



Effects of Gender, Marital Status, Living Status, Personality and Value Orientation on Attitude and Emotions during Covid-19 Lockdown

Shalini Sharma¹; Ashwini Kumar²

¹ Ramanujan College, University of Delhi Kalkaji, New Delhi, India

² Indira Gandhi National Open University (IGNOU), New Delhi, India

E-mail: ashwinidsvv@gmail.com

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Abstract

The present study was carried during lockdown at the onset of covid-19 pandemic in May 2020. The fear of spread of pandemic had led to precautionary lockdown to curb the spread of virus in Delhi. As this was a new and unpredictable experience for most of the people in India, the study intended to understand the stress experienced by different categories of people and the coping strategies they used to overcome the stress. The study was carried out by an online semi-structured questionnaire, which was filled by 300 individuals. The questions probed about their demographic details (age, gender, living status, marital status, occupational status), the structuring of their time and schedule, the intensity of the COVID-19 problem (perceived severity), the experience of lockdown, their assessment of probability of getting infected by Covid (perceived susceptibility), dealing with fear and coping with stress of lockdown. The analysis was done and findings had resulted in interesting insights about relationship between gender, marital status, family type and experience and coping with stress.

Keywords: *Gender; Marital Status; Living Status; Introvert & Extrovert; Coping; COVID-19; Lockdown*

Introduction

The novel coronavirus disease 2019 (COVID-19) is announced as a full-blown pandemic by the World Health Organization (WHO). India has witnessed more than 12M cases by April 2021, and had more than 11 lakh positive cases with a rise of more than 40,000 cases in a single day during the time of this study (May 2020). India announced a nationwide lockdown on 23 March 2020 to contain and curb the transmission of the deadly virus. With such steep rise in numbers and little clarity and consensus on the causes, spread and treatment of the disease in the medical-scientific fraternity the anxiety and fear among the general population was very high. To make matter worse- asymptomatic carriers, chances of

“post-recovery” re- infections and strict isolation of those infected exacerbated an already tense and uncertain situation.

The threat of the disease, fear of isolation and quarantine, lockdown restrictions had a particularly serious psychological toll on the Indian population. Based on the news report by Hindustan Times more than 40% of Indians suffered from depression during the first five months of pandemic (Press Trust of India, 28 July 2020) A number of studies carried down during that time reported a high number of people suffering from depression, anxiety attacks, and stress (Verma and Mishra 2020; Dalal et, al 2020).

It was apparent that people at all age groups, gender, socioeconomic status experienced differential level of stress and uncertainty pertaining to getting infected, relationships issues, financial problems, careers, health, jobs etc. However, it seemed that the lockdown differentially affected people with regards to their gender, profession, socioeconomic status, marital status, family structure etc. For instance, a person who was residing with his family with all the necessities (daily needs) may not experience distress to a level as compared to someone who was staying alone (unmarried, divorced, restricted due to lockdown).

There is a plethora of research supporting the claim that married people report reduced stress and depressive symptoms as compared to unmarried and marital separated people (Carlson 2012; Gove, Hughes, and Style 1983; Horn et al. 2013). Similarly research data shows that there are gender differences with more number of women experiencing depression than men (Albert,2015; Ford, 2004).

The present study thereby intended to study the effects of gender, living status, marital status on the experience of stress during Covid-19 and how various groups differed in terms of coping strategies used to deal with the stress.

Research Objectives

- 1.To understand how demographic variables like gender, marital status and Living status affects individuals’ perceived threat, perceived susceptibility, experienced emotions during lockdown resulting from COVID-19
- 2.To understand how one’s personality trait of introversion/extroversion and value orientation shapes the attitude and emotions during lockdown.

Research Hypotheses

- HA1: Men, Women and Other gender identity will differ in terms of their perceived threat of the problem, perceived susceptibility, feelings resulting from rapid spread, attitude towards the lockdown and emotions during the lockdown.
- HA2: Married and Single individuals will differ significantly in terms of their perceived threat of the problem, perceived susceptibility, feelings resulting from rapid spread, attitude towards the lockdown and emotions during the lockdown.
- HA3: People living with family will differ significantly than those staying alone in terms of their perceived threat of the problem, perceived susceptibility, feelings resulting from rapid spread, attitude towards the lockdown and emotions during the lockdown.
- HA4: There will be significant differences between extroverts and introverts in terms of attitude towards the lockdown and emotions during the lockdown.
- HA5: There will be significant differences between people of different value orientations attitude towards the lockdown and emotions during the lockdown.

