

How is Lockdown treating us?

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ABSTRACT

Considering the philosophical viewpoint of eudaimonism in psychological research on well-being, the investigator attempted to study the psychological well-being of adults in India in lockdown condition. Ryff's theoretical model of psychological well-being was adapted in the Indian context with its reliability reestablished. The Scale of Psychological Well-being (SPWB) is composed of six sub-scales in accordance with the six factors of positive functioning, namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others and self-acceptance. Two more subscales were added, which were pertinent with the precarious situation in hand, i.e., Tech Addiction and Health Issues. Two hundred sixty (260) respondents participated in the survey in which 116 (45%) were male, and 144 (55%) were female. Among the total responding participants, 38% were students, 22% were teachers, 15% were doctors, 12% were homemakers, and 13% were self-employed. The findings of the study determined that the psychological well-being scores of the sample under study had a mean score as (174.51 ± 18.34) . The female respondents had a mean score above the average (175.85 ± 18.69) , and male respondents mean score is slightly below the average of the total sample (172.86 ± 17.84) . The *t*-test revealed that there was no significant difference in the mean score of male and female respondents in all the sub-dimensions of the psychological well-being. But looking at the statement related to Lockdown specifically, the female respondents did not experience fear when thinking about finding a job after Lockdown and they were also thrilled as they were utilizing their time in pursuing their hobby. The male respondents disagreed to 'Lockdown as a blessing in disguise' as compared to female respondents who had neutral view regarding this statements. The older respondents showed a remarkable score in purpose in life and positive reactions with others. The middle-age respondents had an edge when it came to environmental mastery and autonomy. The youth, on the other hand, was high on tech addiction, which ultimately leads them to be high on Health Issues. And the respondents who were doctors scored the highest average in almost all the sub-scales, namely, autonomy, environmental mastery, personal growth, purpose in life, positive relations with others, and health issues. And we do see how this profession is worthy of admiration for its perseverance in struggling to combat the pandemic in the lockdown condition.

Keywords: Lockdown, Psychological Well-being, Tech addiction, Health issues, Pandemic

1. Introduction

The whole concept of social isolation and loneliness is contrived by each individual differently. Some may also have an overlapping view when experiencing a total lockdown. How the restriction of our movement is influencing our thought process and reasoning power is remarkable. In positive psychology, the whole essence of studying psychological well-being and its impact on physical health and mental health has always being a prime focus.

Generally, there is two philosophical viewpoints in psychological research on well-being. One is *hedonism*, which accentuates as being happy. And the other is *eudaimonism*, which places more significance on being meaningful. For example, for both adolescents and adults, *autonomy* is considered important, but teenagers may express a much stronger need for independence than adults (Deci, 2006).

Based on hedonism, Diener (2000) 'proposed the construct of subjective well-being (SWB), which refers to an individual's affective and cognitive evaluations of life. They argued that the feeling of happiness and satisfaction with life is universal, even though what brings about happiness and contentment may differ across societies and cultures.' Although isolation and well-being are linked to feelings of loneliness, they are pronounced experiences and concepts. According to Diener (2000), 'measuring loneliness is for two reasons. Firstly, loneliness harms our quality of life and affects our mental and physical health. Secondly, measuring loneliness will help one to demonstrate the positive impact of one's work on the way people *feel* about their relationships and interpersonal connections.'

On the other hand, *eudaimonic* theorists argued that it is pertinent for individuals to have a sense of meaning and fulfilment in life. With this perspective, Ryff proposed 'a theoretical model of psychological well-being, which comprises of six different aspects of positive functioning. This model was developed based on a thorough study of human functioning.'

1.2 Variable understudy

Psychological well-being consists of autonomy, positive relationships with others, a feeling of purpose and meaning in life, personal mastery, and personal growth and development. Ryff's model is not based on merely feeling happy, but is based on Aristotle's *Nicomachean Ethics*, "where the goal of life isn't feeling good but is instead about living virtuously." (Ryff, 1989). "Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events" (Ryff, 2008). Hence the investigator was tempted to study psychological well-being in a challenging situation like this Lockdown.

1.3 Research Questions

The following questions crossed the mind of the investigator as to how our psychological well-being differ during lockdown condition.

- Do males' and female's psychological well-being differ, especially in the prevailing circumstances?
- Is every adult above 18 experiencing the Lockdown in the same manner?
- Does the psychological well-being in lockdown condition differ according to one's occupation?

1.4 Objectives of the study- The following objectives were framed according to the research questions:

1. To find out the psychological well-being of the total sample and its sub-sample based on gender
2. To find the psychological well-being and its respective subscales in different age groups.
3. To find out the psychological well-being and its respective subscales in different occupation.

2. Method

The research is a descriptive type of research. It is based on a survey of the samples' opinion.

2.1 Participants

In the study, 260 respondents participated in the survey, and 100% completed the survey. Participants were from India. Out of 260 responding participants, 116 (45%) were male, and 144 (55%) were female. Among the total, 61% belonged to (20-30) age group, 30% belonged to (30-40) age group, 6% belonged to (40-50) age group, 1% belonged to (50-60) age group and 3% belonged to (60 and above) age group. Of the 260 responding participants, 38% were students, 22% were teachers, 15% were doctors, 12% were homemakers, and 13% were self-employed. The unforeseen fact was that the respondents were not motivated to participate in the online survey. Through informal discussion, it was found that most of them were scared to know about their psychological well-being during lockdown condition. The youth who gave the feedback said that they were frightened because they answered the survey 'too honestly.' Despite everyone having the technology, it was felt that there was a reluctance to participate as if everyone was walking on eggshells during the Lockdown.

