

Awareness On Family Time During Quarantine Lockdown Among College Students

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ABSTRACT : *Quarantine is restricting people who have been exposed to a disease, such as COVID-19. This study is required because during this hectic period of lockdown the only conversation we can have is with our family members. This study fulfils the deficiency of knowing the actual bond they share with their family members during this full time quarantine lockdown. The aim of the study is to know the relationship between family members during quarantine lockdown. Data manipulation is done by google forms. Software used is IBM SPSS. Pie Chart is used as a method of representation of each output variable. 76.8% agreed that family members feel more bonded during this quarantine and 23.2% disagreed that family members feel more bonded during this quarantine. ($p=0.135$, indicating statistically not significant)The association between gender was assessed by Chi Square test where $p < 0.05$ was considered statistically significant. We have observed association between gender and responses about whether they like their families was found to be statistically significant. Various members may have varying needs that can cause stress and struggle. But in such times, providing them with comfort and love, regularly checking in, sharing their worries, offering whatever support can prove beneficial in strengthening relationships.*

KEYWORDS: *Bonding; Family; lockdown; quarantine;relationship; students*

1. INTRODUCTION:

A quarantine is a restriction on the movement of people and goods which is intended to prevent the spread of disease or pests. Ethical and practical considerations need to be considered when applying quarantine to people. Quarantine helps the people about their relationship with others during this quarantine period and how it forms the bond with the person on the other side with them during this quarantine. It helps them to understand some prohibition and restriction to jobs are sometimes stressful. During the coronavirus pandemic, multiple governmental actors enacted quarantines in an effort to curb the rapid spread of the virus. There are some notable quarantines that will promise the popularity of this research.

Some of the notable quarantines that can be enlisted are Eyam village, 1665 (Plague)(1), East Samoa, 1918 (Flu pandemic)(2). The family, in Indian society, is an institution by itself and a typical symbol of the collectivist culture of India right from the ancient times. The joint family system or an extended family has been an important feature of Indian culture, till a blend of urbanisation and western influence, began to affect in home and hearth (3). Family values play an important role in shaping the outlook of people. Respect and care for elders are among the central principles in Indian family system. It is saddening to know that the trend of the elderly being admitted into old age homes is increasing. There could be many reasons, including lack of adequate residential space in nuclear families, or in a globalised world, overseas location of children(4), for such a situation.

We are addressing many forms of family relationships marital, intergenerational, and sibling relationships that have a profound impact on health. We address directions for future study, such as deeper understanding of the dynamics of such relationships with more exposure to diverse family systems, unintended benefits of relationship strain and unusual intersections of social status (5). A life course perspective draws attention to the value of linked life, or relationship interdependence, over the course of life. Clearly the quality of family relationships can have significant effects on well-being(6). A life course perspective has posed marital relationships as one of the most important relationships which defines the context of life and in turn affects the well-being of individuals throughout adulthood (7). Parents are more likely to have financial assistance for adult children than vice versa before parents are very old. Intergenerational transfers of support are central to the lives of both parents and adult children, both in times of crisis and in their daily lives. Consideration of the dynamics and complexities of family relationships as part of a multi-pronged approach to support health and well-being is critical for future research and health promotion policies, especially as an increasing proportion of older adults enter late life.

This study is required because during this hectic period of lockdown the only conversation we can have is with our family members. This study fulfils the deficiency of knowing the actual bond they share with their family members During this full time quarantine lockdown. Family relationships are enduring throughout the course of life and are consequential for well-being. Previous studies on enzyme assays, obesity(8), cirrhosis (8,9), nanomaterials (10) (11–13), cancer biology (14–19) and natural compounds(20–22) (15) enriched my knowledge and this made me to do an epidemiological study which is the need for the community. The aim of the study is to know the relationship between family members during quarantine lockdown.

2. MATERIALS AND METHODS:

This study involves relationships between family members during quarantine lockdown in the age group of 18 to 55 years. A well structured questionnaire comprising 15 questions covering socio - demographic information, knowledge, attitude, perception was framed and administered to the participants through an online survey planet link. The Pros of this study were Economical, Easy to create, Wide reach, Gathers large data, Quick interpretation. The Cons of this study were, Homogeneous population, Response bias, Survey fatigue. Study setting was done by Online setting over Chennai population in May 2020. Approval was obtained from Institutional Review Board, Saveetha Dental College. The sample size is 100. Sampling method is simple random sampling. Measures to minimise bias is randomisation. Data collection software used was google

forms. Data manipulation is done by google forms. Software used is IBM SPSS. Pie Chart is used as a method of representation of each output variable.. Internal validity is per tested questionnaire. The association between groups was assessed by Chi Square test where $p < 0.05$ was considered statistically significant. The results were analysed using chi square analysis.

3. RESULTS AND DISCUSSION:

Almost eighty percent of the population think that this quarantine has given them more time with their families. The data was collected and statistically analysed. The no of participants were from age of 18 to 55 years old. 51.5% were male population and 48.5% were female population (Fig 1). 26.3% agreed that chores were not assigned to them and 73.7% agreed that chores were assigned to them (Fig 2). The bar graph represents association between age and chores assigned to children in their family, $p=0.379$, so it is statistically insignificant(Fig 15).

72.7% were married and 27.3% were not married (Fig 3). The bar graph represents association between age and their marital status, $p=0.126$, so it is statistically insignificant(Fig 16). 48.5% were not pressured by family to act in a certain way and 51.5% were pressured by family(Fig 4). The bar graph represents association between age and participants pressured to act in certain ways by their family , $p=0.348$, so it is statistically insignificant(Fig 17). 48.5% were youngest among their siblings and 51.5% were oldest among their siblings(Fig 5). The bar graph represents the association between age and participants' age difference with their siblings , $p=0.353$, so it is statistically insignificant(Fig 18). 42.4% agreed that their parents were strict and 57.6% disagreed that their parents were strict (Fig 6). The bar graph represents association between age and participants' parents strictness, $p=0.525$, so it is statistically insignificant (Fig 19).