Method

The study was conducted from the 2 June 2020 to 20 June 2020 (third month of first national lockdown), when countrywide lockdown was announced due to outbreak of COVID-19 pandemic.

Sample

A total of 403 participants completed the survey. Of the total participants, 110 were males, 291 were females and 2 preferred not to disclose their sex. The mean age of the participants was found to be 28.95. From the sample, 139 were students, 51 were teachers, 31 were researchers, 34 were mental health professionals, 33 were health professionals (Doctors and Nurses), 35 were in a corporate job while the remaining 80 were others (e.g., homemakers, not employed, retired, businessman, etc.).

Tools

Data was collected using a semi structures questionnaire consisting of 20 questions including demographic information. A Google form was created for the same and circulated on different online platforms. The questions tried to assess the participants' perceptions, feelings and experiences on following parameters: intensity of COVID problem (perceived severity), the attitude towards lockdown, perception of chances of getting infected with the virus (perceived susceptibility), feelings resulting from rapid spread, Covid vs lockdown fear, feelings during lockdown, coping strategies used during lockdown. The data was analyzed with the help of suitable statistical tools. Inferences were drawn on the basis of analysis done using non parametric chi square test.

Results and Discussion

The objective of the study was to understand the differences in perception towards the pandemic (intensity, spread, probability of getting infected) and lockdown in people of different genders, marital status, personality, family structure. Analysis was done using the statistical technique of Chi-square test, which revealed some interesting findings. The first variable analyzed was Marital Status, under which there were three categories married, single, divorced. However, for the analysis divorced are also analyzed under single category.

Marital Status

The quality and strength of our social relationships can have strong influence on how we deal with stressors in our environment, and the resulting emotions. A number of studies have tried to find the extent to which the types and quality of social ties influence our health, lifestyle, mortality and morbidity [Stimpson, 2010]. Marital status, the state of being married or unmarried, is one form of social relationships that has been found by researchers to have direct effect on one's health.

Marital status has been classified in the present study as: married, single and divorced. However as very few divorced participants (3) responses were received. Statistical analysis was done on married and single individuals.

Marital Status and Intensity of Problem

The cross tab results and chi square value ($\chi^2 = 3.6, p > 0.05$) revealed that there was no significant difference between married and single individuals with respect of intensity of Covid problem indicating all marital status categories: married, unmarried, divorced, considered the problem to be either extremely

serious or serious, few thought it to be moderately serious and very few, almost negligible thought it to be non-serious. There was a general consensus among all categories about the seriousness of the problem.

Table 1: Cross tabulation between Marital Status & Intensity of Problem

Marital Status	Percentage within	Intensity of Problem				Total
		Extremely Serious or Deadly	Serious	Moderately Serious	Not Serious	
Single	Marital Status	44.2%	45.2%	8.7%	1.9%	100.0%
	Intensity of Problem	55.4%	55.3%	62.1%	100.0%	56.4%
Married	Marital Status	46.0%	47.2%	6.8%	0.0%	100.0%
	Intensity of Problem	44.6%	44.7%	37.9%	0.0%	43.6%
Total	Marital Status	45.0%	46.1%	7.9%	1.1%	100.0%
	Intensity of Problem	100.0%	100.0%	100.0%	100.0%	100.0%

$$\chi^2 = 3.6, df = 3, p > 0.05$$

Marital status and Attitude towards Lockdown

A number of studies in the past have suggested that, married individuals are happier in general (Lee & Ono, 2012), have higher longevity, live healthier lives (Kiecolt-Glaser & Newton, 2001), and have a reduced risk of committing suicide (Waite & Gallagher, 2001). A study in China also supported the earlier findings that married individuals had lower cortisol levels than unmarried, suggesting they experience lower levels of stress. The reason being intimate relationships allow for dyadic coping (Bodenmann, 2005), and often act as a buffer against challenging situations (Gottlieb & Wagner, 1991), which may in turn result in lower levels of stress

Comparison of marital status categories on the variable of feelings post lockdown revealed highly significant chi square results ($\chi^2 = 33.3, p < 0.01$), with more single individuals (78%) complaining of boredom as compared to married individuals (22%). Although single individuals expressed being very happy post lockdown (79.6%) as compared to their married counterparts (29.4%), they also experienced more boredom as evident above. Based on overall count, more married couples seemed happy (46.6%), as compared to single individuals (37.5%). Married individuals also gave more varied responses in terms of feelings evident from their 'Other'