2.2 Data Collection Tools

Ryff (2006) developed the Scales of Psychological Well-being (SPWB), which is composed of six sub-scales in accordance with the six factors of positive functioning, namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others and self-acceptance. Accordingly, the present study attempted to adapt and establish the reliability of the SPWB in a sample of adults in India.

2.3 Pilot study- The investigator selected items for eight sub-scale based on a rigorous process of item selection. Subsequently, the refined SPWB was tested in a small scale pilot study. A total number of 50 adults (24 male and 26 female, mean age 30.17 years) completed the SPWB. The data was analyzed, and Cronbach's reliability was determined as 7.19.

As a result, a final 50-item Indian version SPWB in Lockdown condition was produced. The adapted SPWB measure consists of 50 items. There are eight sub-scales, out of which six corresponds to the aspects of positive functioning, according to Ryff (2006), and two subscales were further added, which were pertinent according to the present circumstance. To check the psychological well-being during social isolation, the investigator added two more subscales that were *Tech addiction* and *Health Issues*. It was felt that Mobile and internet addiction was the only thing that made the individual feel connected to the outer world. Psychological well-being can be studied in this dimension, as well. In Japan, '*Hikikomori*' is a syndrome of severe social isolation, from rarely leaving home to never leaving one's room. (Tabeno, 2019). A large body of psychological research has demonstrated a robust association between social isolation and health problems. Inevitably for psychological well-being, one has to have minimum health issues also. (Cacioppo et al. 2006; Hawkey et al. 2006; Steptoe et al. 2004). Social isolation may even increase one's risk of premature death. A 2015 study found social isolation increases a person's risk of death by about 30%. (Gierveld, 2016)

Ryff's six-factor model of psychological well-being has the advantage of comprehensively encompassing different aspects of adult's positive functioning. Ryff developed the Scales of Psychological Well-being (SPWB) 'which is composed of six sub-scales in accordance with the six factors of positive functioning, namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others and self-acceptance.'

The study is based on the variable '*Psychological well-being*' which has eight subscales or dimensions:

- **Dimension 1- Autonomy:** The extent to which a persons' acts are self-determined instead of being coerced or compelled. It is a sense of self-determination and freedom from norms.
- **Dimension 2- Environmental Mastery:** Emphasizes the ability to choose or change the surrounding context using one's actions as well as being able to control and manage life challenging events.
- **Dimension 3- Personal Growth:** The growth and enhancement of all aspects of the person, the individual feelings one has and their effectiveness in living. It assesses one's openness to new experiences and growth.
- **Dimension 4- Purpose in Life:** The sense of purpose and meaningfulness in life. *Existential crises* are moments when one questions whether their lives have value, meaning or purpose.
- **Dimension 5- Positive Interrelations:** The extent of having satisfying and fulfilling relationships with others.
- **Dimension 6- Self Acceptance:** The awareness of one's strengths and weaknesses, feelings of satisfaction with one's self despite deficiencies and one's attitude towards oneself.
- **Dimension 7- Tech Addiction:** an uncontrollable urge to use technological devices such as computers, smartphones, and gaming systems
- **Dimension 8- Health Issues:** a state in which one is unable to function normally and without pain

The Cronbach's alpha coefficient of reliability of the adapted scale was computed as **0.719** with the internal consistency of the sub scale as Autonomy= **0.63**, Environmental Mastery= **0.61**, Personal Growth= **0.64**, Purpose in Life= **0.711**, Positive Interrelations= **0.60**, Self-Acceptance= **0.49**, Tech Addiction= **0.50** and Health issues= **0.60**.

3. Results and Discussion

The present study attempted to adapt Ryff's Psychological well- being model and made the tool applicable for lockdown condition.

Table 1: Mean, Standard Deviation and t-test values of Total sample and its sub-sample based on gender

Dimensions	No. of Statements	Total Sample			Gender		t-test	P value
		High	Low	Average (SD)	Male Average (SD)	Female Average (SD)		
Dimension A (Autonomy)	4	20	4	15.53 (2.45)	15.37 (2.31)	15.68 (2.56)	-1.03	.303
Dimension B	4	20	4	12.79 (2.76)	12.89 (2.71)	12.75 (2.83)	.405	.686

(Environmental Mastery)								
Dimension C (Personal Growth)	9	45	9	32.27 (4.71)	31.72 (4.85)	32.78 (4.65)	-1.80	.703
Dimension D (Purpose in Life)	10	50	10	32.23 (6.10)	31.71 (5.96)	32.75 (6.26)	-1.45	.147
Dimension E (Positive relations with others)	6	30	6	22.16 (3.26)	22.06 (3.23)	22.39 (3.29)	.824	.411
Dimension F (Self-Acceptance)	3	15	3	12.95 (1.91)	12.8 (2.18)	13.14 (1.81)	-1.45	.148
Dimension G (Tech Addiction)	6	30	6	18.41 (2.94)	18.78 (2.88)	18.15 (2.98)	1.74	.082
Dimension H (Health Issues)	8	40	8	27.58 (4.88)	27.41 (4.73)	27.07 (5.01)	-.48	.630
Total Psychological well-being	50	250	50	174.51 (18.34)	172.86 (17.84)	175.85 (18.69)	-1.30	.192

