



## **Depression in Youth of Chandigarh due to Lockdown and its Psychological Impact During COVID-19 Pandemic**

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### **ABSTRACT**

The present study is an attempt to investigate the Level of Depression in Youth of Chandigarh due to Lockdown and its psychological impact during COVID-19 Pandemic. It is a global pandemic which was declared by WHO as a public health emergency of international concern. To prevent people from such a deadly virus Lockdown was declared on 25<sup>th</sup> March 2020 which continued till 17<sup>th</sup> May 2020. These extended lockdowns have brought people in depression which has affected psychologically the minds of people. The objective of the study is to find the Level of Depression in Youth of Chandigarh due to Lockdown and its psychological impact during COVID-19 Pandemic. The paper focuses on key issues relating to such concepts and thus a sample of 50 subjects are taken of age group 18 to 25 living in Chandigarh. Purposive random sampling technique is used to select sample for the study and the tool used are Psychological Wellbeing scale by Dr. Devendra Singh Sisodia & Ms. Pooja Choudhary and Beck Depression Inventory- 2nd Editions (BDI II) by Aaron T Beck, Robber A Steer and Gregory K Brown, (1996). Descriptive Statistical Technique is adopted for data analysis which includes Mean, Median and Standard deviation. In order to determine the difference of male and female of Chandigarh on grounds of Psychological Well-being z-test was used and compared with critical values of 0.05 levels to know whether the results are significant or not. Pearson Product moment correlation is used to know the relationship between independent and dependent variables. The above results show that the z-value is 0.5 which means that the level of Depression and psychological wellbeing among the Youth living in Chandigarh is average. It also showed that it had an average effect on the life of the Youth and there is no significant relationship between Depression and Psychological Wellbeing.

*Keywords:* Covid-19, Depression, Psychological wellbeing, Chandigarh

### **A. INTRODUCTION**

COVID-19 is considered as an infectious disease which is considered as the biggest challenge to mankind. It brought the whole world underwaters and created panic all over. Government took several steps to cure people from such a deadly disease but the only effective way which brought a bit halt to the spread of such a deadly disease was Lockdown, a form of home quarantine which started on 25<sup>th</sup> March 2020 and continued till 17<sup>th</sup> May 2020. No doubt lockdown was the biggest move taken by the government for social distancing but it also brought a lot of problems in the life of people. Both the pandemic and Lockdown created panic and stress which lead to depression and eventually had an impact on the psychological wellbeing of the people. Due to lockdown people faced social isolation, loss of income, loneliness, inactivity, limited access to basic needs, more online gambling, laziness, domestic violence, work from home pressure and this all affected all age groups including adolescents, old age and Youth. The present paper is an attempt to know the level of depression on youth of Chandigarh during Lockdown and its Psychological impact due to COVID-19 Pandemic.

### **B. STATEMENT OF THE RESEARCH PROBLEM**

- A study on Depression in Youth of Chandigarh due to Lockdown and its Psychological impact during COVID-19 Pandemic.

### **C. LITERATURE REVIEW**

Gandhi, R. (2020) concluded from the study Impact of COVID-19 on Chandigarh-Its causes, consequences and role of community in preventing its transmission. It was observed that the people residing in Chandigarh and Panchkula maintained proper social distancing and followed good hygienic methods which resulted in positive impact on the air quality and health of the people residing in these areas. People showed equal concern towards everyone irrespective of caste, creed and religion. Love, concern and happiness was seen among the family members but this was shown less in the people residing in Mohali.

Grover, S. et.al (2020) did an online survey to know the impact of COVID-19 pandemic and it was found that all the countries only applied one safe way to prevent oneself from covid and that was lockdown. In India also lockdown was declared as the safest strategy to prevent from COVID yet it had an impact on the economy, psyche, and daily living of the public. Depression and anxiety were seen in most of the cases. Relationship issues were prevalent in regards to family and friends but in some cases family bonding was also seen. Fear of death, loss of jobs, financial constraints became a cause of

concern for all but along with this family bonding became string. There was change in the family values, concern for health and hygiene became a cause of concern for all.

Chakraborty, K. & Chatterjee, M. (2020) in their study suggested that worry and sleep disturbances were common among the respondents in the past 2 weeks. The pandemic threatened the existence of the respondents to a great extent and affected their mental status negatively. Mousavi, SF. (2020) does not have a significant effect on Marital Satisfaction. The finding also revealed that fathers reported greater Marital Satisfaction than mothers. Women are more concerned about intimacy than men, have certain standards for being satisfied with their spouses, and are sensitive to relationship problems more than men. Sharma, AJ. & Subramanyam, MA. (2020) revealed that adults likely used pornography and masturbation to cope with the lockdown, given the limited physical access to sexual partners in a society that stigmatizes homosexuality. Moreover, the findings also suggested that greater frequency of calling family members during lockdown could strengthen social relationships and increase social empathy.