Table 2: Cross tabulation between Marital Status & Feeling after lockdown

Marital Status	Percentage within	Feeling After Lockdown					Total
		Very happy or Relaxed	Happy or Satisfied	Bored	Unhappy	Other	
Single	Marital Status	11.5%	37.5%	30.8%	13.5%	6.7%	100.0%
	Feeling After Lockdown	70.6%	51.0%	78.0%	51.9%	30.4%	56.4%
Married	Marital Status	6.2%	46.6%	11.2%	16.1%	19.9%	100.0%
	Feeling After Lockdown	29.4%	49.0%	22.0%	48.1%	69.6%	43.6%
Total	Marital Status	9.2%	41.5%	22.2%	14.6%	12.5%	100.0%
	Feeling After Lockdown	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$$\chi^2 = 33.30, df = 4, p < 0.01$$

Responses (safe, helpless, constrained, exhausted, tensed, mixed feelings, concerned, uncertain, anxiety, worried). This reflects the mental state of people living in family where there is a concern and worry for the family, and a fear of contracting illness in the family. A number of studies support that married individuals are happier because of presence of emotional support, financial support and relationship satisfaction. (Stack and Eshleman (1998) , Joung et al., 1997; Ross, 1995; Ross et al., 1990). However newer researches challenges the stereotypical notions around married and single individuals [Depaulo and Morris (2005); DePaulo (2013)] Single individuals who choose to be single are happier and value their solitude. However, for many who are not single by choice it may result in feelings of loneliness, and this loneliness experience has been exacerbated by the Covid situation, where the interaction from the outside world is totally disrupted.

Marital status and Chances of getting Covid-19covid

The association between marital status and chances of getting infected from corona virus came out to be weak as evident from the crosstab and chi square value ($\chi^2 = 5.35, p>0.05$). However, there were apparent differences in the people's calculation of the probability of contracting the disease with 61.7% single believing they have very low chance (1) of getting it, as compared to 38.3% married individuals believing they have very low chance (1). 66.7% of married individuals expressed high chances (7) of getting infected as compared to 33.3% of single individuals. Although the results were insignificant for this variable it throws some light on the varied thought process and the assessment of propensity of getting the disease. The family person tends to be more cautious and low risk taking in making such calculations as compared to single individuals. There are a very few researches on marital status and risk taking, but there is some support that single or unmarried managers are more risk taking and pursue more aggressive investment policies, than their married counterparts (Roussanov & Savor, 2014). The factor of working or non- working will apparently have higher association with the variable of chance of getting infected.

Marital Status and feelings resulting from rapid spread

The Chi square results showed highly significant results ($\chi^2 = 17.46, p<0.01$) for this variable with 72.7% of single individuals feeling agitated and irritated as compared to 27.3% of married individuals. 69.2% of single individuals expressed feeling unbothered as compared to 30.8% of married individuals.

Table 3: Cross tabulation between Marital Status & Feeling about rapid spread

Marital Status	Percentage within	Feeling about Rapid Spread				Total	
		Scared/ Fearful	Worried	Irritated/ Agitated	Unbothered Other		
Single	Marital Status	20.7%	65.4%	7.7%	4.3%	1.9%	100.0%
	Feeling about Rapid Spread	67.2%	54.4%	72.7%	69.2%	20.0%	56.4%
Married	Marital Status	13.0%	70.8%	3.7%	2.5%	9.9%	100.0%
	Feeling about Rapid Spread	32.8%	45.6%	27.3%	30.8%	80.0%	43.6%
Total	Marital Status	17.3%	67.8%	6.0%	3.5%	5.4%	100.0%
	Feeling about Rapid Spread	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$$\chi^2 = 17.46, df = 4, p<0.01$$

This finding was also corroborated with the ‘Other’ responses which were given majorly by married individuals (80%) and expressed the feelings like concerned, hopeful, responsible, prepared, attentive, cautious, informed, praying, helpfulness. as compared to single individuals (20%). The single individuals were more scared and fearful (67.2%) as compared to married individuals (32.8%). The findings reflect differential emotional reactions to stressful situations among married and single individuals. As evident from results, married individuals experienced comparatively fewer negative emotions. Being surrounded by people and having a social or emotional support system acts as a buffer in married individuals resulting in lesser intensity of negative emotional reactions. However this is limited to couples who have strong positive relationships. The effects of strong social ties and support on individual’s mental health is validated by number of studies (Umberson, & Montez, 2010)

Marital Status and Covid-19 vs lockdown fear

The variable of Covid-19 vs Lockdown fear assess participants worry related to Covid-19 as compared to Lockdown, which follows in order to control the disease. Not only the fear of disease, but the consequent lockdown is stressful to many as it creates financial, relationship and psychological problems for many. The findings are significant for this variable ($\chi^2 = 3.86, p < 0.05$) It can be seen from the data that among overall responses for lockdown being more worrisome 70.7% responses were from single as compared to 29.3% responses being of married individuals, indicating single were slightly more worried about the lockdown and consequent isolation at home. The findings support, validate and are aligned with the other findings of the study, relating to feelings and attitude towards lockdown.