35.4% haven't met their great grandparents and 64.6% have met their great grandparents(Fig 7). The bar graph represents association between age and participants meeting grandparents, $p=0.198$, so it is statistically insignificant (Fig 20). 65.7% get along with their family and 34.3% don't get along with their family(Fig 8). The bar graph represents association between age and participants getting along with their family, $p=0.092$, so it is statistically insignificant (Fig 21). 64.6% get along with their siblings and 35.4% don't get along with their siblings(Fig 9). The bar graph represents association between age and participants getting along with their siblings, $p=0.163$, so it is statistically insignificant (Fig 22). 63.6% cleaned their own room and 36.4% agreed that they don't clean their own room (Fig 10). The bar graph represents association between age and participants cleaning their own room, $p=0.060$, so it is statistically insignificant (Fig 23).

66.7% agreed that their mother makes them clean their room and 33.3% disagreed that their mother makes them clean their room(Fig 11). The bar graph represents association between age and participants' mothers making them clean their own room, $p=0.182$, so it is statistically insignificant (Fig 24).

71.7% agreed that they like their family and 28.3% agreed that they don't like their family(Fig 12). The bar graph represents association between age and participants liking their family, $p=0.005$, so it is statistically significant(Fig 25). 73.7% agreed that this quarantine helped in improving their family relationship and 26.3% disagreed that this quarantine helped in improving their family relationship(Fig 13). The bar graph

represents association between age and participants' family relationship improvement during this quarantine, $p=0.082$, so it is statistically insignificant(Fig 26). 76.8% agreed that family members feel more bonded during this quarantine and 23.2% disagreed that family members feel more bonded during this quarantine(Fig 14). The bar graph represents association between age and participants' family bonding in this quarantine, $p=0.135$, so it is statistically insignificant(Fig 27).

There are various previous studies (23–25) related to family relationships during this quarantine period. Parental monitoring, supervision, and rules are theorized and usually reported to be related to lower levels of adolescent problem behaviors of various kinds(25). Educational differences within family relationships lead to greater distances and less contact, confirming the classic mobility thesis, but the effects are generally weak and the effects on contact are indirect.(5,25)

In addition, family discussions can be used to determine the role and responsibility of everyone, and to build confidence by respecting the views of each member. Supporting all family members can reinforce conviviality. When a family adopts the caring approach and avoids the tendency to blame each other and find faults with each other, this can be a huge gain. Various members may have varying needs that can cause stress and struggle. But in such times, providing them with comfort and love, regularly checking in, sharing their worries, offering whatever support can prove beneficial in strengthening relationships. But in such times, providing them with comfort and love, regularly checking in, sharing their worries, offering whatever support can prove beneficial in strengthening relationships. Many have improved family bonding during this quarantine period.

4. CONCLUSION:

Families should discuss the concerns of each individual, and work together to find solutions. Even when planning outings or fun activities, the way should be the family discussions. Thinking about problems will help a family come up with innovative solutions. There exists a significant amount of awareness about the importance of relationships and its value between family members during this quarantine period among the college students. From the survey conducted it is found that there is a healthy relationship between the family members of the participants, during this quarantine period.

Conflicts of interest: No conflicts of interests were declared.

Authors contribution:

Srivatchava. S: Literature search, data collection, analysis Vishnu priya. V: Data verification, manuscript drafting

Gayathri. R: Data verification, manuscript drafting Kavitha. S: Analysis, manuscript drafting

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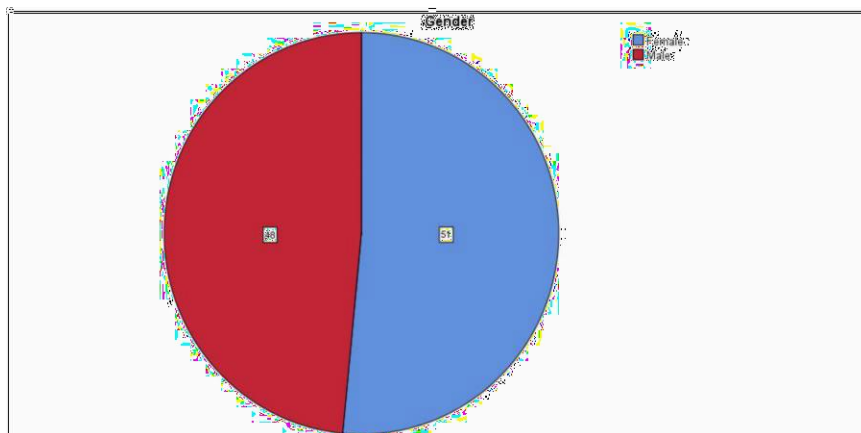


Figure 1: Pie chart showing percentage distribution of the participants based on gender. 51.5% were males and the rest 48.5% were females

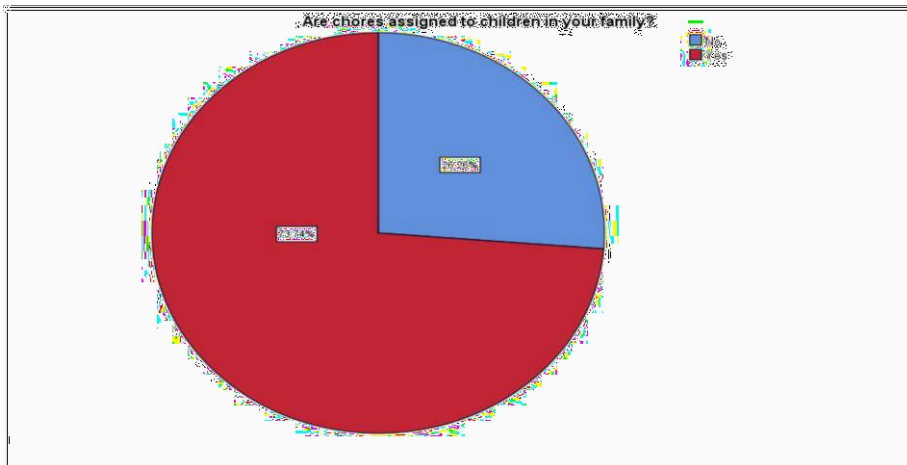


Figure 2: Pie chart showing percentage distribution of responses about awareness on chores that were assigned to them by their family. Red colour represents yes and blue colour represents no. Majority of participants responded yes (73.7%) while the rest responded no (26.3%)