Table 2: Percentage analysis of responses in Dimension A 'Autonomy' in total sub-sample based on gender

Statements	Dimension A: Autonomy						
	Sample Male (N-116)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
No matter what, I am going out for a stroll and meeting friends	Male	51.72%	32.76%	6.90%	6.90%	1.72%	100%
	Female	68.06%	22.22%	4.17%	4.17%	1.39%	100%
I don't know how to spend my pocket money	Male	21.55%	44.83%	19.83%	12.07%	1.72%	100%
	Female	27.78%	40.28%	13.19%	18.75%	0.00%	100%
I don't think I will find a job after this Lockdown.	Male	0.86%	14.66%	40.52%	25.00%	18.97%	100%
	Female	2.78%	17.36%	24.31%	25.69%	29.86%	100%
I have confidence in my opinions, even if they are contrary to the consensus.	Male	23.28%	56.03%	12.93%	5.17%	2.59%	100%
	Female	29.17%	39.58%	18.75%	9.03%	3.47%	100%

According to Table 1, the result determined that the psychological well-being scores of the sample under study had a mean score as (174.51 ± 18.34) . The female respondents had a mean score above the average (175.85 ± 18.69) , and male respondents mean score is slightly below the average of the total sample (172.86 ± 17.84) . The t-test revealed that there was no significant difference in the mean score of male and female respondents in all the sub-dimensions of the psychological well-being. In the total sample, the respondents had an average of $(M=15.53)$ in the 'Autonomy' dimension. The female respondents $(M=15.68)$ had the same mean as the male respondents $(M=15.37)$. While analysing the responses to the statements in the 'Autonomy' dimension in table 2., it analyzed that 68.06% of females were defiant and strongly agreed that they were going out for a stroll and meeting friends or neighbours as compared to 51.7% male. 40.28% of females did not know how to spend their money as compared to 44.83% male. When it came to fear of finding a job after Lockdown, 29.86% of female strongly disagreed while the majority of the male (40.52%) had a neutral view. 56.03% of male respondents had confidence in their opinion, even if they were contrary to the consensus as compared to 39.58% female respondents.

Table 3: Percentage analysis of responses in Dimension B ‘Environmental Mastery’ in total sub-sample based on gender

Dimension B: Environmental Mastery							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
I have difficulty arranging my life in a way that is satisfying to me.	Male	2.59%	38.79%	16.38%	31.90%	10.34%	100%
	Female	5.56%	36.11%	17.36%	24.31%	16.67%	100%
The demands of everyday life often gets me down.	Male	0.86%	34.48%	12.93%	42.24%	9.48%	100%
	Female	2.08%	27.78%	15.28%	37.50%	17.36%	100%
In general, I feel I am in charge of the situation in which I live.	Male	7.76%	43.10%	25.86%	21.55%	1.72%	100%
	Female	11.11%	38.89%	22.92%	25.00%	2.08%	100%
Every day I feel that I do not have enough time for my tasks.	Male	10.34%	25.00%	12.07%	37.07%	15.52%	100%
	Female	15.97%	25.69%	13.89%	29.17%	15.28%	100%

In accordance with Table 1, the total sample scored an average of (M=12.79) in which both male and female has almost the same average (M=12.89, M=12.75). Table 3 explicates the responses to the statements in Dimension B ‘Environmental Mastery.’ 36.11% of female respondents and 38.79% of male respondents agreed that they were facing difficulty in ‘*arranging their life in a satisfying manner*’. 42.24% of male respondents and 37.50% of female respondents disagreed that *the demands of everyday life are not getting them down* or, in other words making one feel saddened, depressed, and dejected. When it came to be ‘*Incharge of the situation*’ in which they live, 43.10% of male respondents agreed as compared to 38.89% female respondents. It is the female respondents, 15.97%, who strongly agreed that they *do not have enough time for their daily routine tasks in spite of the Lockdown* as compared to 10.34% of male respondents.

Table 4: Percentage analysis of responses in Dimension C ‘Personal Growth’ in total sub-sample based on gender

Dimension C: Personal Growth							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
I feel great as I have time to pursue my hobby.	Male	13.79%	25.86%	28.45%	25.00%	6.90%	100%
	Female	17.36%	40.28%	25.00%	13.89%	3.47%	100%
I complete one productive task a day, it gives me a satisfying feeling and helps me to sleep better	Male	10.34%	43.10%	26.72%	14.66%	5.17%	100%
	Female	16.67%	40.28%	25.69%	15.28%	2.08%	100%
I have made a list of things to do, and I am sticking to it.	Male	9.48%	34.48%	18.10%	34.48%	3.45%	100%
	Female	13.89%	31.25%	13.19%	31.25%	10.42%	100%
I am making efforts to revive my connection with God (Prayers, fasting, reading a religious book, etc.)	Male	8.62%	37.07%	25.86%	21.55%	6.90%	100%
	Female	11.81%	36.11%	18.75%	25.00%	8.33%	100%
I am the kind of person who likes to give new things a try.	Male	34.48%	42.24%	12.07%	6.03%	5.17%	100%
	Female	41.67%	36.11%	12.50%	6.94%	2.78%	100%
I think it is important to have	Male	28.45%	61.21%	7.76%	2.59%	0.00%	100%