Table 4: Cross tabulation between Marital Status & Worrisome

Marital Status	Percentage within	Worrisome- the lockdown or the fear associated with the virus		
		COVID-19 LOCKDOWN	Irritated/ Agitated Unbothered Other	Total
Single	Marital Status	86.1%	13.9%	100.0%
	Worrisome	54.6%	70.7%	56.4%
Married	Marital Status	92.5%	7.5%	100.0%
	Worrisome	45.4%	29.3%	43.6%
Total	Marital Status	88.9%	11.1%	100.0%
	Worrisome	100.0%	100.0%	100.0%

$\chi^2 = 3.86, df = 1, p < 0.05$

Marital Status and Feelings During Lockdown

This variable assesses the overall feeling of participants resulting from lockdown. Majority of participants reported feeling either peaceful or bored. However as expected the single individuals reported higher percentage of boredom feelings (28.8%) as compared to their married counterparts, who reported more peaceful feelings (50.3%), and less of bored feelings (16.1%). The results were significant as $\chi^2 = 10.51, p < 0.05$.

Table 5: Cross tabulation between Marital Status & Feeling towards the lockdown

Feelings towards the Lockdown

Marital Status	Percentage within						Total
		Stressful	Peaceful	Boring	Worthless	Other	
Single	Marital Status	24.5%	38.0%	28.8%	2.9%	5.8%	100.0%
	Feelings towards the Lockdown	57.3%	49.4%	69.8%	66.7%	48.0%	56.4%
Married	Marital Status	23.6%	50.3%	16.1%	1.9%	8.1%	100.0%
	Feelings towards the Lockdown	42.7%	50.6%	30.2%	33.3%	52.0%	43.6%
Total	Marital Status	24.1%	43.4%	23.3%	2.4%	6.8%	100.0%
	Feelings towards the Lockdown	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$\chi^2 = 10.59, df = 4, p < 0.05$

Another important variable taken for the study was Gender. The objective was to find were there any gender differences in the way Covid-19 was experienced, resulting feelings and coping strategies used to deal with it. The variable has two categories Male and Female. The findings for all the variables on the factor of Gender are given below:

Gender

Gender is an important research variable and Gender differences are associated with various outcome variables, such as attitudes, behaviours and health. There are differences in the way men and women perceive, emote, and behave because of differences in the brain structure (OECD, 2007b) and socialization. Therefore, it is imperative to study how pandemic times affect the two genders, and how do they experience and cope with it.

Gender and Intensity of Problem

The variable tries to evaluate the gender differences in terms of perception of seriousness of the problem of Covid-19. The results are highly significant ($\chi^2 = 11.587, p < .01$). Among the total responses within the category of 'very serious' 55.4% of responses are of females as compared to 44.6% males considering it very serious, and 59.4% women perceiving it 'serious' as compared to 40.6% males considering it to be serious. On the other hand, among the total 'moderately serious' responses, 72.4% were of males as opposed to 27.6% responses of females. There were significantly more percentage of responses in males (75%) considering the problem to be 'not serious' as compared to only 25% such responses in females, indicating females were perceiving the problem to be of higher intensity as compared to males. This is supported by number of studies on gender differences, where females have been found to experience more chronic stress than males (McDonough & Walters, 2001; Nolen-Hoeksema, Larson, & Grayson, 1999). One of the reason being they get more distressed by the stress of people around them, as they are more likely to be emotionally attached to family relations than men (Turner et al., 1995). Other studies have proposed the possibility of women appraising threatening situations as more stressful than men do (Miller & Kirsch, 1987; Ptacek, Smith, & Zanas, 1992), explaining the present study results, of more serious appraisal of Covid-19 situation as compared to men.

