

IMPACT OF STRESS AND WFH DURING COVID 19 LOCKDOWN

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ABSTRACT

Covid - 19 outbreak and nationwide lockdown, has caused a trauma among small businesses, students, migrated workers etc., This has vanished semi skilled, and unskilled force to a great extent. Major and allied sectors are facing steep fall in their share values, worried investors are still in panic situation. 100 million Indian jobs are at risk after this pandemic lockdown. Altogether this carries an impact on our emotional feeling, causing stress and sometimes fear of jobless. This paper attempts to understand the impact of stress among people during pandemic lockdown and seeks measures to overcome stress causing factors. Also to explore whether work from home has improvised work life balance.

Key words: Stress management, Impact of stress, work from home during lockdown

1. INTRODUCTION

Stress is caused due to mental disturbance, reality not meeting our expectations, and when life deviates from our planned course of action. When emotional feelings are misshaped, we end up taking incorrect decisions. Due to financial stress many are under employed where they work for 2/3rd salary and equal work force is downsized .

Stress is defined as “a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs.”

Dr. Hans Selye, one of the leading authorities on the concept of stress, described stress as “the rate of all wear and tear caused by life.”

Work from home was introduced by IT sector for enhancing its performance and completing projects on time. Post March followed by pandemic lockdown more than 90% of IT

work force are working from home. Followed by IT, banking, telecom, education sector are utilizing their employee skills through WFH option. Even, after lockdown is lifted, around 30% of workforce will follow WFH. Chalo India, Let's work from Home is the next gateway for our young aspirants of Corporate sector.

2. REVIEW OF LITERATURE

2019-nCoV pandemic: A disruptive and stressful atmosphere for Indian academic fraternity - by Ritu Gautam and Manik Sharma. The 2019-nCoV has shattered the lifestyle, daily routine, business, stock market and even the education system of the globe. The Indian academic fraternity has been badly affected by this pandemic. Due to scrupulous isolation measures and closedown of universities and colleges, academic fraternity is under insurmountable mental pressure which is raising the prevalence and rate of stress, anxiety and depression among them. The concern of family and friends is also intensifying the stress rate. Furthermore, due to the dilemma of lockdown and to maintain the social distancing, the authorities have instructed the teaching fraternity to take their classes online. The liability of online classes will further intensify the stress as they are not comfortable in using electronic gadgets and online resources. Above all, some of the students are not serious in online teaching as the teachers have negligible control over students in online teaching. Additionally, the teachers residing in the remote areas are more frustrated and depressed because due to unavailability or poor internet connection, they are not able to complete their tasks.

Pavan Hiremath, C S Suhas Kowshik, Maitri Manjunath (April2020) studied psychological problems like depression, anxiety, and panic disorder, the COVID-19 pandemic has caused severe threats to the lives and physical health of people around the globe. [[Qiu et al., 2020](#)]. In response to the problems posed by the pandemic, various public health strategies such as isolation of infected or at-risk persons, reduction of social contact, and simple hygiene like frequent hand wash, have been advised to reduce the risk of infection.

