



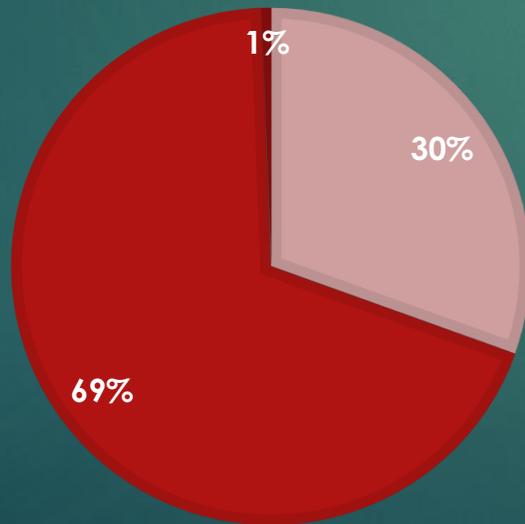
Life during covid-19

KOLOSSI PATROL

As part of a survey on the effect of COVID-19 on people's lives, we got 177 responses from people all over the world and of all age groups. Our aim was to see: how people coped with the virus during the lockdown period (between March and May); how people are coping now; and if there were any significant life changes. We started off the survey asking about gender and age to get a general picture on the audience we were targeting.

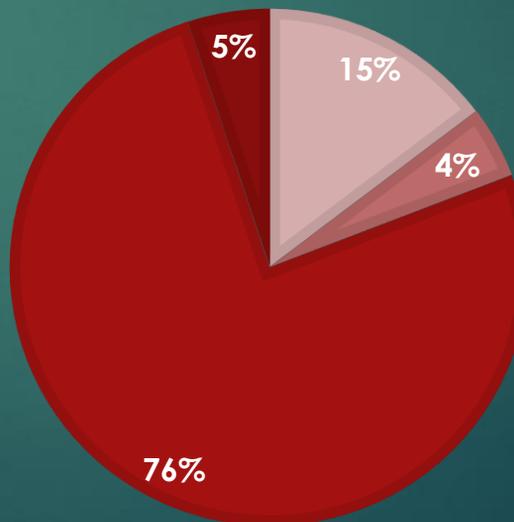
GENDER

■ Male ■ Female ■ Other



AGE GROUPS

■ >18 ■ 18-24 ■ 25-64 ■ 65+

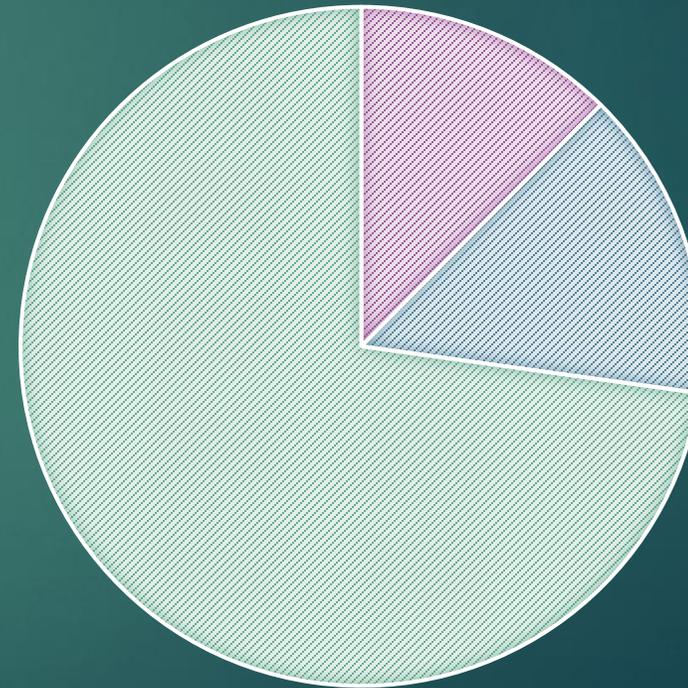


Lifestyle and Health

- ▶ When asked about getting more healthy over the quarantine thankfully the majority did but we still saw 40% choose 'no', which once again was shocking.
- ▶ As shown by the graph on the right many people were careful and cautious about COVID-19 as a lot carried both a mask and antiseptic.