Table 6: Cross tabulation between Gender & Intensity of Problem

Gender	Percentage within	Intensity of Problem				Total
		Extremely Serious or Deadly	Serious	Moderately Serious	Not Serious	
Male	Gender	44.3%	41.3%	12.6%	1.8%	100.0%
	Intensity of Problem	44.6%	40.6%	72.4%	75.0%	45.3%
Female	Gender	45.5%	50.0%	4.0%	0.5%	100.0%
	Intensity of Problem	55.4%	59.4%	27.6%	25.0%	54.7%
Total	Gender	45.0%	46.1%	7.9%	1.1%	100.0%
	Intensity of Problem	100.0%	100.0%	100.0%	100.0%	100.0%

$\chi^2 = 11.587, df = 3, p < 0.01$

Gender and Attitude towards Lockdown

The variable tries to study the gender differences in the feelings and attitude towards the decision of lockdown. The results of this variable were not significant ($\chi^2 = 8.435, p > .05$). However interesting were the other responses which were marked by higher percentage of females (65.2%) as compared of males (34.8%). The response range for the question were: very happy, happy/satisfied, bored, unhappy and other. The analysis of 'Other' responses by women included: Mixed feelings (4), Stressed (3), Anxious (3), Helpless (3), Sad (1), Constrained/Restricted (4), Exhausted (2), Worried (2), Neutral (1), Peace (1), unsafe (2), no option but to accept (2), Comfortable (1), Patient (1). Most of these responses reflected negative feelings and state of mind of women participants.

Gender and Chances of Getting Coronavirus

The results indicated no significant difference ($\chi^2 = 14.477, p > 0.05$) between males and females with respect to their perception of chances of them being infected. This indicates males and females do not differ much in terms of their assessment of the probability of them getting infected by Covid-19.

Gender and Feelings of Rapid Spread

The findings reflect the differences in males and females with respect to rapid spread of covid-19, and feelings associated with this knowledge. There were marked differences as more females expressed being worried (73.3%) as compared to men (61.1%). Men instead reported a higher frequency with respect to being irritated (9%), as compared to women (3.5%). Females also appeared to be more bothered about the spread as compared to their male counterparts higher percentage of whom reported being unbothered (6.6%), with only 1% female saying they were unbothered. The results were highly significant ($\chi^2 = 14.86, p < 0.01$). A number of studies and meta-analysis have shown differences between men and women in emotional experience and expression (Deng, et al, 2016)

Bahrami, and Yousefi, (2011) in their study on anxiety in males and females, found that anxiety thoughts affect girls more than boys; they have more metacognitive beliefs about uncontrollability of worry and believe that worry must be avoided. Biological factors like female hormones, brain chemistry and stressors like violence against women are used to explain these differences.

Chaplin (2015) in his paper on developmental perspective on gender and emotional expression reported women showing greater overall emotional expression (Brody & Hall, 1993; Kring & Gordon, 1998), positive emotions in particular and manifested negative emotions such as sadness and anxiety (e.g., Allen & Haccoun, 1976), with men expressing greater levels of aggression and anger than women, in some contexts (Archer, 2004).

Table 7: Cross tabulation between Gender & Feeling about rapid spread

Gender		Feeling about Rapid Spread					Total
		Scared/ Fearful	Worried	Irritated/ Agitated	Unbothered	Other	
Male	Gender	18.0%	61.1%	9.0%	6.6%	5.4%	100.0%
	Feeling about Rapid Spread	46.9%	40.8%	68.2%	84.6%	45.0%	45.3%
Female	Gender	16.8%	73.3%	3.5%	1.0%	5.4%	100.0%
	Feeling about Rapid Spread	53.1%	59.2%	31.8%	15.4%	55.0%	54.7%
Total	Gender	17.3%	67.8%	6.0%	3.5%	5.4%	100.0%
	Feeling about Rapid Spread	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$\chi^2 = 14.86, df = 4, p < 0.01$

Gender and Covid-19 vs. Lockdown fear

The variable describes how men and women perceive the threat from the Covid-19 disease and the consequent lockdown, and which among the two is evaluated to be more threatening. The findings show that fear of the disease was perceived to be more threatening as compared to lockdown by both males and females, however within the lockdown category, more number of males (61%) as compared to females (39%) perceived lockdown to be worrisome. The differences were significant at .05 level ($\chi^2 = 4.60, p < 0.05$). It can be due to number of factors but one being the relative comfort and acceptance in women about being at home and doing home chores, as compared to men. The social roles in India are still very distinctly divided where women are expected to take care of children, do cooking and other home chores as compared to men. This apparently is one of the reasons women have found it easier to adapt to lockdown as compared to men, who have a habit of working and going out of home.