3.1 OBJECTIVES OF THE STUDY

1. To know whether lockdown has caused stress among respondents.
2. To identify factors causing stress during lockdown.

3. To know whether work from home has improvised work life balance.
4. To identify stress eliminating strategies.

3.2 LIMITATIONS OF THE STUDY

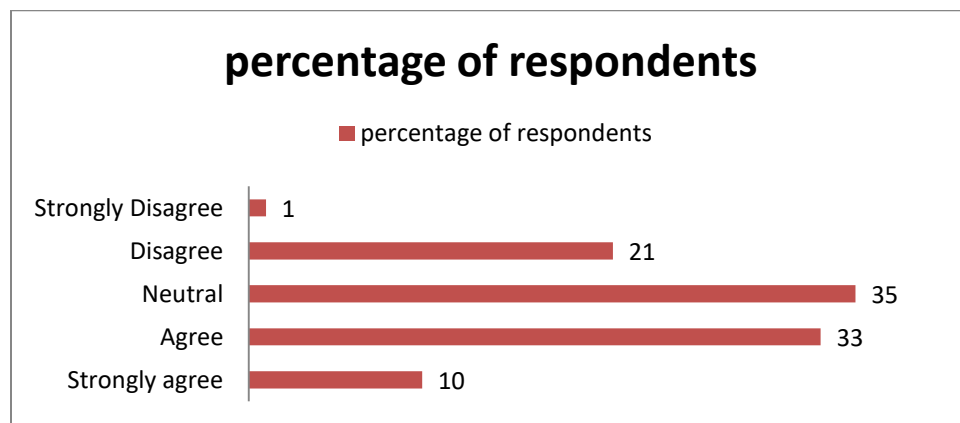
- The study is limited to Chennai. Due to lack of time, because of which the analysis was confounded to limited area of study.

4. RESEARCH METHODOLOGY

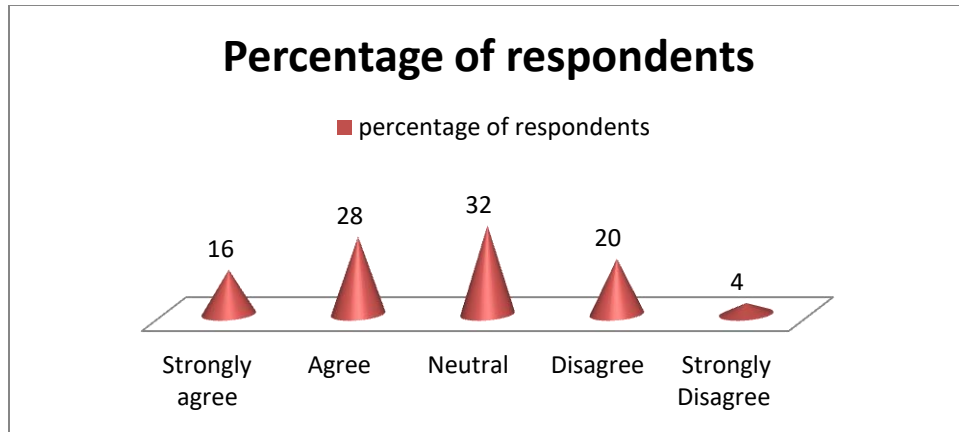
The research design provides a systematic framework for conducting research investigations. Descriptive research design is used in the study that study is conducted for a definite purpose. The Primary data was collected with the help of Mailed Questionnaire through online Google forms. Secondary data sources includes internet and news articles related to stress, WFH and Covid-19. The sampling procedure adopted in the study is convenience sampling. The sample size is 100 respondents. For Descriptive analysis Percentage analysis method is deployed. For Inferential analysis 2 Hypotheses framed and duly statistically tested by deploying Pearson Correlation method.

5. DATA ANALYSIS AND INTERPRETATION

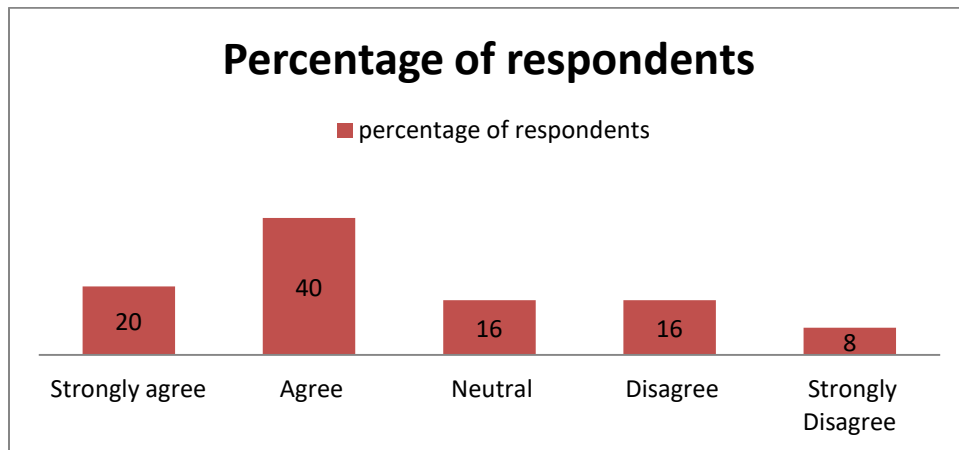
1. Pandemic Lockdown causing adequate stress