new experiences that challenge how you think about yourself and the world.	Female	34.72%	54.17%	9.03%	2.08%	0.00%	100%
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Dimension C is related to 'Personal Growth.' As stated in table-1, the total sample has an average of (M=32.27) out of which the female respondents had a higher mean (M=32.78) than the male respondents (M=31.72). On further examination, Table 4 highlights that 40.28% of females agreed that *they felt great as they have been utilizing their time in pursuing their hobby* as compared to 28.45% male who had a neutral opinion. The reason may be that female respondents in pursuit of their hobby are unable to find time to complete their daily routine, mundane tasks, as seen in earlier dimension. 43.10% of males agreed that they *completed one productive task a day to give them a sense of achievement and a satisfying feeling, which helps them to sleep better at night*, and 40.28% of female respondents agreed to this also. 31.25% of female respondents both agreed and disagreed when it came to making a list of 'things to do and sticking to it,' and the same view was observed in male respondents where 34.48% agreed as well as 34.48% disagreed on this point. Both 36.11% of female and 37.07% of male respondents agreed that they were *making efforts to revive their connection with God and where spiritually recharging themselves during the lockdown condition*. 41.67% of female respondents strongly agreed that they *'liked to give new things a try'* as compared to 42.24% male who just agreed. While responding to *how important it is to have new experiences that challenge how one thinks about themselves and the world*, 61.21% of the male respondents agreed as compared to 54.17% of the female respondents.

Table 5: Percentage analysis of responses in Dimension D 'Purpose in Life' in total sub-sample based on gender

Dimension D-: Purpose in Life							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
There is a feeling of uncertainty lurking around me.	Male	6.90%	56.03%	18.10%	15.52%	3.45%	100%
	Female	8.33%	38.89%	27.08%	18.75%	6.94%	100%
This Lockdown is a blessing for me.	Male	6.03%	20.69%	25.86%	28.45%	18.97%	100%
	Female	11.81%	19.44%	36.81%	18.06%	13.89%	100%
I think I will run out of money.	Male	0.00%	20.69%	30.17%	38.79%	10.34%	100%
	Female	1.39%	15.28%	27.78%	36.11%	19.44%	100%
My life lacks meaning and purpose.	Male	6.90%	12.07%	6.90%	49.14%	25.00%	100%
	Female	8.33%	8.33%	9.72%	39.58%	34.03%	100%
I can't even think of getting married or starting a family in these uncertain circumstances.	Male	8.62%	22.41%	37.93%	18.10%	12.93%	100%
	Female	13.89%	20.14%	29.86%	20.14%	15.97%	100%
I don't mind another lockdown.	Male	4.31%	28.45%	15.52%	26.72%	25.00%	100%
	Female	4.17%	23.61%	21.53%	27.78%	22.92%	100%

Dimension D is 'Purpose in Life.' In conforming to table-1, the total sample average in this dimension is M= 32.23, in which the female respondents have a slightly higher average (M=32.75) than the male respondents (M=31.71). The statements were interpreted in this dimension in table 5, and it was clear that 56.03% of male respondents agreed that they *felt uncertainty lurking around them* as compared to 38.89% female respondents. When asked about whether the 'Lockdown is a blessing in disguise for them,' the majority of the female respondents (36.81%) were of the neutral opinion, and 28.45% of male respondents disagreed with this statement. The 'fear of running out of money' during lockdown condition, 38.79% of male respondents disagreed as compared to 36.11% of the female respondents. Both male and female respondents disagreed (49.14% and 39.58%) to the statements that their 'life

lacks meaning and purpose. Interestingly when it came to the *thought of getting married or starting a family in these uncertain circumstances*, it was found that 20.14% of female respondents agreed and were fearful as compared to 37.93% of male respondents who had a neutral opinion regarding this thought. A contradictory view was found when 27.78% of female respondents *disagreed with another lockdown*, as 28.45% of male respondents agreed that *they do not mind another lockdown*.

Table 6: Percentage analysis of responses in Dimension E ‘Positive relations with others’ in total sub-sample based on gender

Dimension E-: Positive relation with others							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
I am volunteering and participating in helping the under-privilege at this time (like in distribution of food, utilities, etc)	Male						100%
	Female	10.34%	41.38%	29.31%	12.93%	6.03%	100%
Arguing and verbal fighting with my parents/ friends/spouse/children is a daily routine.	Male	1.72%	6.03%	1.72%	37.93%	52.59%	100%
	Female	2.78%	10.42%	4.86%	30.56%	51.39%	100%
I am forgiving and patching my relations with others.	Male	8.62%	46.55%	35.34%	6.90%	2.59%	100%
	Female	13.89%	47.92%	29.86%	6.25%	2.08%	100%

Dimension E is labelled as ‘Positive relations with others.’ As reported in Table 1, the total sample average was M=22.16, and both male and female respondents had almost the same average on this dimension. (M=22.06, M=22.39). Interestingly the responses to the statements in Dimension E in Table 6 revealed that both male and female respondents agreed 47.92% to *forgiving and patching relations with others during lockdown condition*. 46.55% male and 36.81% female respondents *agreed in volunteering and participating in helping the underprivileged and needy at this time*. A similar response was seen when 52.59% male and 51.39% female respondents strongly disagreed to the fact that *arguing and verbal fighting with parents, friends, spouses, children has become their daily routine in this lockdown condition*.