Sharma, A.J., Subramanyam, M.A. (2020) revealed that impact of lockdown varies across diverse population. The psychological impact of the lockdown among LGBT adults and the one on a higher risk of COVID-19 is not known in the Indian context. It was found that Anxiety was found to be higher among LGBT adults, the high-risk group and those with a history of depression and loneliness. It was observed that pornography was more in LGBT group than the heterosexuals. It was also observed that both qualitative and quantitative study findings suggested that frequency of calling family members during lockdown strengthen social relationships and increase social empathy.

Chaudhary, S. (2021) states that the second wave of COVID-19 pandemic has blown the tri-city of Chandigarh with terrible shock waves among the residents. Being one of the top-notch per capita income cities in India, Chandigarh was found to be more vulnerable in this second wave of COVID-19 pandemic. This second wave of pandemic has caused high inflow of patients from nearby states and produced supplementary burden on the health care facilities in the city beautify.

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## **D. OBJECTIVES OF THE STUDY**

1. To examine the impact of various stressors on psychological well-being of Youth in Chandigarh.
2. To identify the level of depression faced by Youth due to COVID19 Pandemic during Lockdown.
3. To know the relation between Depression faced by Youth and its Psychological impact on Youth of Chandigarh.

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## **E. RESEARCH DESIGN**

### ***1. RESEARCH METHODOLOGY***

- Research design is the framework that has been designed to seek answers to the research questions. Descriptive research design is adopted in order to address the objectives of the study.

### **AREA OF STUDY**

- The Area of the study is limited to Chandigarh.
- **SAMPLE**
- A total sample (N=50) for the study, comprised of 25 male and 25 female from Chandigarh of 18-25 years age group were randomly selected.
- The data was collected individually from each respondent. Prior to collection of data the respondents were assured that their responses would be kept confidential and will be used only for academic purposes.

### ***TECHNIQUES***

- Descriptive statistics is used for the overall population for each of the variables. It helped to explain the characteristics of the sample through methods like mean, median and standard deviation and presented through tables. In order to determine the difference of male and female of Chandigarh on grounds of Level of Depression and Psychological Well-being z-test was used and compared with critical values of 0.05 levels to know whether the results are significant or not. Pearson Product moment correlation is used to know the relationship between independent and dependent variables.

### ***3. TABULATION AND INTERPRETATION***

#### ***1. Results pertaining to level of Depression due to Lockdown in Youth of Chandigarh during COVID 19 Pandemic.***

In order to assess the level of Depression among Youth of Chandigarh collected data was scored and tabulated. In order to test the following hypothesis, mean, median and S.D was computed on tabulated data.

**1. Hypothesis:** There is no significant difference in the mean scores of males and females of Chandigarh in their level of depression due to Lockdown during COVID-19 Pandemic.

Result pertaining to Level of Depression is shown in table 4.1

Variable	N	Mean	Median	S. D	z-value	Remarks
Depression	25(M)	20.4	19	9.0	0.5	Not Significant
	25 (F)	21.8	20	9.3		

**Interpretation:**

It is revealed from table 4.1 that the value for mean turned out to be 20.4 for male whereas for female it is 21.8. It shows the average level of Depression among Youth in Chandigarh. There is very less difference in their mean scores. The value of median for male is 19 whereas for female is 20. The S.D for male is 9.0 whereas for female is 9.3. The z statistics regarding their level of Depression turned out to be 0.5 which is not significant.

Hence the hypothesis namely there is no significant difference in the mean scores of males and females of Chandigarh in their level of Depression due to Lockdown during COVID-19 Pandemic is found to be accepted in the light of above evidences.

**2. Results pertaining to psychological well-being of Youth in Chandigarh during Lockdown due to COVID 19 Pandemic.**

In order to study psychological well-being among males and females of Chandigarh data was collected and scores of psychological well-being were tabulated and interpreted in the light of the following hypothesis.

**2. Hypothesis:** There is no significant difference in the mean scores of males and females of Chandigarh in their psychological well-being during Lockdown due to COVID-19 Pandemic.

Results pertaining to psychological wellbeing of Youth in Chandigarh is shown in Table 4.2.

Variable	N	Mean	Median	S. D	z-value	Interpretation
Psychological Wellbeing	25(M)	144.72	142	28.8	0.5	Not Significant
	25(F)	140.76	138	24.7		

**Interpretation:**

It is evident from table 4.2 that the value for mean turned out to be 144.72 for male whereas for female it is 140.76. Again, there is very less difference in their Mean scores. The value of median for male is 142 whereas for female is 138. The S.D for males is 28.8 whereas for females is 24.7. The z statistics regarding their psychological well-being turned out to be 0.5 which is not significant.

Hence the hypothesis namely there is no significant difference in the Mean scores of males and females of Chandigarh in their psychological well-being due to Lockdown during COVID-19 Pandemic is found to be accepted in the light of above evidences.

**4.3 Relationship between Depression and psychological well-being among males in Chandigarh.**

In order to assess relationship between Depression and Psychological well-being among males in Chandigarh, collected data were scored and tabulated. In order to test the following hypothesis, mean, median, and S.D were computed on tabulated data.