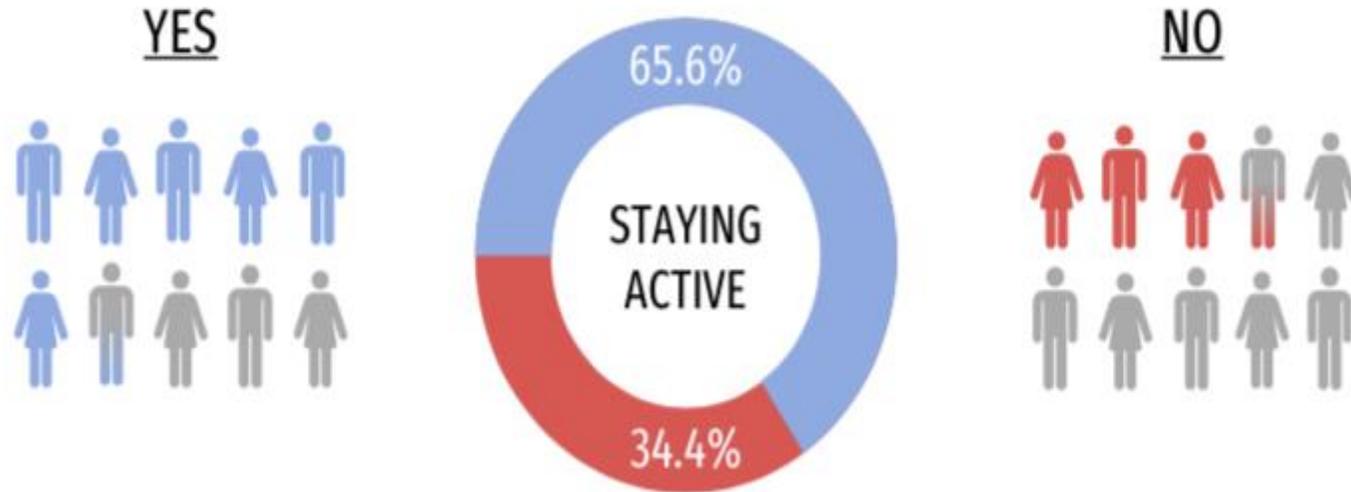
WHEN SHOPPING, DURING LOCKDOWN, DID YOU:

■ carry antiseptic? ■ wear a mask ? ■ or both?



Health

Results – “Did you stay physically active during quarantine/lockdown in March?”



- ▶ Also because of the new measurements, gyms were closed and it was hard to stay fit. But as we can see from the diagram on the left 65.6% stay active, which is more than half of the people.



Lifestyle



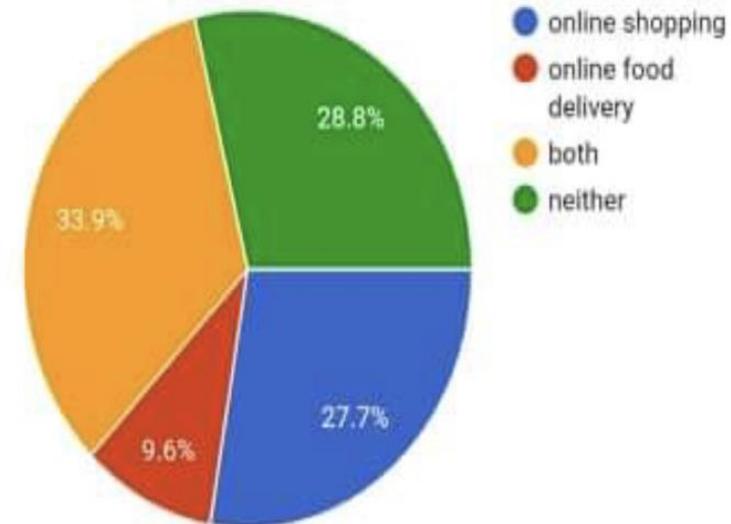
- In our survey we recorded that the majority of people find it hard to wear a mask as it most likely limited their breathing which is understandably annoying.
- We also recorded over 50% of people lived through Quarantine with 3+ people in their household most likely taking care of the sense of loneliness one might experience in these hard times.
- A good 48.4% had chosen 'no' when asked about learning a new skill, which was a little shocking as we had assumed much less would have chosen 'no', considering the free time we had.