Gender and Feelings Resulting from Lockdown

More females reported to be stressful (27.7%) as compared to males (19.8%), more males reported to be feeling peaceful (46.7%) as compared to women (40.6%). a much larger percentage of males (4.8%) reported to feel worthless as compared to females (0.5%). More women as usual chose the 'other' category where the responses indicated mixed and fluctuating feelings like disturbed and satisfied (1), stressful and relaxed (2), busy and stressful (3), stressful and peaceful (2) as well as some responses indicative of stress like tiring (2), constrained (2), worried (2), the rest were neutral responses like feeling indifferent (1), not feeling anything (1), Calm (1). It depicts women experienced varied, complex and apparently contradictory set of emotions at the same time. The results were significant as $\chi^2 = 11.934, p < 0.01$. The lockdown and working from home had laid additional burden on both working and homemaker women. For working women managing professional work from home, taking care of kids and family had appended the workload and consequent stress. Even for non-working women increased

household chores, with little or no socialization had added to the fatigue as shown by studies on the pandemic (Thibaut and Van Wijngaarden-Cremers, 2020). Pandemic had adversely affected economy, with many men and women losing jobs or salary cuts. Restraint on going out of home, and social gatherings all these had given rise to feelings of meaninglessness and worthlessness, which was experienced more by men as women supposedly had other house chores to keep them busy and feeling worthwhile.

Table 8: Cross tabulation between Gender & Feeling towards the lockdown

Gender	Percentage within	Feelings towards the Lockdown					Total
		Stressful	Peaceful	Boring	Worthless	Other	
Male	Gender	19.8%	46.7%	24.0%	4.8%	4.8%	100.0%
	Feelings towards the Lockdown	37.1%	48.8%	46.5%	88.9%	32.0%	45.3%
Female	Gender	27.7%	40.6%	22.8%	0.5%	8.4%	100.0%
	Feelings towards the Lockdown	62.9%	51.3%	53.5%	11.1%	68.0%	54.7%
Total	Gender	24.1%	43.4%	23.3%	2.4%	6.8%	100.0%
	Feelings towards the Lockdown	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$$\chi^2 = 11.934, df = 4, p < 0.01$$

The third important independent variable studied in the present research was structure of family, which had three categories living alone, nuclear and joint family.

Living Status

Living status here denotes the living arrangement or the household environment which can affect individual's choices, dietary habits, lifestyle, experience of stressful events etc. During the pandemic and consequent lockdown many people were forced to be at home either with family or stranded alone for a long period of time. For some it was a blessing but for some it was an uncomfortable, even stressful requirement. Therefore, living status (living with family: nuclear/ joint or living alone) was studied to investigate its effects on the experience of the pandemic and lockdown.

Living Status and Feelings about Rapid Spread of Covid-19

The results between living status and intensity of problem ($\chi^2 = 1.75, p > 0.05$), living status and feelings after lockdown ($\chi^2 = 3.29, p > 0.05$), living status and chances of getting infected with Covid-19 ($\chi^2 = 9.45, p > 0.05$), living status and the fear of lockdown vs the disease ($\chi^2 = 0.512, p > 0.05$), feelings towards the lockdown ($\chi^2 = 5.36, p > 0.05$) were not significant, indicating type of family a person belonged to: nuclear or joint family did not affect the perception of intensity of problem, feelings towards lockdown, one's assessment of getting Covid-19 infection. However significant differences were found between people belonging to nuclear or joint family with respect to their feelings about rapid spread of Covid ($\chi^2 = 3.28, p > 0.05$), with higher percentage of people belonging to nuclear family feeling worried (62%) and agitated (80.8%) as compared to only 38% and 19.2% in joint families feeling the same. Although it is difficult to generalize, a number of studies suggest that the joint family with cordial family relationships is a better source for psychological support and is more helpful in resilience to stress (Sethi & Chaturvedi 1985, Chandrashekhar, Rao & Murthy 1991). It also has been found that feelings of

loneliness are more pronounced in nuclear families as compared to joint families. During lockdown, fear, and negative news joint family seems to act as buffer in reducing the experience of stress reflected as worry, agitation by providing more social support and distraction from the negative thoughts.

Personality

A number of studies on personality have established that different personality traits and types are associated with distinct ways of dealing with stressful situations (Sharma, 2011; Afshar, Hamid et al. 2015). For the study the personality characteristic of introversion and extroversion has been chosen and its influence on one's feelings towards lockdown and coping with lockdown has been investigated.