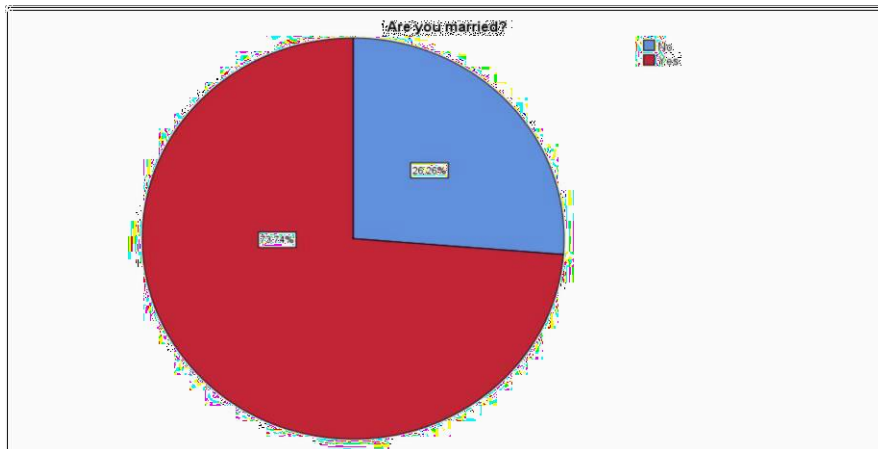


Figure 3: Pie chart showing percentage distribution of responses about their marital status. Red colour represents no and blue colour represents yes. Majority of them responded yes (72.7%) while there rest responded no (26.3%)

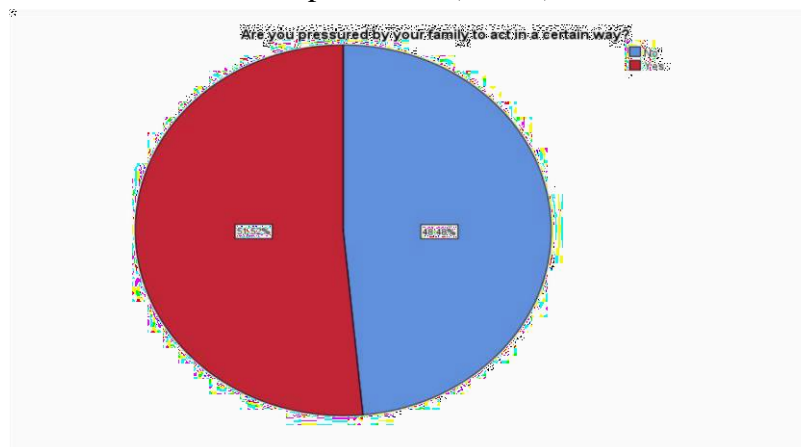


Figure 4: Pie chart showing percentage distribution of responses about pressurization of family on a person to act in a certain way. Red colour represents yes and blue colour represents no. Majority of them responded yes(51.5%) while the rest responded no (48.5%)

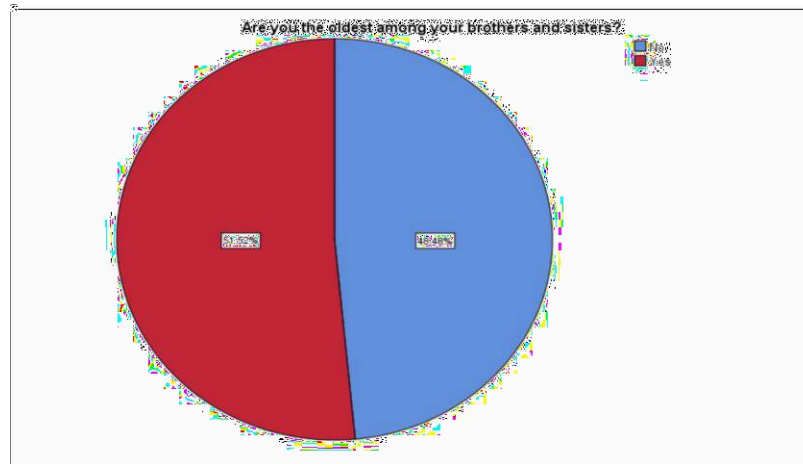


Figure 5: Pie chart showing percentage distribution of responses about being the elder siblings in a family. Red colour represents yes and blue colour represents no. Majority of them responded yes(51.5%) while the rest responded no (48.5)

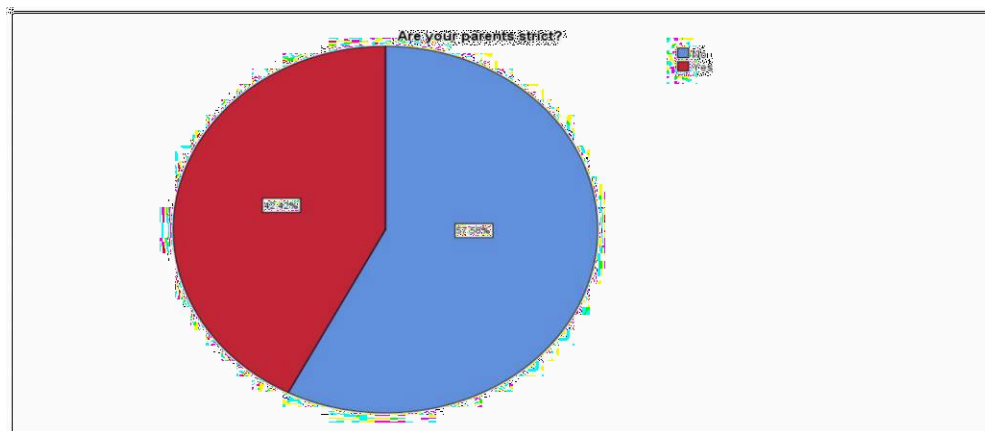


Figure 6: Pie chart showing percentage distribution of responses about their parents being strict. Red colour represents yes and blue colour represents no. Majority of them responded no(57.6%) while the rest of them responded yes (42.3%)