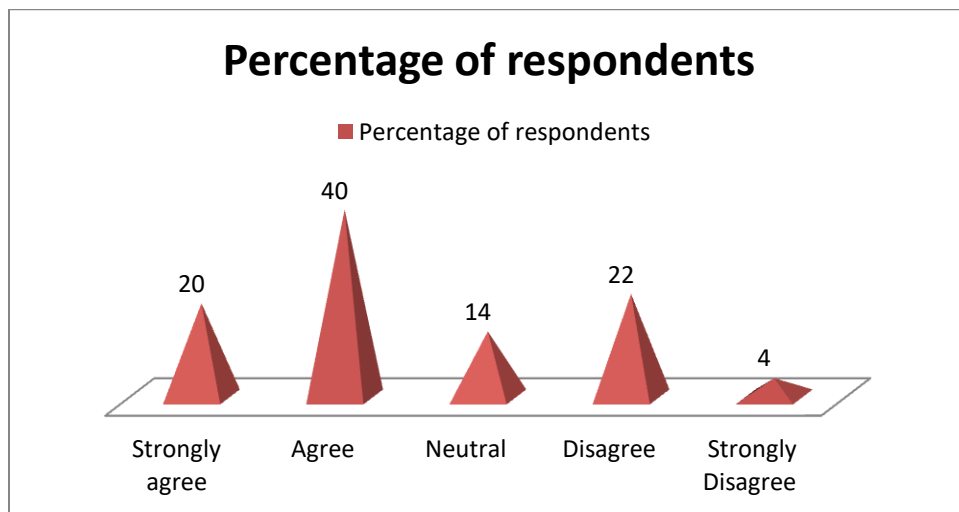
2. Lockdown affected my savings and future plans



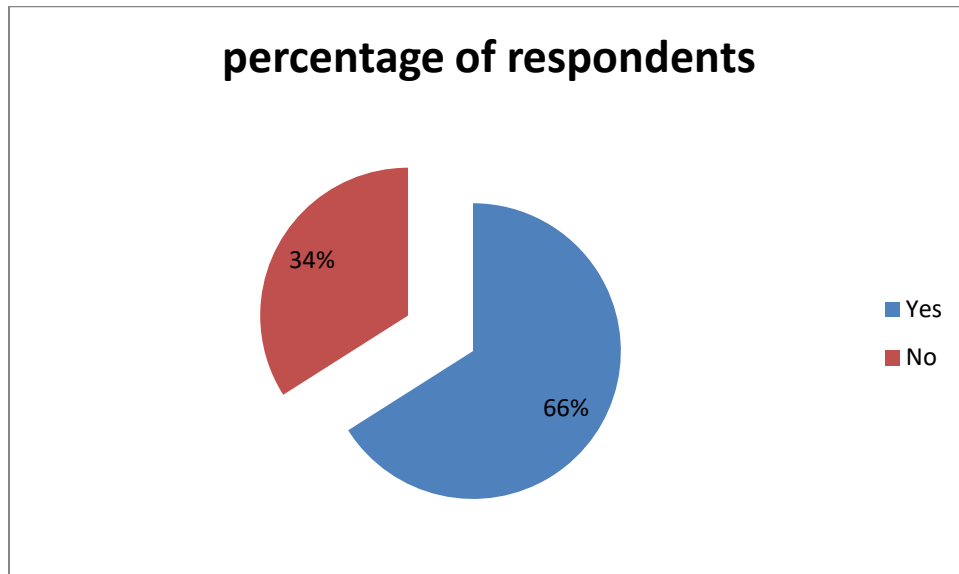
3. Lockdown caused Financial imbalance in business / work life



