

Effect of Lockdown as a function of Human Happiness: A Pilot Study

Rekha Mahajan

Department of Education, JEMTEC, Greater Noida, UP, India

ABSTRACT

COVID-19 pandemic has affected the world. In India, the lockdown started from 25th March, 2020, and continued for more than three months. The lift of lockdowns was initiated on 1st June 2020, and data on happiness of unrelated individuals was collected online immediately after that using Bradburn Scale of psychological well-being as the measurement of happiness in the lockdown survey period. Data was recorded on positive as well as negative psychology affecting questions from each individual. Almost equal number of male as well as female individuals with background of working, non-working, staying in nuclear family or in joint family has been studied. It was observed that male individuals were psychologically more affected than females during the period. Psychological happiness was much higher in working female respondents and unhappiness was higher in non-working males. Males and females increased happiness or no effect on their psychology were psychologically better in combating sudden stresses. It can be concluded that the happiness factor of male counterpart were more affected than female counterpart during lockdown period in India. Males or female respondents which showed increased happiness or no effect on their psychology were psychologically better under sudden stresses. The results help in deciding policies like 'work from home' by private companies and government bodies.

Keywords: COVID-19, Joint family, Lockdown, Men, Nucleus family, Unlock 1.0, Virus, Women, Working

About the presenter:

Prof. (Dr.) Rekha Mahajan is the Principal at Jagannath Institute of Education, JEMTEC, Greater Noida. She is a postgraduate in Physics (with specialization in Solid state Electronics) and Education with Doctorate in Education. She has over three decades of teaching and administrative experience at various renowned academic institutions. She has been the founder Principal of two schools located in Haryana. She has authored and presented several research papers at National and International conferences and has delivered several expert talks on relevant topics. She has extensively worked on Self destructive Intelligence Syndrome and Spiritual Intelligence; she has guided post graduate students for their project work and is a guide to Ph.D. scholars for research. She has also been empaneled to review the syllabus at the post graduate level for Education. Dr Rekha Mahajan has been awarded with the Prestigious *Excellence in Teaching Award* for her outstanding contribution in the field of Education during the International Conference at Maharana Pratap University, Udaipur, Rajasthan, India in December 2017.

