, and everyone has dealt with multiple challenges in their own way. The population of youngsters were also affected by this change. Major changes in their lives included the change in modality of education, uncertainty about exams, inability to meet friends or go out and staying at home entire time with parents. How did student community cope with it? What was their response? How did they utilise this time? The present research was undertaken to explore several such questions.

## **Method**

Survey method was used to collect data. Google forms were used to collect data online. 1024 participants from different colleges and various streams have responded to the questionnaire.

## **Data Analysis and Discussion**

### **1. Demographic factors**

#### *College*

In all, students from 53 colleges have responded to questions. Out of 1024 respondents maximum students were from Joshi-Bedekar College, followed by B.N.Bandodkar College and Royal College of Arts, Science and Commerce. The table consisting of details is given below:

COLLEGES	NO. OF STUDENTS
K.G. Joshi College of Arts & N.G. Bedekar College of Commerce	612
VPM's TMC Law College, Thane	1
SIES College of Commerce and Economics	27
Sir Parashurambhau College, Pune	1
S. K. Somaiya Degree College of Arts, Science And Commerce	3
ICAI	1
Yadavrao Tasgaonkar Institute of Engineering & Technology	1
Mumbai University	3
V.G. Vaze College of Arts, Science and Commerce	3
Dr. V.N.Bedekar institute of management, Thane	11
Dnyanganga Trust	1
New English and junior college	1
S.E.S's L.S.Raheja college of Arts and Commerce	1
Ramnarian Ruia Autonomous college	2
R.A. podar college	2
Shree Ram vidyalaya and Jr. college	1
SNDT women university , Matunga	3
University of Mumbai- Thane subcampus	1
R.B.T.college of education	2
Kirti.M.Doongursee college	2
N.B.Mehta science and commerce college	3
G.M.Momin women college	14
Vikas college of Arts,Commerce and Science	1
Royal college of Arts, Science and commerce	70
T.J.college	1

Malini Kishor Sanghavi college of Commerce	1
Chandrabhan Sharma college of Arts,Commerce and Science	61
D.G.Ruparel college	3
K.J.somaiya college	1
Ismail Yusuf college of Arts,Science and Commerce	3
Smt.MMK college of Commerce and Economics	9
Thakur college of Science and commerce	1
VPM's B.N.Bandodkar college	82
Aqsa women degree college	1
K.C. college	1
MMP Shah college	5
Gurunanak Khalsa college	1
S.P.N.Doshi women college	1
Hashu Advani college of Special Education	1
RADAV college	1
Maharaj Sayajirao university, Baroda	1
Christ university	1
BVCOE	1
Ajinkya D.Y.Patil college	1
B.N.N. college	1
Satish pradhan Dnyansadhana college	1
Saraswati education society's high school and education	1
Anand vishwa Gurukul college	1
THEEM college of Engineering	1
B.M.Ruia Girls college	19
Elphinstone college	1

shri. Dayanand junior college	1
A.E.Kalsekar degree college	1
Blank columns	6

### *Education*

The maximum number of students were studying in Third Year, followed by Second Year students and then by SYJC students. 182 students have skipped answer to this question.

## **2. Basic comfort and happiness staying at home**

47.8 % respondents have mentioned they were comfortable during lockdown. 22.1% students were initially comfortable. And a small yet significant percentage 21.7 were not comfortable.

Most respondents felt comfortable and happy (49.3%) because they could spend time with family. Following this the reason for comfort was they had lots of free time (20.6%). These responses are indicators of two prominent factors: importance of family time and significance of having free time.

37.9 % participants felt uneasy/anxious because they were worried about the spread of virus. 21.2 felt uneasy because they could not go out and 18.2 felt anxious because they missed their friends. Anxiety about the spread of virus was extremely common during lockdown period, especially a lot of news and information kept trending on social media and news channels. The sample of research consisted of youngsters and hence it is conceivable that most of them were habituated of going out and spending time with friends. Thus, a sudden change in it led to anxiety for them.