**3. Hypothesis:** There is no significant relationship between Depression and Psychological well-being of the males in Chandigarh.

Results pertaining to relationship between Depression and Psychological well-being among males in Chandigarh is shown in table 4.3

**Table 4.3**

**Relationship between Depression and Psychological well-being among males in Chandigarh**

Computation	Depression Male N (25)	Psychological wellbeing Male N (25)	Correlation value	Remarks
Mean	20.4	144.72	0.26	Not Significant
Median	19	142		
S. D	9.0	28.8		

**Interpretation**

It is revealed from table 4.3 that the value of mean for Depression turned out to be 20.4 whereas for psychological well-being is 144.72. There is difference in their Mean scores. The value of median for Depression is 19 whereas for psychological well-being is 142. The S.D for Depression among males is 9.0 whereas for psychological well-being is 28.8. The value of correlation turned out to be 0.04 which is not Significant.

Hence the hypothesis namely there is no significant relationship between level of Depression and Psychological well-being of the males living in Chandigarh is accepted in the light of above evidences.

#### 4.4 Results Pertaining to relationship between Depression and Psychological well-being of females in Chandigarh.

In order to assess relationship between Depression and Psychological well-being among females in Chandigarh, collected data was scored and tabulated. In order to test the following hypothesis, mean, median, and S.D were computed on tabulated data.

**4. Hypothesis:** There is no significant relationship between level of Depression and Psychological well-being of the females in Chandigarh.

Results pertaining to relationship between Depression and Psychological well-being among females in Chandigarh in Table 4.4

Computation	Female N (25) Depression	Female N (25) Psychological well-being	Correlation value	Remarks
Mean	21.8	140.76	-0.19	Not Significant
Median	20	138		
S. D	9.3	24.7		

#### Interpretation

It is revealed from table 4.4 that the value of mean for Depression turned out to be 21.8 whereas for psychological well-being is 140.76. There is a lot of difference in their Mean scores. The value of median for Depression is 20 whereas for psychological well-being is 138. The S.D for Depression is 9.3 whereas for psychological well-being is 24.7. The value of correlation turned out to be -0.19 which is not Significant.

Hence the hypothesis namely there is no significant relationship between Depression and psychological well-being of the females in Chandigarh is accepted in the light of above evidences.

#### 4.5 Results Pertaining to relationship between Depression and Psychological well-being of Youth residing in Chandigarh.

In order to assess relationship between Depression and psychological well-being of the Youth in Chandigarh, collected data was scored and tabulated. In order to test the following hypothesis, mean, median and S.D were computed on tabulated data.

**5. Hypothesis:** There is no significant relationship between Depression and Psychological well-being of Youth residing in Chandigarh.

Results pertaining to relationship between Depression and Psychological well-being of Youth residing in Chandigarh is shown in table 4.5

**Table 4.5**

#### Depression and Psychological well-being of Youth in Chandigarh

Computation	N	Level of Depression among people in Chandigarh	Psychological well-being among people in Chandigarh	Correlation value	Remarks
Mean	50	21.1	142.74	0.11	Not significant
Median		19.5	140		
S. D		9.1	26.6		

#### Interpretation

It is revealed from table 4.5 that the value of mean for Depression turned out to be 21.1 whereas for psychological well-being is 142.74. There is difference in their Mean scores. The value of median for Depression is 19.5 whereas for psychological well-being is 140. The S.D for Depression is 9.1 whereas for psychological well-being is 26.6. The value of correlation turned out to be 0.11 which is not significant.

Hence the hypothesis namely there is no significant relationship between Depression and psychological well-being of the youth residing in Chandigarh is accepted in the light of above evidences.

## F. DISCUSSION

The emergence of COVID a widely spread disease has created a lot of panic which has turned to make people depressed. Increased level of depression has also brought psychological impact on the youth of Chandigarh. To cure people from this deadly disease government declared Lockdown which affected the youth in many ways. Several studies have been done which shows that COVID has a great impact on the life of people and disturbed them mentally, socially emotionally and even physically. Different scales have been used to judge the level of Depression and psychological wellbeing of the

youth living in Chandigarh which showed that it had an average effect on the life of the youth and there is no significant relationship between Depression and psychological wellbeing.

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## G. CONCLUSION

The value of mean is more in females as compared to males. There is less variation in value of median. The z-value turned out to be 0.5 which is not significant so there is no significant difference between male and female in their level of Depression. In case of psychological wellbeing the mean is more in case of males. The z-value turned out to be 0.5 which is not significant so there is no significant difference between male and female in their psychological well-being. The value of correlation turned out to be 0.26 so there is no significant relationship between level of Depression and psychological well-being of the males residing in Chandigarh. As far as the value of correlation is -0.19 which is not significant so there is no significant relationship between level of Depression and psychological well-being of the females residing in Chandigarh. The value of mean is more for psychological well-being as compared to level of Depression. There is a lot of difference in the value of median. There is a little difference in the value of S.D. The value of correlation turned out to be 0.11 which is not significant therefore relationship between Depression and psychological well-being of the Youth residing in Chandigarh.

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