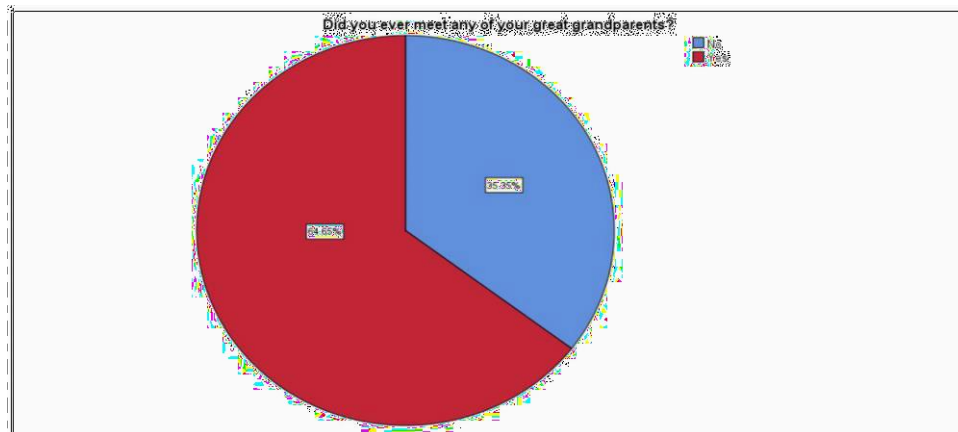


Figure 7: Pie chart showing percentage distribution of responses about meeting great grandparents. Red colour represents yes and blue colour represents no. Majority of them have responded yes (64.6%) while the rest of them responded no (35.4%)

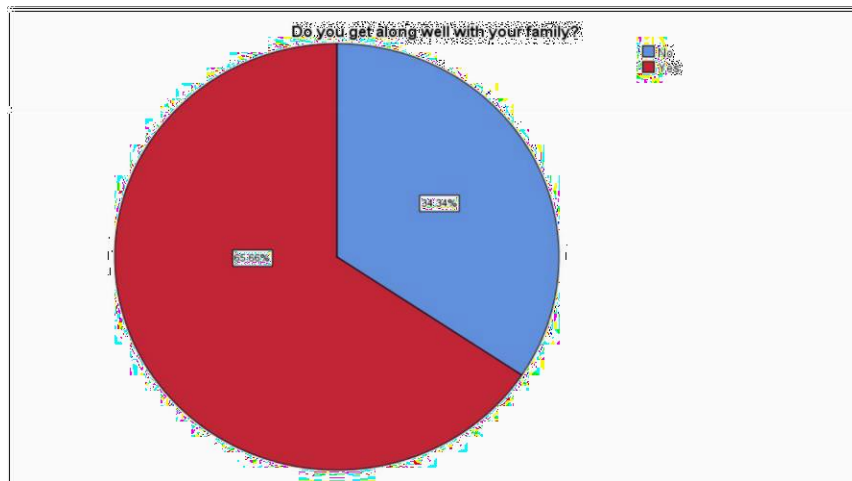


Figure 8: Pie chart showing percentage distribution of responses about getting along with the family members. Red colour represents yes and blue colour represents no. Majority of them have responded yes(65.7%) while the rest of them responded no (34.3%)

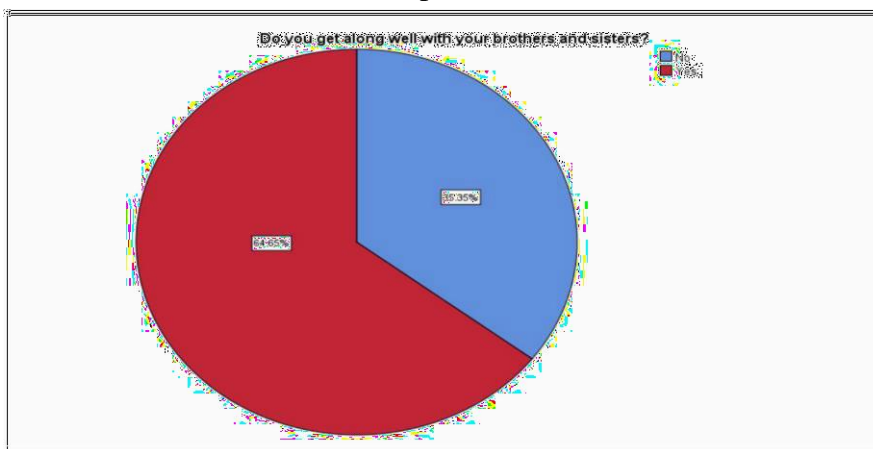


Figure 9: Pie chart showing percentage distribution of responses about awareness on getting along with siblings. Red colour represents yes and blue colour represents no. Majority of them have responded yes(64.6%) while the rest of them responded no (35.4%)

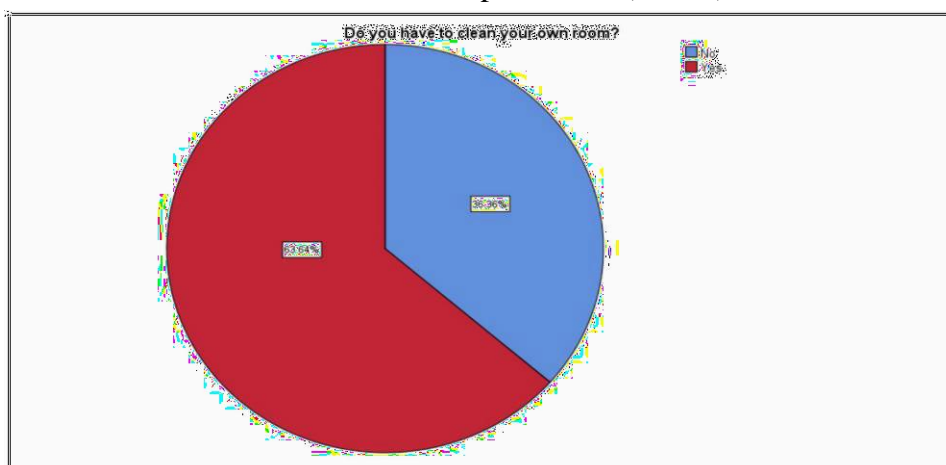


Figure 10: Pie chart showing percentage distribution of responses about the exercise of cleaning their own rooms. Red colour represents yes and blue colour represents no. Majority of them have responded yes(63.6%) while the rest of them responded no (36.4%)