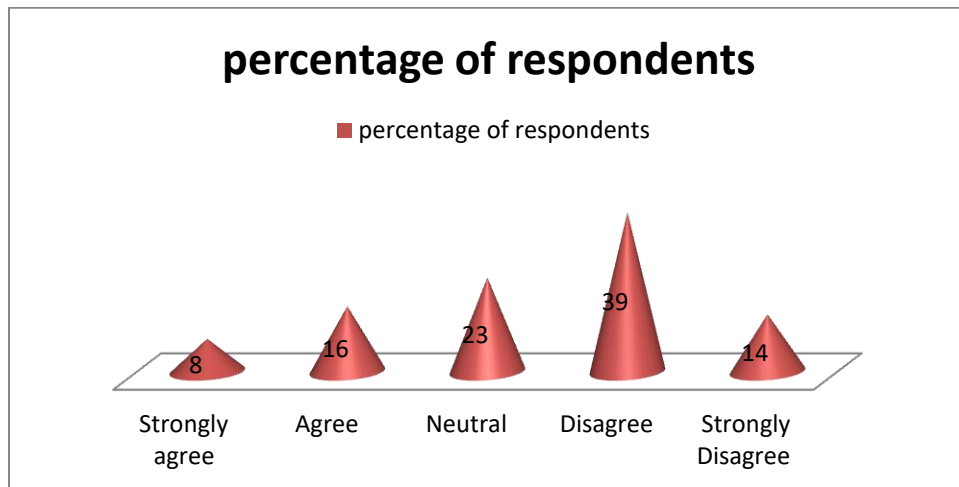
4. Fear of jobless due to covid-19 news during lockdown



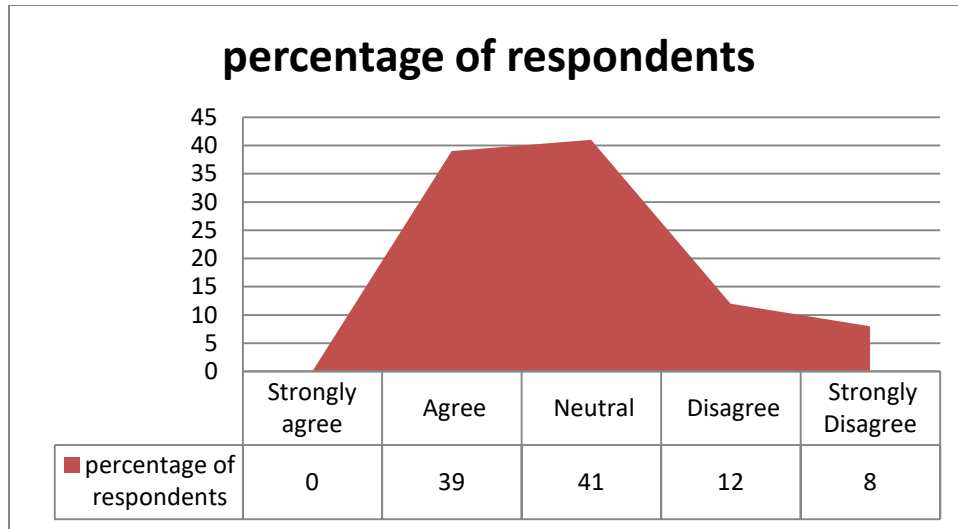
5. Work from home for the first time during lockdown