Food and Online Shopping

The graph on the right tells us that online shopping and ordering foods were common practices during the quarantine as the majority of the vote was on both shopping and ordering. However, neither percentage was very high, possibly due to the fact it's more expensive to order than to go out and buy items by yourself or for food, it's more convenient to make it rather than waste money and create it.

Since being online became more popular over lockdown, did you indulge in:

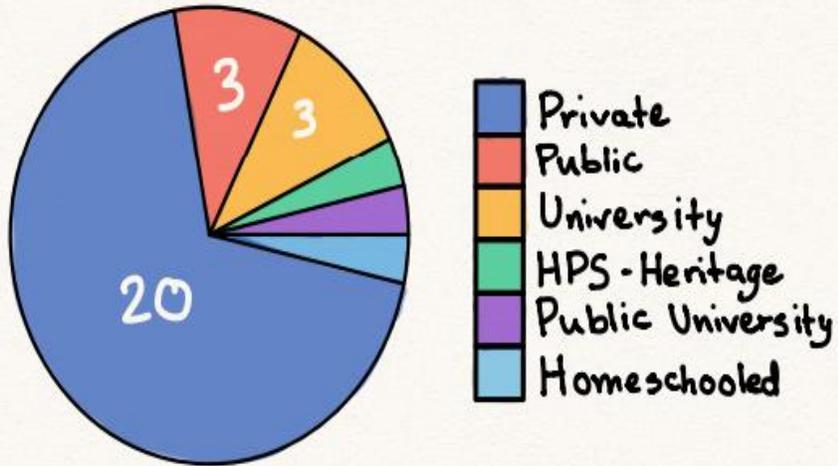
177 responses



School

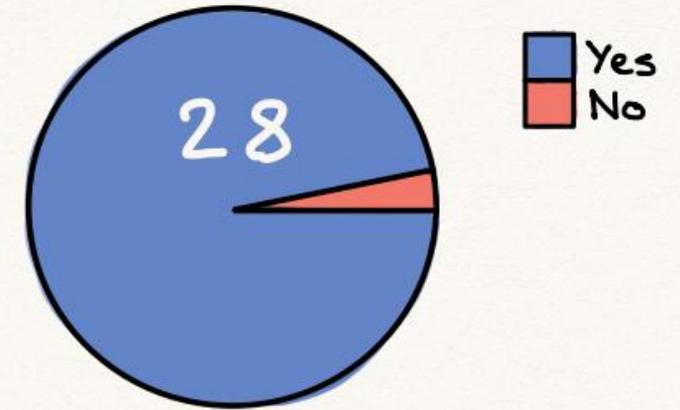
What kind of school do you go to?
29 responses

Most people who answered, were from a private school, while 4 were in university.



Did your school transition to Online Education?
29 responses

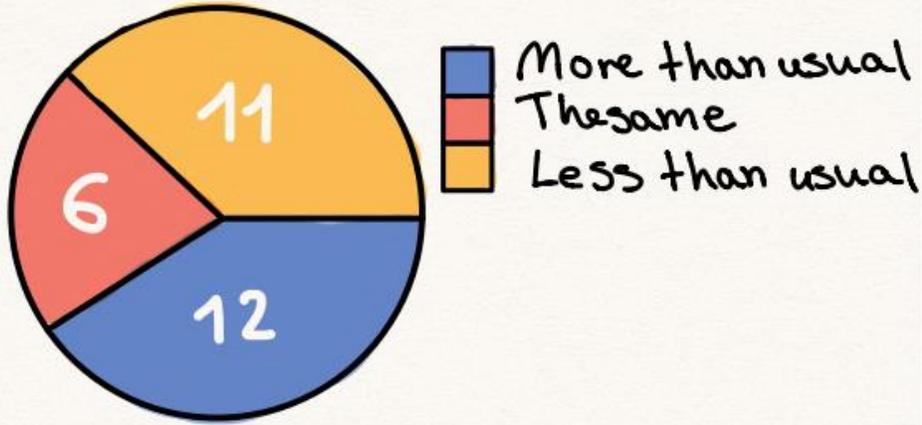
Only one of the recorded schools did not go online



How would you describe the workload in online school?