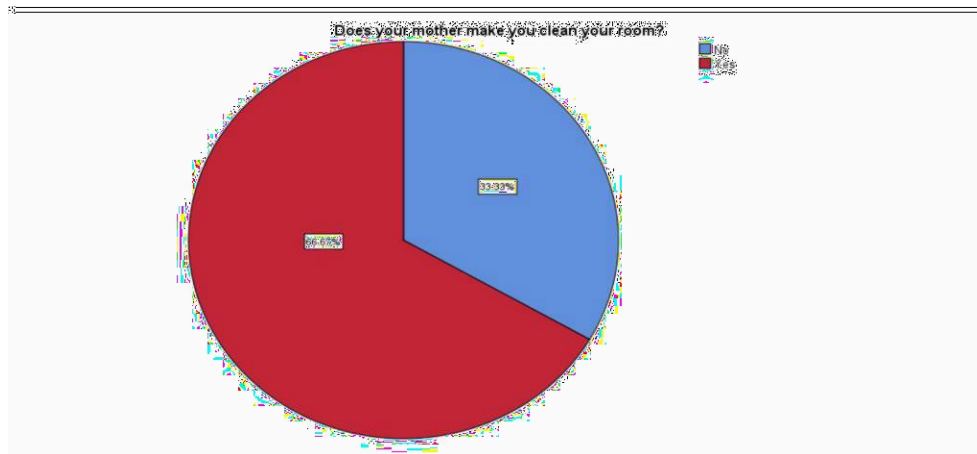


Figure 11: Pie chart showing percentage distribution of responses about the exercise of mothers making their children clean their own room. Red colour represents yes and blue colour represents no. Majority of them have responded yes(66.7%) while the rest of them responded no (33.3%)

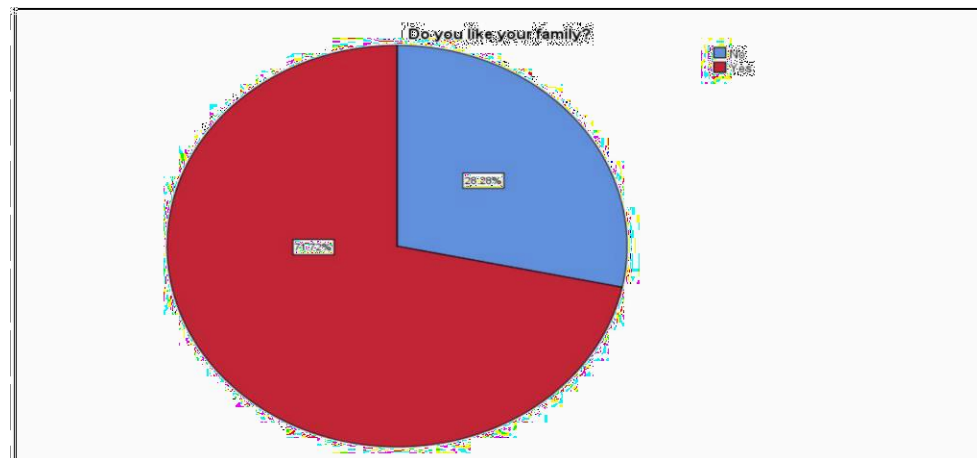


Figure 12: Pie chart showing percentage distribution of responses about the likeness towards their family. Red colour represents yes and blue colour represents no. Majority if them have responded yes(71.7%) while rest of them responded no (28.3%)

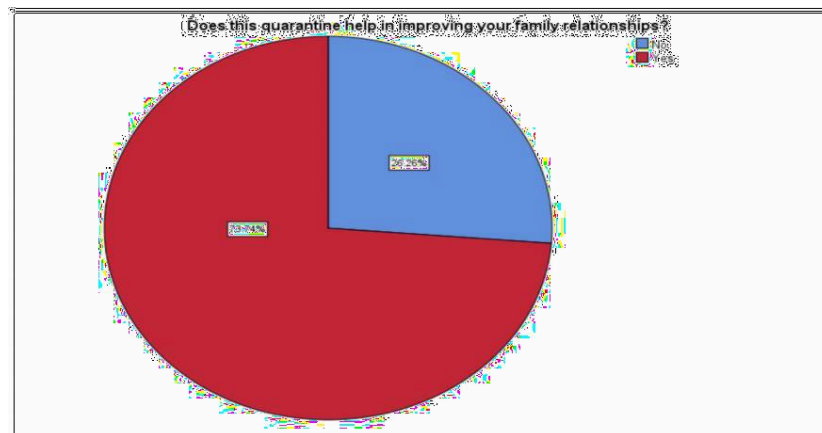


Figure 13: Pie chart showing percentage distribution of responses on whether this quarantine is helping to improve family relationships. Red colour represents yes and blue colour represents no. Majority of them responded yes (73.7%) while rest of them responded no (26.3%)

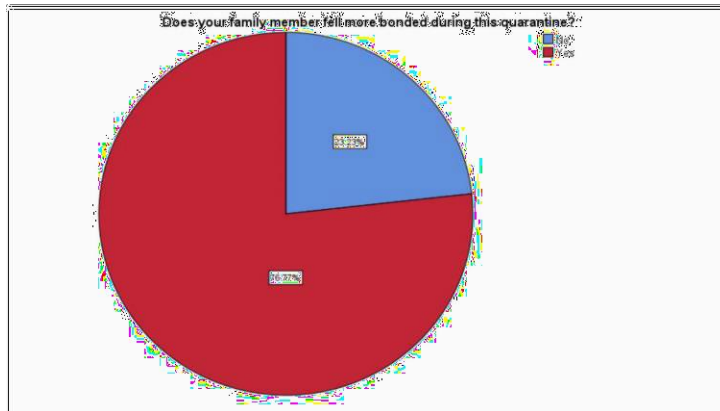


Figure 14: Pie chart showing percentage distribution of responses about whether family members feel like bonding during this quarantine. Red colour represents yes and blue colour represents no. majority of them responded yes(76.8%) while rest of them responded no (23.2%)

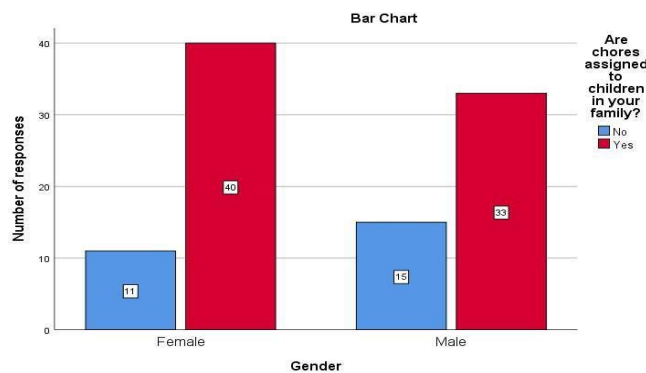
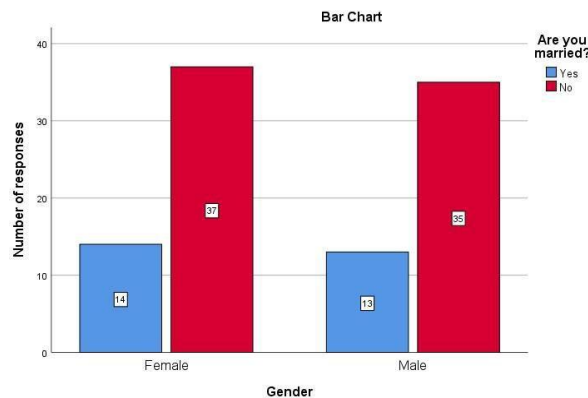