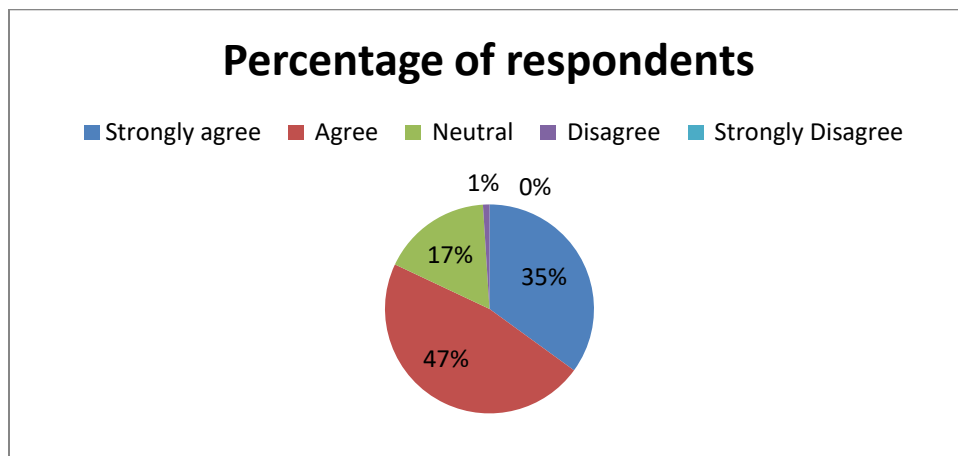
6. Work from Home during pandemic is as effective as working in office



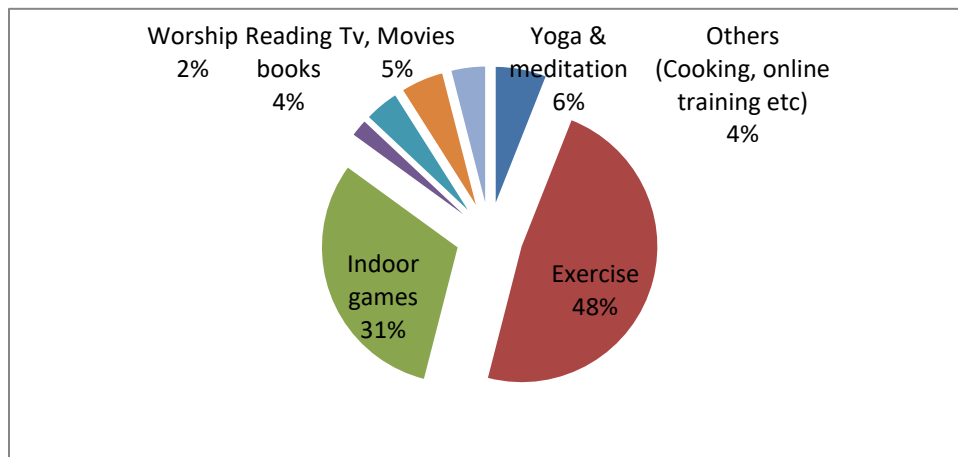
7. Improvised Work life balance achieved during lockdown



8. Spending more time with family is helping to overcome stress



9. Supporting techniques used to overcome stress



10. KARL PEARSON CORRELATION COEFFICIENT

Null Hypothesis: Ho: There is no significant relationship between work from home and improvised work balance during pandemic lockdown

Alternate Hypothesis: H1: There is significant relationship between work from home and improvised work balance during pandemic lockdown

X = Work from Home

Y = Improved work balance during pandemic lockdown

X	Y	X₂	Y₂	XY
8	0	64	0	0
16	39	256	1521	624
23	41	529	1681	943
39	12	1521	144	468
14	8	196	64	112
ΣX =100	ΣY =100	2566	3410	2147

Result Details & Calculation

$$r = \frac{[n(\sum xy) - \sum x \sum y]}{\sqrt{(n\sum x^2 - \sum x)^2} \sqrt{(n\sum y^2 - \sum y)^2}}$$

X Values

$$\sum = 100$$

$$\text{Mean} = 20$$

$$\sum(X - M_x)^2 = SS_x = 2566$$

Y Values

$$\sum = 100$$

$$\text{Mean} = 20$$

$$\sum(Y - M_y)^2 = SS_y = 3410$$

X and Y Combined

$$N = 5$$

$$\sum(X - M_x)(Y - M_y) = 2147$$

R Calculation

$$r = \frac{\sum((X - M_x)(Y - M_y))}{\sqrt{((SS_x)(SS_y))}}$$

$$r = 147 / \sqrt{((2566)(3410))} = 0.1646$$

$$r = 0.1646$$

$$df = n-2 = 8$$

$$0.632 > 0.164$$

Inference: The r value is 0.164, there is a weak relationship between variables which means H1 is rejected and Ho is accepted.