Personality and Feelings Resulting from Lockdown

There were significant differences ($\chi^2 = 9.70, p < 0.05$) between extroverts and introverts in their feelings experienced towards the lockdown, with more extroverts feeling stressful (62.1%) and boring (60.9%) as compared to 37.9% introverts feeling stressful and 39.1% introverts feeling boring. On the contrary a higher percentage of introverts reported feeling peaceful (52.4%) and worthless (77.8%) as compared to 47.6% extroverts feeling peaceful and 22.2% feeling worthless. A much higher number of extroverts reported other negative feelings like disturbed, worried, both stressful and peaceful etc. A number of studies have tried to investigate the role of personality on influencing stress responses. Although Extroversion has been found to be important predictor of resiliency, with extroverts displaying higher resiliency than introverts (Oliver, 2016). There are no consistent findings linking extroversion and introversion with coping with stress. A recent study during Covid-19 however found association between higher neuroticism and extroversion with higher levels of stress during the pandemic and a greater increase in stress levels compared to levels before the pandemic (Liu, Lithopoulos, Zhang, Garcia-Barrera, & Rhodes 2021). As Extraversion involves attaining gratification from outside oneself and extroverts get energized by being with people, it seems plausible that the source of stress for extroverts may result from their inability to socialize during the pandemic. The energy of Introverts, on the other hand, tend to expand through reflective thinking and reduces during interaction with outside world, more introverts in the study felt peaceful. However, as introverts have a higher tendency for thinking as well as over thinking they also tend to feel more worthless as compared to extroverts. However, there are number of mediating factors like neuroticism, perceived threat and self-efficacy which needs to be taken into account before making conclusions on the above findings.

Table 9: Cross tabulation between Personality & Feeling towards the lockdown

Personality	Percentage within	Feelings towards the Lockdown					Total
		Stressful	Peaceful	Boring	Worthless	Other	
Extrovert	Gender	23.8%	39.1%	27.8%	1.3%	7.9%	100.0%
	Feelings towards the Lockdown	62.1%	47.6%	60.9%	22.2%	66.7%	54.3%
Introvert	Gender	17.3%	51.2%	21.3%	5.5%	4.7%	100.0%
	Feelings towards the Lockdown	37.9%	52.4%	39.1%	77.8%	33.3%	45.7%
Total	Gender	20.9%	44.6%	24.8%	3.2%	6.5%	100.0%
	Feelings towards the Lockdown	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$$\chi^2 = 9.70, df = 4, p < 0.05$$

Value Orientation

This corresponds to the priorities, stable preferences and degree of importance a person attaches to different aspects of life. The value orientations chosen for the study were: family, health, work, technology/virtual world, spiritual. *Family orientation* denotes that an individual places their family and loved at the center of their priorities. *Work orientation* is the involvement, devotion and focus in one’s professional work. Here work forms the core of one’s focus, identity and being. *Spiritual orientation* means looking at life from a broader, sacred, transcendental perspective and having a larger purpose to life. *Technological orientation* characterizes an individual’s tendency to spend maximal time in technological based resources, the internet and staying connected to the virtual reality. *Health orientation* is defined as a person’s motivational tendency and efforts to keep oneself or others in good health. The participants had to mark their dominant value orientation, the one best value that guided their thinking and behaviours.

Value Orientation and Attitude towards Lockdown

There were significant differences ($\chi^2 = 32.05, p < 0.05$) found between people with different orientations and feelings during lockdown. Majority of people with spiritual and health orientation expressed they were happy/satisfied (59.3% and 47.4% respectively) as compared to people oriented towards technology/virtual world, work or family. A large percentage of people with technological orientation expressed being bored (55.6%), as compared to spiritual orientation which reported being bored to the least (18.5%). People with technological orientation also reported being unhappy the most (22.2%), as compared to spiritual orientation who reported being unhappy the least (3.7%). The results seem to support the view that spirituality promotes life satisfaction, as shown by number of studies which have found a positive and high correlation between spirituality and happiness (Khan, Shirazi & Ahmad 2011, Sharma and Sharma 2016). Technological orientation and consequent overuse is linked to various mental health problems like social isolation as depicted by many recent studies (Primack, et al. 2017). Internet overuse has been linked to boredom, as evident in the present study. Skues, Williams, Oldmeadow et al. (2016) found that boredom proneness in students is linked to internet overuse, as students who are predisposed to get bored easily tend to look for more interesting and emotionally arousing activities, which can further result in compulsive internet use patterns, that can adversely affect their academic performance.

Table 10: Cross tabulation between Orientation/Holds centrality in life & Feeling after lockdown

Orientation/Holds centrality in life	Percentage within	Feeling After Lockdown					Total
		Very happy or Relaxed	Happy or Satisfied	Bored	Unhappy	Other	
Family centric	Orientation/Holds centrality in life	9.3%	38.5%	22.4%	13.7%	16.1%	100.0%
	Feeling After Lockdown	62.5%	53.0%	55.4%	62.9%	70.3%	57.9%
Religion/Spiritual centric	Orientation/Holds centrality in life	11.1%	59.3%	18.5%	3.7%	7.4%	100.0%
	Feeling After Lockdown	12.5%	13.7%	7.7%	2.9%	5.4%	9.7%