Figure 15: Bar graph showing the association between gender and responses about chores assigned to children in their family. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour represents no and red colour represents yes. Female students showed maximum awareness response (40). However, the association between gender and awareness about chores assigned to children in their family is statistically not significant. Chi square analysis shows $p=0.379$ ($p>0.05$, indicating statistically not



significant)

Figure 16: Bar graph showing association between gender and the responses about their marital status. X - axis represents the age groups while Y - axis represents the number of participants. Red colour represents yes

and blue colour represents no. More females (14) are married than males (13) in our study population. However, it is not significant statistically. Chi square analysis, $p=0.126$ ($p>0.05$, indicating statistically not significant)

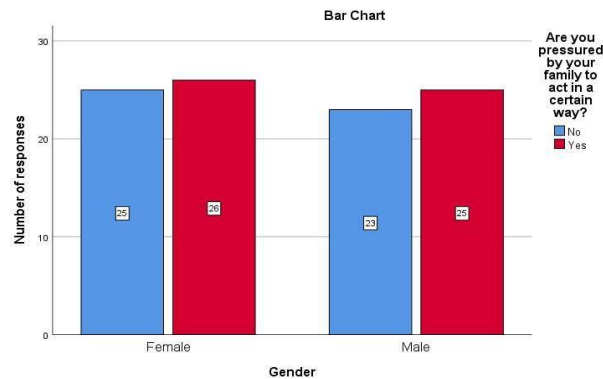


Figure 17: Bar graph showing the association between gender and responses on being pressurised to act in certain ways by their family. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Both male and female students showed equal awareness response (25). Similarly, the association between age and awareness of being pressurised to act in certain ways by their family is statistically not significant. Chi square analysis shows $p=0.348$ ($p>0.05$, indicating statistically not significant)

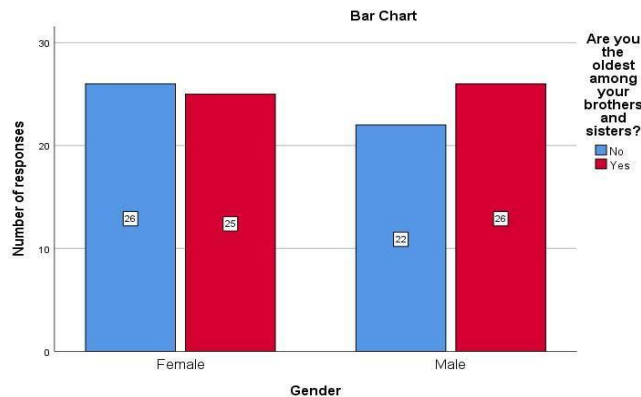


Figure 18: Bar graph showing association between gender and the responses about being the elder sibling in a family. X - axis represents gender while Y - axis represents the number of participants. Red colour represents yes and blue colour represents no. Male students showed maximum awareness response (26). However, there is no significant difference between the responses of males and females. Chi square test, $p=0.353$ ($p>0.05$, indicating statistically not significant)

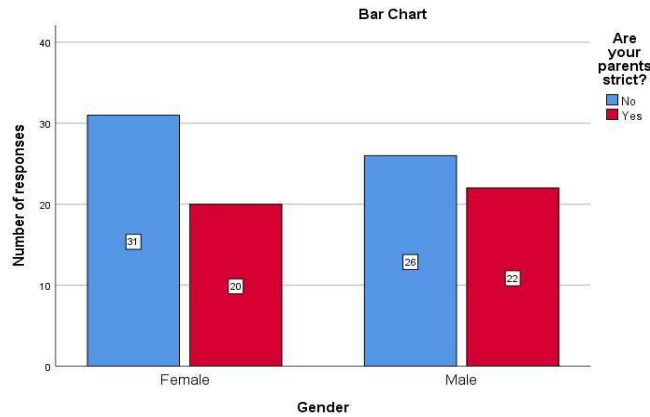


Figure 19: Bar graph showing association between gender and the responses about the parents being strict. X - axis represents gender while Y - axis represents the number of participants. Red colour represents yes and blue colour represents no. More percentage of male students(22) were likely to have strict parents than the female students(20).However, it is not significant statistically. Chi square test, $p=0.525$ ($p>0.05$, indicating statistically not significant).

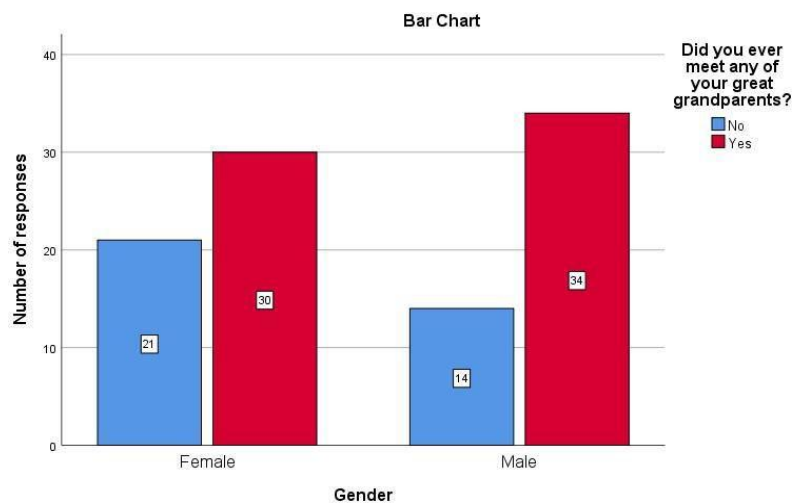


Figure 20: Bar graph showing the association between gender and responses about meeting great grandparents. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Male students showed maximum awareness response (34). However, the association between gender and awareness meeting great grandparents is statistically not significant. Chi square analysis shows $p=0.198$ ($p>0.05$, indicating statistically not significant).