Table 7: Percentage analysis of responses in Dimension F ‘Self-Acceptance’ in total sub-sample based on gender

Dimension F-: Self-Acceptance							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
I feel grateful every day that I am safe and healthy	Male	58.62%	24.14%	6.90%	0.86%	9.48%	100%
	Female	63.89%	21.53%	6.25%	0.69%	7.64%	100%
I enjoy seeing how my views have changed and matured over the years.	Male	56.90%	36.21%	0.86%	4.31%	1.72%	100%
	Female	63.89%	29.17%	3.47%	2.78%	0.69%	100%
I have hope that everything will be alright.	Male	35.34%	51.72%	7.76%	4.31%	0.86%	100%
	Female	40.28%	50.00%	7.64%	2.08%	0.00%	100%

Dimension F is related to 'Self-Acceptance.' In agreement with table 1, the total sample average on this dimension is $M=12.95$, in which the female respondents had a higher average ($M=13.14$) than male respondents ($M=12.8$). On further analysis Table 7 points out that 63.89% of female respondents and 58.62% of males strongly agreed that *they feel grateful every day for being safe and healthy*. 6.89% female and 56.90% male respondents *enjoyed seeing how their views have changed and matured over the years*. Both 51.72% male and 50% female respondents agreed that *they have hope that everything will be alright*.

Table 8: Percentage analysis of responses in Dimension G 'Tech addiction' in total sub-sample based on gender

Dimension G-: Tech Addiction							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree(%)	Total %
I am keeping myself away from social media	Male	7.76%	8.62%	18.10%	39.66%	25.86%	100%
	Female	6.25%	12.50%	20.14%	43.06%	18.06%	100%
I avoid reading news; it's really depressing	Male	4.31%	24.14%	11.21%	35.34%	25.00%	100%
	Female	11.81%	27.08%	13.89%	33.33%	13.89%	100%
I have surfed and watched some informative websites and videos during this time.	Male	25.00%	65.52%	5.17%	3.45%	0.86%	100%
	Female	30.56%	59.03%	6.94%	2.08%	1.39%	100%
Websites rated "A" or '18 and above' are well sought/popular during this time.	Male	8.62%	18.97%	43.97%	18.97%	9.48%	100%
	Female	4.86%	19.44%	50.69%	11.81%	13.19%	100%

Dimension G is labelled as 'Tech addiction.' In consonance with table-1, the total sample average on this dimension is ($M=18.41$), both male and female respondents had the same average response in this dimension ($M=18.78$, $M=18.15$). Table 8 tabulates further analysis, and it expounds that 39.66% male and 43.06% female respondents disagreed that *they were keeping away from social media*. Both the respondents disagreed with 35.34% (male) and 33.33% (female) that *they were staying away from reading news as it was making them depressed*. When it came to *surfing websites and watching informative videos during the Lockdown*, 65.52% of male respondents agreed, and 59.03% of female respondents agreed to this statement. Majority of male and female respondents had a neutral view, 43.97% and 50.69% respectively *when it came to whether adult websites were becoming popular during lockdown condition*.

Table 9: Percentage analysis of responses in Dimension H 'Health issue' in total sub-sample based on gender

Dimension H-: Health Issue							
Statements	Sample Male (N- 116) Female (N-144)	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)	Total %
I am sleeping throughout the day	Male	2.59%	4.31%	8.62%	47.41%	37.07%	100%
	Female	2.78%	4.86%	9.72%	42.36%	40.28%	100%
I am finding it difficult to catch up with my sleep.	Male	6.03%	21.55%	5.17%	45.69%	21.55%	100%
	Female	6.94%	22.22%	6.25%	40.28%	24.31%	100%
I have lost my appetite due to the present circumstances.	Male	5.17%	24.14%	12.07%	44.83%	13.79%	100%
	Female	4.86%	21.53%	12.50%	36.11%	25.00%	100%
I am experiencing	Male	6.90%	16.38%	4.31%	49.14%	23.28%	100%

headaches/migraines.	Female	7.64%	17.36%	5.56%	28.47%	40.97%	100%
My body is not feeling energetic in spite of my diet.	Male	6.90%	31.90%	11.21%	36.21%	13.79%	100%
	Female	9.72%	29.86%	12.50%	26.39%	21.53%	100%
I am angry and frustrated with this Lockdown.	Male	7.76%	27.59%	25.86%	27.59%	11.21%	100%
	Female	8.33%	15.28%	26.39%	27.78%	22.22%	100%

Dimension H is termed as 'Health issue.' As reported in table-1, the total sample, the average score is M=27.58, in which both males and females had the same average (M=27.41, M=27.07). On further evaluation, Table 9 spells out that both male and female respondents disagreed 47.41% and 42.36% respectively, with *sleeping throughout the day*. And also both male and female respondents disagreed 45.69% and 40.28% respectively, with *finding it difficult to catch up with their sleep*. 44.83 % of male and 36.11% of female respondents disagreed to *losing their appetite in this Lockdown*. 40.97% of female respondents strongly disagreed, and 49.14% of male respondents disagreed with *experiencing headaches/migraines*. Interestingly 29.86% of females agreed, and 36.21% of males disagreed with *their body, not feeling energetic despite their diet*. 27.78% of female respondents disagreed that *they were not angry and frustrated with this Lockdown*. But the male respondents were dicey as 27.59% agreed, and 27.59% disagreed with this statement.