Health centric	Marital Status	10.5%	47.4%	28.9%	7.9%	5.3%	100.0%
	Feeling After Lockdown	16.7%	15.4%	16.9%	8.6%	5.4%	13.7%
Virtual World/Technology centric	Orientation/Holds centrality in life	0.0%	22.2%	55.6%	22.2%	0.0%	100.0%
	Feeling After Lockdown	0.0%	1.7%	7.7%	5.7%	0.0%	3.2%
Work/Career centric	Orientation/Holds centrality in life	10.5%	47.4%	28.9%	7.9%	5.3%	100.0%
	Feeling After Lockdown	16.7%	15.4%	16.9%	8.6%	5.4%	13.7%
Other	Orientation/Holds centrality in life	0.0%	45.5%	0.0%	9.1%	45.5%	100.0%
	Feeling After Lockdown	0.0%	4.3%	0.0%	2.9%	13.5%	4.0%
Total	Orientation/Holds centrality in life	8.6%	42.1%	23.4%	12.6%	13.3%	100.0%
	Feeling After Lockdown	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

$$\chi^2 = 32.05, df = 20, p < 0.05$$

Value Orientation and Feelings about Rapid Spread

With regard to feelings resulting from rapid spread of Covid-19, people with different orientations in life differed significantly with each other. While family oriented individuals expressed being fearful the most (23%), spiritual and work oriented individuals expressed it to the least (11.1%). Being worried was a consistent emotion across people with family (67.1%), health (71%), spiritual (63%), technological (55.6%) and work orientation (53.1%) indicating worry for self or others. Feelings of irritation and agitation was much more evident in responses of work centric (18.8%) and technology/virtual world centric individuals (11.1%) as compared to religious centric (3.7%) individuals where it was least reported and family centric individuals (5.6%). The results were found to be highly significant ($\chi^2 = 47.07, p < 0.01$). Family oriented people are more concerned and attached to family members and consequently might have more fear of losing loved ones resulting in the above results. Spiritual people being apparently guided by faith and trust in divine/higher power or self, showed less feelings of fear. Work oriented people guided by duty and involvement in work were supposedly less fearful as most of their energies are devoted in fulfillment of work responsibilities, while at the same time not being able to carry these duties in most efficient manner from the personal, informal home front might be leading to feelings of irritation and agitation.

Value Orientation and Feelings Resulting from Lockdown

Individuals differed significantly in their experienced emotions and feelings during the extended period of lockdown. While being stressful was most reported by family oriented individuals (25.5%), followed by technologically oriented individuals (22.2%) and work oriented individuals (18.8%), it was least reported by religious/spiritual oriented individuals (11.1%). Spiritual oriented individuals reported peaceful feelings the most (74.1%) as compared to virtual/technologically oriented individuals who reported it to be the least (22.2%). While boring feelings was most experienced by virtually oriented

individuals (55.6%), it was least experienced by spiritually oriented individual (11.1%). Feelings of worthlessness was most reported by work oriented individuals (9.4%) as compared to other groups. The findings were significant ($p=.031$) at .05 level of significance. The above findings seem plausible and consistent with findings from other studies as spirituality is linked to positive emotions like peace, meaningfulness, contentment, acceptance etc. Overall it can be summarized spiritually oriented people felt less negative, and experienced less stressed from lockdown as compared to others.

Conclusion

The pandemic of Covid-19 was an unprecedented, unpredictable, and never experienced situation which had impacted people of all age groups in peculiar ways. It had physical, financial, psychological and social repercussions and after effects for individuals, families and society as a whole. The present study was undertaken to understand the feelings, attitude and coping strategies employed by people to deal with stress resulting from and Covid-19 and consequent lockdown. Although lockdown was a necessary step undertaken to curb the spread of the virus, it had its own set of adverse effects on people. The study found some interesting findings related to the effects of gender, marital status, living status, personality and value orientations on the experienced emotions and attitude towards the disease and the lockdown. The findings can have implications for counseling, therapeutic interventions required for individuals in pandemic times.

Recommendations

This paper tried to highlight the various antecedents like age, gender, marital status, living status, personality, value orientation and how do they impact individual's perceived severity, perceived susceptibility of the disease and felt emotions during COVID, which could have further implications for Covid-19 related behavior like following the lockdown rules, wearing masks, taking other precautions etc. The study has ramifications for academia and government as it highlights the linkages between attitude towards Covid-19, experienced emotions and corresponding behaviors: in order to modify people's unhealthy or risky behavior in the pandemic times, requires a change in attitude and emotions.

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