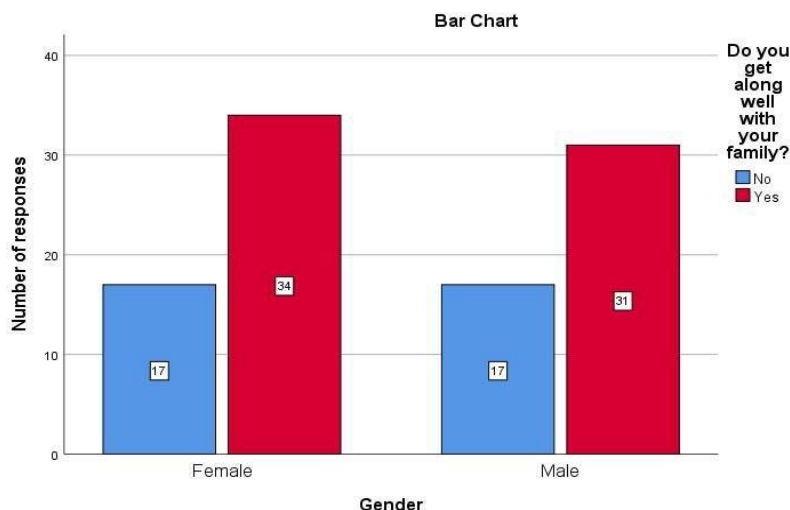


Figure 21: Bar graph showing association between gender and the responses about getting along with their family. X - axis represents gender while Y - axis represents the number of participants. Red colour represents yes and blue colour represents no. More female students(34) are likely to get along with their family than the male students(31) .However, it is not significant statistically. Chi square test, $p=0.092$ ($p>0.05$, indicating statistically not significant).

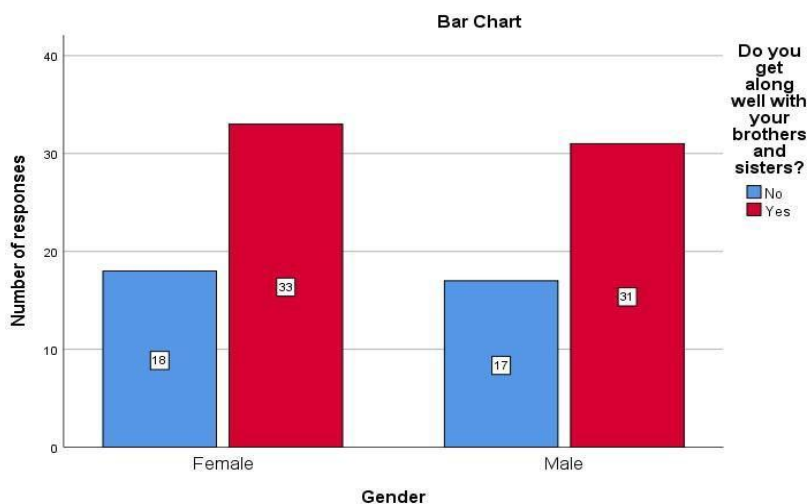


Figure 22: Bar graph showing the association between gender and responses about getting along with their siblings. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Female students showed maximum awareness response (33). However, the association between gender and awareness about getting along with their siblings is statistically not significant. Chi square analysis shows $p=0.163$ ($p>0.05$, indicating statistically not significant)

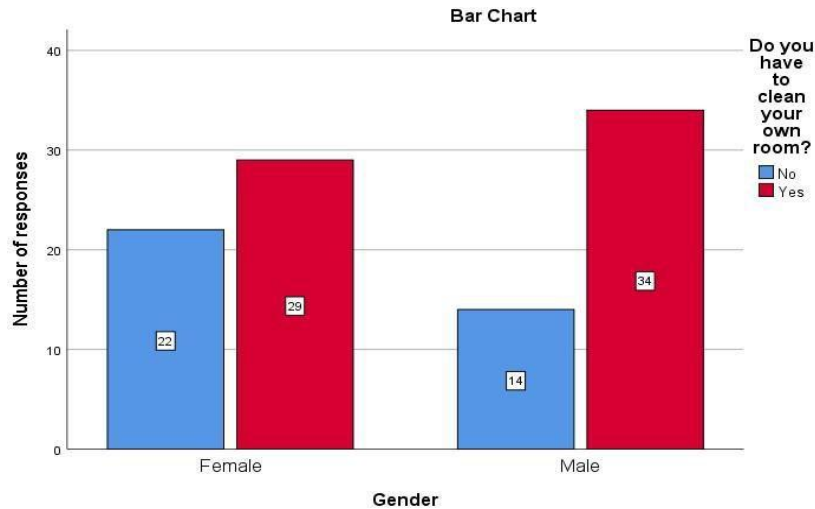


Figure 23: Bar graph showing the association between gender and responses about cleaning their own room. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Male students showed maximum awareness response (34). However, the association between gender and awareness about cleaning their own room is statistically not significant. Chi square analysis shows $p=0.060$ ($p>0.05$, indicating statistically not significant)

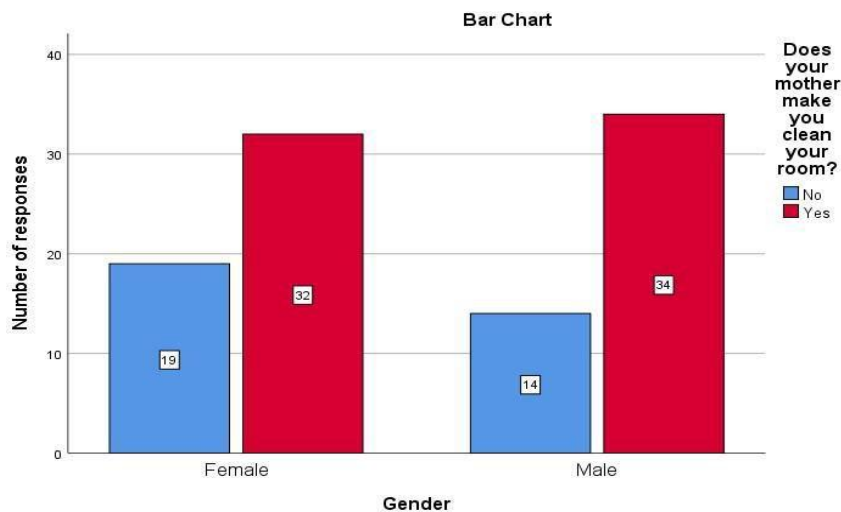


Figure 24: Bar graph showing the association between gender and responses about whether they are forced to clean their rooms by their parents. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Male students showed maximum awareness response (34). However, the association between gender and whether they are forced to clean their rooms by their parents is statistically not significant. Chi square analysis shows $p=0.182$ ($p>0.05$, indicating statistically not significant)