Objective 2: To find the psychological well-being and its sub-dimensions in different age groups.

Table 10: Mean and Standard Deviation of Total sample and its sub-sample based on age groups

Dimensions	No .of State ments	Hig h	Lo w	Total Sample (20-30)	Total Sample (30-40)	Total Sample (40-50)	Total Sample (50-60)	Total Sample (60and above)
				Average (SD)	Average (SD)	Average (SD)	Average (SD)	Average (SD)
Dimension A (Autonomy)	4	20	4	15.52 (2.39)	15.06 (2.39)	16.6 (1.99)	16.1 (1.7)	15.9 (4.57)
Dimension B (Environmental Mastery)	4	20	4	12.85 (2.68)	12.85 (2.76)	12.66 (3.08)	11.5 (4.9)	11.57 (4.27)
Dimension C (Personal Growth)	9	45	9	31.61 (4.79)	33.31 (4.60)	35.13 (3.58)	34 (5.65)	34.71 (4.95)
Dimension D (Purpose in Life)	10	50	10	31.73 (5.93)	35.45 (6.21)	35.58 (6.32)	35.5 (3.53)	38.1 (7.90)
Dimension E (Positive relations with others)	6	30	6	21.86 (3.16)	22.71 (3.35)	22.26 (3.28)	21.5 (2.12)	25.85 (2.47)
Dimension F (Self-Acceptance)	3	15	3	12.01 (2.03)	12.97 (1.79)	13.13 (2.35)	13.9 (1.7)	13.98 (2.64)
Dimension G (Tech Addiction)	6	30	6	18.85 (2.94)	18.8 (2.89)	17.46 (3.18)	16 (1.4)	15.42 (3.35)
Dimension H (Health Issues)	8	40	8	28.61 (4.88)	28.55 (4.55)	27.8 (5.14)	26 (1.7)	26.57 (8.58)
Total Psychological well-being	50	250	50	172.85 (18.08)	176.51 (17.65)	180.86 (19.66)	168.01 (8.48)	178.57 (28.24)

Table 10 analyzed the average of the dimensions responded by various age groups. The psychological well-being scores of the sample under study had a mean score as (174.51 ± 18.34) . The (40-50) age group had the highest mean score which is above the average (180.86 ± 19.66) , and in (50-60) age group the mean score was below the average (168.01 ± 8.48) . In Dimension A '*Autonomy*', the respondents of 40-50 years had the highest average $(M=16.6)$. The sense of self-determination reaches its maximum during middle age. We have researches which has proved that the older participants report more goal autonomy compared to younger participants (Sheldon 2001; Ryff, 1995).

Dimension B is based on '*Environmental Mastery*,' and it was found that the young participants of 20-30 and 30-40 age groups had a more exceptional ability to manage their life events, especially the sudden change compelled by the Lockdown. Especially in India, the youth bulge can be profoundly felt. If this group is skilled in environmental Mastery, they will help and aid in mitigating the effect of this pandemic and ease the lockdown effect faced by our older population.

'*Personal Growth*' is Dimension C. In which the respondents in the middle age group 40-50 years had the highest average $(M=35.13)$, they are the ones who are making the best use of time in hand, spiritually recharging themselves by establishing and reviving connection with God. They were trying new and challenging things during the Lockdown. The personal growth remains constant for 50 age group onwards. Erikson's (1950) theory of 'psychosocial development, generativity (caring for and contributing to the next generation), may be crucial for personal development, particularly during middle adulthood.' 'Those in middle age play a central role in the lives of those who are younger and older at home, in the workplace, and society at large. Thus, a focus on promoting health and well-being in middle age does have a far-reaching impact.' (Lachman, 2016). The findings are contrary to the study of Ebner et al. (2006) who indicated that 'younger adults on average had a stronger goal orientation toward growth (i.e., striving for gains) while orientations toward maintenance and prevention of losses were more prevalent for middle-aged and older adults.'

