

# A Study to Assess the Impact of Lockdown on Physical and Psychosocial Health among Senior Citizen in the Selected Areas of Pune City

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## Background

Over the previous few weeks, the COVID pandemic has impacted lives across the world in unimaginable ways, and quite ever at now like this, it's essential we concentrate to our elderly who are the foremost vulnerable segment of the population. With aging, immunity decreases making elderly more prone to the virus. Additionally, the general public above the age of 60 have some or the opposite medical condition like diabetes, hypertension or asthma; all of which are risk factors.<sup>1</sup> The demographic pyramid of India is shifting fast with a more number of within the elderly population. It appears that the socio-economic and socio cultural transformation to higher individual freedom, hedonism, family unit, feminism, materialism etc. is catching older generation unaware. Aims: within the above context, the target of the study was to spot the themes that are related to the standard of life of home-dwelling elderly. In fact, the time of the 2011 census there have been around 104 million people above the age of 60, which implies that a staggering 9 percent of our population fall within this high risk group. But besides being most in danger, social distancing and therefore the nationwide lockdown even have implications on mental state of the elderly, which simply shouldn't be ignored.<sup>2</sup>

**Methods:** A non-experimental descriptive survey method was used accustomed assess the impact of lockdown on physical and psychological health of grownup selected by purposive sampling. The information was composed by pretested questionnaire. Data analysis was carried out with level of significance.

**Results:** 60 senior citizen participated in the study.58% were not satisfied with lock down as it is affecting their physical and mental health. Impact is more on age group of 60 years and above.

**Conclusions:** The present study showed unsatisfied impact of lockdown among senior citizens. Lockdown has affected them in all physical, social and psychological way. It is necessary to take measures to relieve their stress due to lockdown.

**Keywords:** Lockdown, senior citizen, psychological and physical health.

## Introduction And Background

More adults are progressively plausible to have just got basic conditions like diabetes and respiratory ailment comorbidities that we presently perceive increment the threat of serious COVID-19 and COVID-19 related demise. Conceivable more fragile framework makes it harder for more established grown-ups to restrict contamination. Therefore, the effect on more established grown-ups is remarkable.<sup>3</sup>

## Material and Methods:

Research approach: Quantitative

Research design: The researchers have used A Non-Experimental Descriptive Survey.

Sampling technique: Convenience sampling technique was used.

Sample size: 60

Data collection method: structured questionnaire

Analysis: Descriptive and inferential statistics

**Objectives**

1. To assess the effect of lockdown among senior citizen living selected areas of Pune city.
2. To assess the impact of lockdown on physical health among senior citizen of Pune city.

3. To find the association between the effects of lockdown and physical wellbeing among selected demographic variables.
4. To find the association between the effects of lockdown and psychosocial health among senior citizen.

**Result & Discussion**

**Description of demographic details-**

**Table 1: Section I: Frequency and percentage distribution n=60**

Sr. No.	Demographic variable	Frequency	(%)
1	Gender		
	Female	33	55
	Male	27	45
2	Age (Years)		
	60 to 70	38	63
	70 and above	22	37
3	Literacy		
	Literate	50	83
	Illiterate	10	17
4	Educational Level		
	Primary	19	32
	Secondary	19	32
	Higher Secondary and above	22	37
5	Occupation		
	Business	24	40
	Retired serviceman	20	33
	Agriculture	16	27
6	Covid-19 zone		
	Red	40	67
	Orange	12	20
	Green	8	13

**Cont... .Table 1: Section I: Frequency and percentage distribution n=60**

7	During lock down staying with:		
	Family	21	35
	Alone	24	40
	Away from home	15	25
8	Chronic illness		
	Yes	41	68
	No	19	31

Table shows total 60 participants participated in online survey. 27 (45 %) of the respondents were male and 33 (55 %) of respondents were female. Maximum number of respondents i.e. 63 % belongs to Age group 60 – 70 Years, followed by 37 % respondents belong to age group above 70 years. Above table shows that 83% respondents found Literate whereas 17 were illiterate. It was found that 40% respondents belong to Business sector, 33% Service Sector, and 27 respondent was from Agriculture sector. Findings shows that 40 respondents were from Covid-19 red zone, 12 respondents belongs to orange zone and 13 were from green zone. 40 participants were staying alone during lockdown, 35 participants were staying with their family and 25 were with their friends. Out of 60 total 41 participants were suffering from chronic illness and other 19 were healthy.

**Section I**

**CHALLENGES FACED BY WORKING POPULATION**

**Table 2 Section B: Frequency and percentage distribution of impact of lockdown n=60**

Sr.no	Score	Frequency	Percentage(%)
1	Satisfied	5	8
2	Moderately satisfied	21	35
3	Dissatisfied	34	58

The table shows that 58 % sample are not satisfied with the lockdown and 35% are moderately satisfied where as 08% are satisfied with lockdown as it has no impact on their routine life.

**Figure 1: Impact score of lockdown****Section C: Association of selected demographic variables with impact of lockdown****n=60**

Sr. No	Demographic variables Table	Probability p
1	Gender	
	Male	0.7771
	Female	
2	Age (Years)	
	60 to 70	0.9656
	70 to 80	
3	Literacy	
	Literate	0.5521
	Illiterate	
4	Educational Level	
	Primary	0.9771
	Secondary	
	Higher Secondary and above	
5	Occupation	
	Business	0.9078
	Retired serviceman	
	Agriculture	
6	Which zone you belong to	

**Cont ... Section C: Association of selected demographic variables with impact of lockdown**

	Red	0.9212
	Orange	
	Green	
7	During lock down staying with:	
	Family	0.7833
	Alone	
	Away from home	
8	Any chronic illness?	
	Yes	0.8777
	No	

The lockdown has dealt a body blow to the ageing across the nation. Even as aged people say they are missing the healing touch of their doctor at this time, the lockdown has caused in worsening social relationships, leaving many disheartened, anxious and offended.

More than 58 per cent the senior population participants who joined in a survey claimed their relation with family members, mostly their own children, further deteriorated during the lockdown. Hardly any communication with children at this time, ego clashes as reasons for the failure in relationships.

The survey, conducted by to assess the impact of the lockdown on their lives. Around 58 per cent declared that the lockdown was disturbing their health condition, while 38 per cent said they were adjusting with the situation, however they are finding it difficult and only 5 percent were satisfied with it.

**Conclusion**

The present study displayed older people were not satisfied. They had disturbed physical and mental health.

Hence the study reflected more unsatisfied and disturbed adults in lock down.

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**Conflict of interest:** There is no conflict of interest in the study.

**Ethical Clearance:** The study was affirmed by the Institutional Ethics Sub-Committee.

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