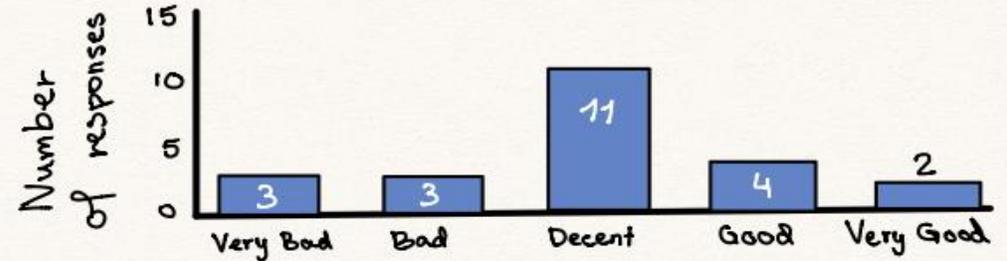
29 responses

The results were similarly distributed, and the amount of work depended on the school



How were online exams?

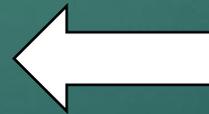
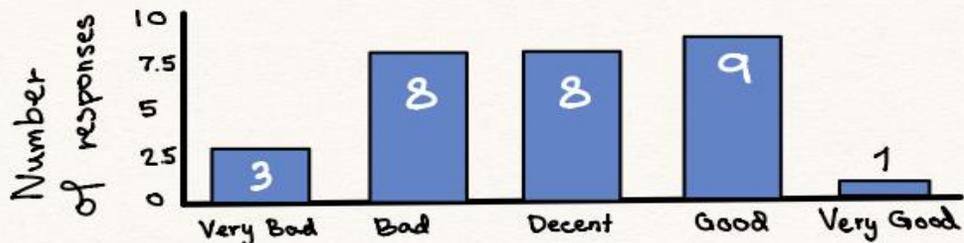
29 responses



Averagely, the result was "decent".

How would you describe online Education?

29 responses



The results show that the switch to online education for most students was a "bad" or "decent" experience. However, there were still some people who ranked online schooling as "good".

Work & COVID-19

Working online

- ▶ 64.6% of people did work online at some point
- ▶ 35.4% of people didn't work online due to COVID-19
- ▶ From this data we can see that the majority of people did work from home, likely during quarantine as schools and office jobs went online.
- ▶ The 35.4% though could have technical jobs that require them on site or jobs that cant be done remotely.

The stress of COVID-19 & peoples ability to work on a scale of 1-5:

- 11% said 5
- 14% said 4
- 27% said 3
- 15% said 2
- 33% said 1

- From this we can see that the majority weren't affected by the stress of COVID-19 and could work fine
- The 11% who said 5 though, could represent those who lost jobs, those whose jobs weren't secure and those who didn't have a sure income
- 27% also said 3 showing that for a lot of people it did affect their ability to work which isn't as drastically as 5 but still a major issue.