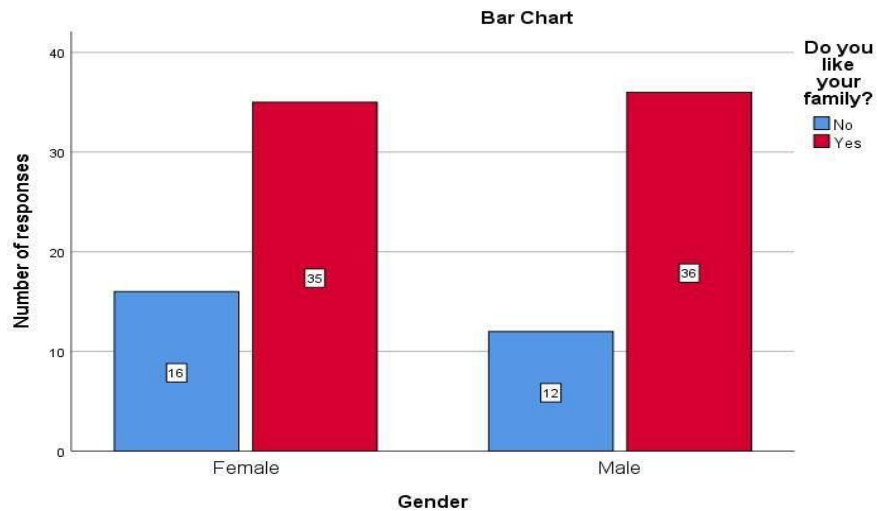


Figure 25: Bar graph showing the association between gender and responses about whether they like their families. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Male students showed maximum awareness response (36). Similarly, the association between gender and their responses is statistically significant. Chi square analysis shows $p=0.005$ ($p<0.05$, indicating statistically significant)

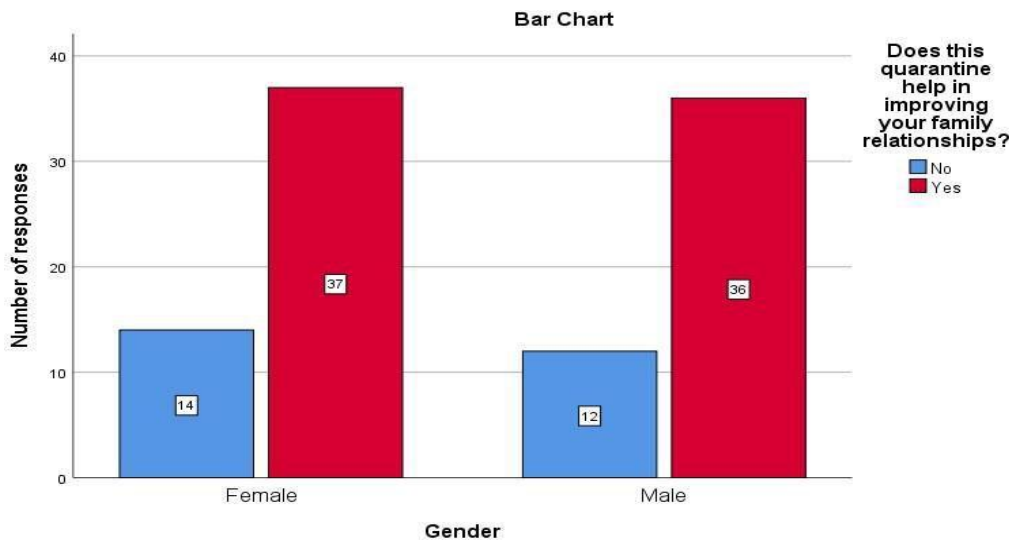


Figure 26: Bar graph showing the association between gender and responses about improvement in relationship with family members. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Female students showed maximum awareness response (34). However, the association between gender and improvement in relationship with family members is statistically not significant. Chi square analysis shows $p=0.082$ ($p>0.05$, indicating statistically not significant)

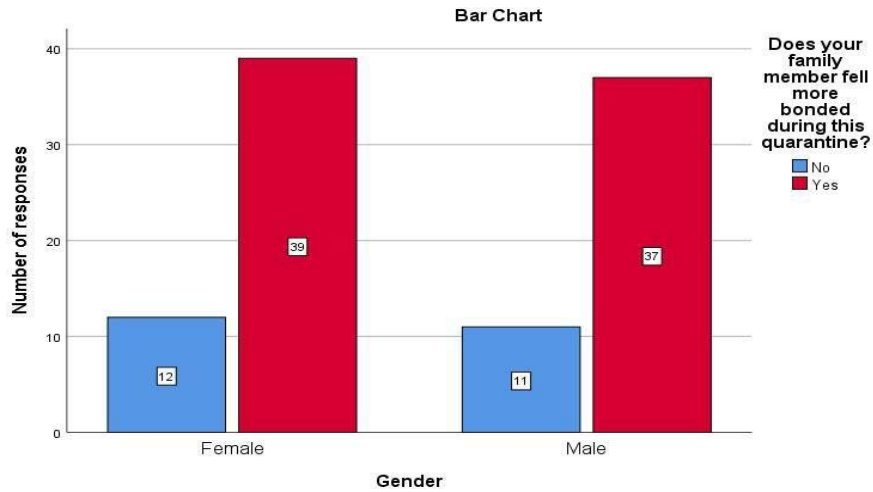


Figure 27: Bar graph showing the association between gender and responses about family bonding during quarantine. X-axis represents gender of participants and y-axis represents number of participants responded. Blue colour no red colour represents yes. Female students showed maximum awareness response (39). However, the association between gender and awareness on family bonding during quarantine is statistically not significant. Chi square analysis shows $p=0.135$ ($p>0.05$, indicating statistically not significant).