Dimension D is '*Purpose in Life*,' the older respondents 60 years and above had the highest average in this dimension. Retirement does symbolically mark the end of our middle year, and we can get a sense of meaning in our life through our actions and feelings that impact others positively. 'Besides, some cognitive abilities begin to decline by the middle of the lifespan' (Wilson et al., 2002). 'But is it all downhill? Perhaps these negative trends are counteracted by a general upward trend in important personality variables, such as authenticity, integration, life-satisfaction, and wisdom.' (Costa et al., 2000; Roberts, Caspi, & MoYtt, 2003). '*Purpose in Life* may function as a positive marker for high engagement in life and maybe a measure of intrinsic motivation to take care of one's health, either for its own sake or as a strategy to achieve higher life goals.' (Hooker, 2016; Holahan, 2011)

Dimension E is related to '*Positive relations with others*.' The older respondents of 60 years and above had the highest average $(M=25.85)$ in this dimension too. They are forgiving and patching their relations with each other during this social isolation. They experienced a warm and trusting relationship with others. And the fact is because of Lockdown, especially in joint families, the older adults started getting more attention, children and grandchildren were spending more time with them. They are surrounded by people with whom they can communicate. Calhoun (2004) defined 'posttraumatic growth as positive psychological change (i.e., growth) achieved after struggling to cope with highly stressful or threatening experiences.'

Dimension G is termed as '*Tech Addiction*.' In this dimension, the young youth of age group 20-30 and 30-40 age groups had the highest average $(M=18.85)$ and $(M=18.80)$, and the lowest was found in the older respondents (50 years and above). The Lockdown has no doubt socially isolated the youth not only in their homes but in their rooms as they are glued to the screen of their smartphones. The youth are becoming 'Nomophobic,' a stressful situation in which there is an irrational fear of being without their smartphone or internet connectivity. It is like a lifeline to which they are hanging on during this social isolation. Tabeno's (2019) study has revealed that youth in Japan are suffering from a phenomenon which he labeled as 'Hikikomori,' severe social withdrawal where the youth does not even want to come out of their rooms because of tech addiction. The reason ranges from recreation to education. But it is tipping more towards the recreation as found in published news of BBC (2019) that *Netflix has seen subscriber number surging as never before during this Lockdown*. The media company which is least impacted by Covid-19. Another industry that got the *pandemic boost is pornography* (India today, 2020). India has witnessed a 95% spike in traffic of adult websites during the Lockdown. A research study by Primack et.al. (2017) concluded that young adults of 19-32 age group who were frequent social media users had higher levels of perceived social isolation. Infact it was revealed that the most frequent users were three times as likely to feel isolated as the least frequent users. Social media may be a factor in social isolation when it replaces in-person connections or when fleeting or momentary online interactions substitutes for more substantive conversation. It is only

when social media as one form of interaction, increases access to meaningful relationships that it may reduce social isolation.

The last dimension deals with 'Health Issues,' here again, surprisingly, we see the youth, i.e., respondents of 20-30 and 30-40 age group having a high average ($M=28.6$, $M=28.55$) than the older respondents. One of the reasons is supported by the earlier discussion in the previous dimension of how 'Hikikomori' phenomena can cause physiological problems like migraines, headaches, loss of appetite, disturbed sleeping patterns, etc. The youth, because of their loss of academic activities and the uncertainty regarding theory end semester examination and competitive examination, are suspended in a period of limbo, which is causing a great deal of distress. And as a result, the manifestation of health issues is seen more in these age groups. Even the counsellor and doctors who were advocating in cutting down the adolescence and youth's screen time for years are recognizing this contradiction during the Lockdown. 'Purposeful living has already been linked to other aspects of well-being, like longer life, lower risk of disease, better sleep, and healthier behaviors.' (Gierveld, 2006). That is why the older respondents who were high on the *purpose of life* scored the lowest average on 'Health Issue' despite their physical ageing.

Objective 3- To find out the psychological well-being and its sub-dimension in different occupation

Table 11: Mean and Standard Deviation of Total sample and its sub-sample based on occupation

	Students			Teachers		Doctors	Homemaker s	Self- employed
Dimensions	No. of State ment s	Hig h	Lo w	Average (SD)	Average (SD)	Average (SD)	Average (SD)	Average (SD)
Dimension A (Autonomy)	4	20	4	13.39 (2.29)	15.44 (2.36)	16.85 (2.01)	15.22 (2.70)	16.62 (3.35)
Dimension B (Environmental Mastery)	4	20	4	12.74 (2.81)	12.79 (2.24)	14.52 (2.24)	11.77 (3.05)	12.75 (3.80)
Dimension C (Personal Growth)	9	45	9	31.75 (4.62)	32.93 (4.69)	35.42 (4.34)	32.13 (4.03)	31.37 (5.18)
Dimension D (Purpose in Life)	10	50	10	31.48 (6.24)	32.43 (5.64)	36.19 (3.94)	33.77 (7.30)	32.25 (6.86)
Dimension E (Positive relations with others)	6	30	6	21.98 (3.27)	22.13 (3.08)	24.19 (3.12)	22.95 (3.33)	21.11 (4.07)
Dimension F (Self- Acceptance)	3	15	3	13.09 (1.99)	12.81 (1.80)	13.19 (2.11)	12.63 (2.34)	12.85 (1.72)
Dimension G (Tech Addiction)	6	30	6	18.96 (3.11)	18.62 (3.12)	18.57 (2.27)	19.04 (3.57)	18.87 (1.64)
Dimension H (Health Issues)	8	40	8	27.51 (5.08)	27.36 (4.40)	28.61 (3.78)	27.22 (6.04)	28.5 (4.95)
Total Psychological well-being	50	250	50	171.13 (19.06)	175.32 (18.10)	184.57 (12.26)	174.72 (20.02)	174.25 (20.88)