37.2% participants agreed that there were financial difficulties at home, 26.2% strongly agreed to same. The discomfort and anxiety could also be stemming from this knowledge.

### 3. Engagement in productive things

Almost all participants have pursued some or the other hobby during this period. Most of them have engaged into cooking. Other hobbies include reading, painting, writing, etc.

57.9% of students have enrolled for various online courses and webinars.

### 4. Household work

Out of 1024 participants only 7.8% have not contributed in any household work. Rest all have participated in responsibilities such as cleaning, cooking, washing utensils, etc. as indicated by the following table.

CLEANING	44.62
COOKING	25.48
WASHING UTENSILS	8.98
ORGANISING	2.73
LAUNDRY	0.48
NONE	7.8
OTHERS	6.64

### 5. Relationships and social interactions

92.4 % participants were happy that they could spend more time with their family. Most of the participants stayed connected with their friends via WhatsApp, other social media platforms and mobile calls. Almost all participants have missed going out, meeting friends, going to college and eating street food.

What did you miss the most	Percentage of responses
Work	2.73

Workplace	0.29
Friends	44.72
Going out	26.95
College	30.66
Travelling	10.05
Outside food	13.18
Normal life before pandemic	8.20
Studies, exam	3.22
Nothing	3.80
Teachers	1.56
Close relatives	1.36
Books	0.48

## 6. Life lessons learnt

Most participants have agreed that the situation has offered several new perspectives. They have reported having learnt the importance of things such as conversation with family, development of strength and resilience, developing self awareness, importance of health, hygiene and gratitude, etc. The details are mentioned in the table below.

Important lesson learnt during this period	Percentage of responses
Stay safe, Cleanliness	12.20
Family, Relationships	11.23
Health	8.00
Mental health, Positive attitude	6.83
Uncertainty of life, Value of life	6.64

Self-growth, Self-love	6.44
Humanity, Helping others	5.95
Being self-reliant and courageous	5.66
Value everything, Simplicity	5.46
Environment awareness	5.17
Value of money, Importance of saving	4.39
Patience	4.19
Value time	4.10
Learn to accept change	3.90
Nothing	3.22
Prevention is better than cure	3.02
Don't take things for granted	2.92
Other/Miscellaneous	2.14
Human Behaviour	1.85
Money is not everything	1.66
Unity	1.46
Importance of education	1.36
Spirituality	1.26
Freedom is precious	1.17
Politics	0.29

**Comments:**

- The lockdown period has continued for a long period of time in phases. Thus, people who were initially fine and comfortable staying at home, also experienced frustration and irritation about the situation in later part. Moreover, most of us believed that situations would be normal soon, but as time passed, it became clearer that it is not going to be so for a considerable time period.
- Time with family is likely to build strong relationships and support systems whereas free time lets the brain unwind and relax. Free time may also lead to creation of several ideas. Unfortunately, due to busy lifestyles both of these things have become scarce, yet their importance remains unchanged as shown by answers of participants of this survey.
- The stay home time has allowed most of the participants to pursue new hobbies or strengthen existing ones.
- Difficult situations often teach most important life lessons. True to this saying, most participants have introspected, realized the importance of family, health, gratitude, hygiene, etc.

### **Implications:**

The study underlines the importance of family, free time, healthy hobbies and self-work and their interwoven relationship with mental health and happiness. These findings are not merely applicable to the period of pandemic but can be applied in to everyday life as well as therapy.

### **Limitations:**

- Convenience sampling method.
- Survey method, that too online doesn't leave any scope for specific interaction with any participant.

## **Concluding Remarks:**

Every individual may react differently to an unforeseen situation. This reaction is based on many factors such as culture, familial background, education, age and personality. This study indicates the challenges faced by youngsters and coping mechanisms they used to deal with them. While not methodologically perfect, the study offers some important insights in to the lives of young population, such as importance of college life, friends and doing outdoor activities in their lives. It also showed that when time made it necessary, this population could contribute to seemingly boring household work and perhaps more such habits need to be cultivated.

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