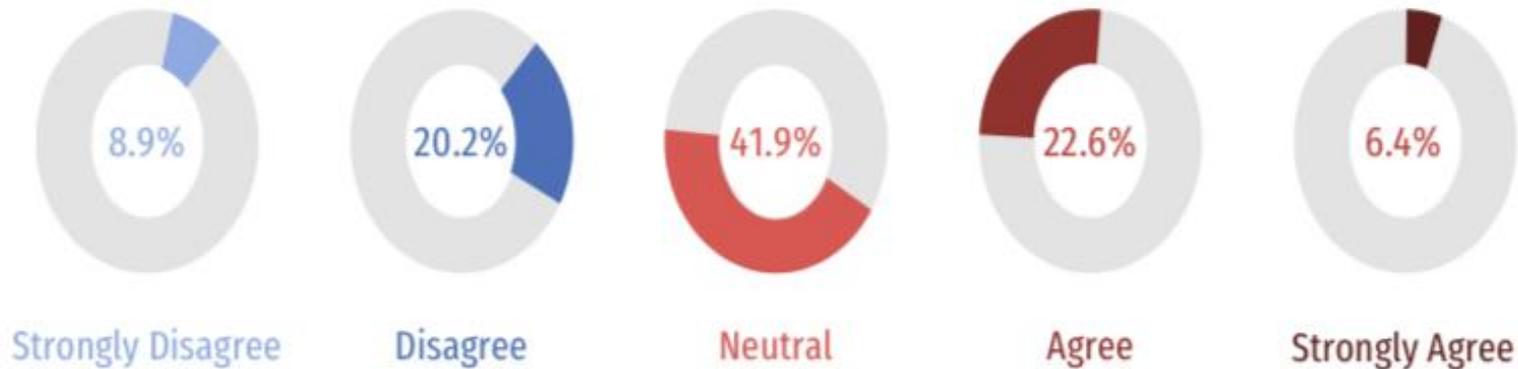
Back to normal



- ▶ Of course many of us want to go back to normal, work in school or work at our job without masks and without any extra measurements but that is not as easy, many people are having arguments about when everything will be back to normal.
- ▶ For example some people say that we will go back to normal when there will be vaccines.
- ▶ Others say that it will take time.
- ▶ And some others have the opinion that it will never be normal for us again.

New restrictions

Results – “What do you think about the new restrictions regarding Covid-19; released 4/11/'20



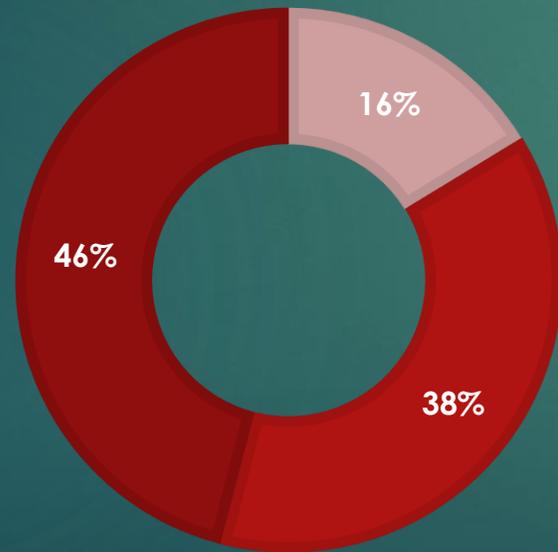
- Most of the people as we can see are neutral about the Covid-19 restrictions. More people are apparently strongly against the new measurements than people who strongly agree to the corona measurements. This might be because many people don't want to live like this due to major changes in their everyday lives. Some others might also not enjoy the new measurements because they think that the virus isn't real.



Mental Health

How has Covid-19 affected how often you see your relatives?

- Has not affected family time
- Affected family time a bit
- Affected family time significantly



During a lockdown, any form of social interaction is important. It's unhealthy to not communicate and participate in society. This is particularly hard for the elderly, who especially must stay safe to reduce their risk of catching the virus. This would affect their mental health negatively, as being with family relatives helps maintain a happy attitude during such times.

What three words best described how you felt throughout the pandemic?



"angry,
scared,
worried"

"very, very
bored"

"cautious, lonely,
positive"

"quiet,
vulnerable,
peaceful"

"afraid"

As we can see from the responses many people were "bored" and "unmotivated" during the lockdown, however, some people saw it as an opportunity to relax and learn new things. The majority of responses said that the virus and consequential lockdown negatively affected their day to day emotions

"stress, bored,
panicked"

Conclusion

The majority of people have struggled to cope with the pandemic, and significant changes to our daily life

A little over 50% of people has tried to maintain and better their well being throughout the pandemic

More individuals should prioritise their mental health and stability, they can do this by meditating, yoga, reading, or any other relaxing hobbies they have.

A big thank you to anyone who took out time to fill in the survey