In consonance with Table 11, the psychological well-being scores of the sample under study had a mean score as (174.51 ± 18.34). The doctors had the highest mean score which is above the average (184.57 ± 12.26), and students

had the mean score below the average (171.13 ± 19.06). Interestingly, the respondents who were doctors scored the *highest average* in all dimensions, namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others, and health issues. It is only in Dimension G '*Tech Addiction*' that the homemaker profession scored the highest ($M=19.07$). Doctors in general, and in lockdown condition, in particular, are showing exemplary efforts in managing the crisis at hand. The result revealed that they had a greater *sense of self-determination* ($M=16.85$). They believed in their ability to manage life events every day ($M=14.52$). High *personal growth* ($M=35.42$) and *purpose in life* ($M=36.19$) are reflected in their dedication and how they are braving grave odds. At a time like these building positive relations with patients, their family members are also important, and doctors are putting a lid on the public panic regarding their plethora of queries and myths related to COVID-19. Ryff and Singer (2008) suggested that 'personal growth is closest to Aristotle's conception of eudaimonia' or "*striving toward excellence based on one's unique potential*." Self-Acceptance is another dimension in which the doctors had a high average ($M=13.19$). This is indicative of an individual's acceptance of all his abilities and attributes that help him to navigate the interpersonal relationship with others, especially in a stressful phase like this lockdown condition. An article by Rizo (2020) on '*What's a good doctor and how do you make one*,' lists the attributes that are to be high in doctors and the findings of this study supports certain attributes like autonomy, personal growth, purpose in life, positive interpersonal relationship, self-acceptance, and environmental mastery.

In Dimension G '*Tech Addiction*,' the homemakers had a high average ($M=19.04$) followed by our youth, the students ($M=18.96$). It could be because homemakers are using smartphones excessively because to teach their kids online. They are using the internet to stay connected with their family members, friends, and acquaintances. Homemakers are probably being helped in their household chores during lockdown conditions, which is giving them the time to watch cookery shows and entertain themselves online. Grocery shopping online can also be another cause of why homemakers are constantly engaged and glued to their screens. In the sample, as all the homemakers were female, the finding of this study is contrary to Bush (1995), in which he reports that women as having lower self-efficacy than men when asked about how to use gadgets. The case study of Young (1996) breaks the stereotype in the psychology of computer use. The media's stereotyped internet users are no longer predominantly young, introverted, computer- oriented males.

Dimension H deals with '*Heath Issues*' in this dimension; the result highlights that the doctors had a high average ($M=28.61$). The reason could be owed to the fact that we find in news that doctors irrespective of their specialization and age are pitching in to help the public during this pandemic. As a result, they are the ones who complained most of the headaches, migraines, lack of sleep, disturbed sleeping patterns, losing weight, loss of appetite, etc. Their commendable diligent hard work around the clock has repercussions on their health.

4. Suggestions and Conclusion

The study recognizes that this Lockdown and social isolation is the only way to mitigate the effect of the virus. The feeling of loneliness and social isolation can have severe health consequences in different socioeconomic groups of our society. The quicker one adjusts to this isolation, the better it is for one's psychological well-being. No doubt, we are losing the human touch during the pandemic. And it is this touch which releases a hormone in the body called oxytocin, which plays a vital role in decreasing stress and anxiety. Other suggestions that can help us to navigate through this crisis are like talking to people (through smartphone and internet), and reading limited and authentic news related to Covid-19 is also essential. Since we are engaged in a long period of isolation, it is best to pick up a hobby and start working on it. Activities should not be momentary or fleeting; infact, maintaining a routine is crucial. Lack of physical exercise for a prolonged period of time, like the ongoing Lockdown, can affect one's bone and joint health (Arya,2020). So self-pamper yourselves in meditation, yoga, and stretching exercises at home. However, you chalk out your plan of the day, stick to it, and it is only when the routine is thrown out that one experiences isolation, which ultimately will affect their psychological well-being.

This study is one of its kind to explore the psychological well-being during lockdown condition in India. With the present sample size, it is not possible to generalize the significant findings. Still, traces of the result are consistent with the researches findings which are in making and being published during this unsettling situation. Generally, the psychological well-being of the sample was good, and female respondents had a mean score above the average while the male respondents had a mean slightly below the average. Though no significant gender differences were found in the dimension of the variable under study. But looking at the statement related to Lockdown specifically the female respondents did not experience fear when thinking about finding a job after Lockdown and they also felt thrilled as they are utilizing their time in pursuing their hobby. The male respondents disagreed to '*Lockdown as a*

blissing in disguise’ as compared to female respondents who had neutral view regarding this statements. The older respondents showed a remarkable score in *purpose in life* and *positive reactions* with others. The middle-age respondents had an edge when it came to *environmental mastery* and *autonomy*. The youth, on the other hand, was *high on tech addiction*, which ultimately leads them to be high on *Health Issues*. And the respondents who were doctors scored the highest average in almost all the sub-scales, namely, autonomy, personal growth, purpose in life, environmental mastery, positive relations with others, and health issues. And we do see how this profession is worthy of admiration for its perseverance in struggling to combat the pandemic in the lockdown condition. We all should sincerely pay tribute to health care workers who are at the frontline of the pandemic globally.

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