10. KARL PEARSON CORRELATION COEFFICIENT

Null Hypothesis: Ho: There is no significant relationship between spending time with family and feeling stress during pandemic lockdown

Alternate Hypothesis: H1: There is significant relationship between spending time with family and feeling stress during pandemic lockdown

X = Spending time with family

Y = Feeling stressed

X	Y	X ₂	Y ₂	XY
35	10	1225	100	350
47	33	2209	1089	1551
17	35	289	1225	595
1	21	1	441	21
0	1	0	1	0
ΣX =100	ΣY =100	3724	2856	2517

X Values

$$\sum = 100$$

$$\text{Mean} = 20$$

$$\sum(X - M_x)^2 = SS_x = 3724$$

Y Values

$$\sum = 100$$

$$\text{Mean} = 20$$

$$\sum(Y - M_y)^2 = SS_y = 2856$$

X and Y Combined

$$N = 5$$

$$\sum(X - M_x)(Y - M_y) = 2517$$

R Calculation

$$r = \frac{\sum((X - M_x)(Y - M_y))}{\sqrt{(SS_x)(SS_y)}}$$

$$r = 2517 / \sqrt{(3724)(2856)} = 0.4256$$

Meta Numerics (cross-check)

$$r = 0.4256$$

$$df = n-2 = 8$$

$$0.632 > 0.4256$$

Inference: The r value is 0.4256, there is a moderate relationship between variables which means, but, H1 is rejected and Ho is accepted.

6. FINDINGS OF THE STUDY:

1. 33% of respondents feel **Pandemic Lockdown causing adequate stress**
2. 32% of respondents are neutral that **Lockdown affected my savings and future plans**
3. 40% of respondents agree **Lockdown caused Financial imbalance in business / work life**
4. 40% of respondents agree **Fear of jobless due to covid-19 news during lockdown**
5. 34% of respondents are **Work from home for the first time during lockdown**
6. 39% of respondents disagree **Work from Home during pandemic is as effective as working in office**
7. 47% of respondents agree **Spending more time with family is helping to overcome stress**

8. Among **Supporting techniques used to overcome stress** 48% of respondents follow exercise as effective tool to overcome stress
9. The r value is 0.164, there is a weak relationship between variables which means H1 is rejected and Ho is accepted.
10. The r value is 0.4256, there is a moderate relationship between variables which means, but, H1 is rejected and Ho is accepted.

7. SUGGESTIONS :

- Follow time management, to avoid strain and abruption of work. Make a schedule or planner to keep attending meetings, and team work.
- Look for more opportunities that suits your skill and knowledge. Be optimist, and unlock world of new opportunities.
- Spending time with family, neighborhood, associating with social platforms with groups are boosters of happiness and mind refreshers.
- To reprove Survival of the fittest, its time to be physically and mentally fit, most of the respondents agree that its high time to be physically fit.
- Many respondents suggest that Training , Planning strategies will help better during this lockdown time, where companies can make use of these work rather than extracting unnecessary work from their employees.
- Its high time to capitalize opportunity on improving relationship with business partners during pandemic lockdown.
- Making alternative financial plans, has helped many people to tackle their financial imbalance.
- Majority of respondents suggest yoga and exercise are the best way to restore their health.

8. CONCLUSION:

When the whole world is running behind money, status, position, working 24/7, Go global with world as global village, Corona Virus has redirected all those goals to be at home. With no clue of drugs and vaccines, lockdown was seen as the only option by all the powerful countries. Pandemic lockdown has reminded us to be physically fit once again. Being fit,

involves workouts like exercise, walking, yoga, meditation, playing with kids and pets to explore the meaning of joy within ourselves. Work from Home option is a best strategy to utilize the work force but it failed to achieve its purpose as right goals were not set. This is the time corporate should use diversification strategy, sustainability plans rather than extraction of work. When the goals are set properly, WFH is optimal causing minimum stress among million of workers. The future of unskilled labours are at great risk even when the lockdown is lifted, in future.

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