









**Table 3.** Perceived stress of the participants during the COVID-19 pandemic.

Variables	N (%)	(Mean±SD)
Low stress	230 (25.2%)	16.81±5.51
Moderate stress	636 (69.6%)	
High perceived stress	48 (5.3%)	

SD: Standard deviation; N: Number (914); %: Percentage (100%)

**Table 4.** Distribution of stress level among profession of participants.

Variables	Private Employee N= 448	Govt. Employee N= 144	Business N= 42	Student N= 234	Housewife N= 30	Labour N= 16
Low Stress level	110(24.6%)	30 (20.8%)	8 (19.0%)	74 (31.6%)	8(26.7%)	0 (0%)
Moderate Stress Level	309(69.0%)	111(77.1%)	31(73.8%)	154(65.8%)	20(66.7%)	11 (66.8%)
High Stress Level	29(6.5%)	3 (2.1%)	3 (7.1%)	6 (2.6%)	2(6.7%)	5 (31.2%)

N: Number; %: Percentage (100%)

**DISCUSSION**

The present study found 88.0 % participants were used mobile more than two-hour, 46.4% reporting desire of shopping was decreased, 74.8% Participants were independent plan, prepare and serve food at home, 51.9 % reporting that performed daily task like- dishwashing and bed making and other household work, 79.4 % doing personal laundry work, 16.0 % was incapable of handling money and financial issues during the lockdown of COVID-19 pandemic. Some similar study supported it; majority of the people were worried about the financial loss they were incurring during the period of lockdown [10]. The restriction of mobility can act as a difficulty in obtaining daily-life necessary supplies, potential financial losses, and access to conflicting and inadequate information on the Internet [14,15]. The COVID-19 outbreak has led to diversified mental health responses depending on the individual's strengths and weaknesses [16]. People were affected on physical activity, their work and income during COVID-19 pandemic [17]. People are restricted of maintaining contact with loved ones, their daily routines are dramatically changed, and engage in everyday activities impact their health and well-being [6].

The present study has also found that 25.2% of low stress, 69.6% of moderate stress and 5.3% of high perceived stress

during the lockdown of COVID-19 pandemic in general population. Result also found that higher level of the stress has in labour (31.2%), private employees (6.5%), businessman (7.1%) and housewife (6.7%). Some similar study supported it, high rates of anxiety, insomnia, perceived stress and adjustment outcomes found during the lockdown of COVID-19 in the Italian of general population [18]. The psychosocial stress was perceived, and participants presented high levels of perceived distress in the general population [14]. This could be associated with high levels of anxiety and stress because of isolation, indicating adverse mental health [19]. The mental health impact on the non-infected community, revealing significant psychiatric morbidities during the SARS outbreak [20]. Those people in self-isolation or quarantine, where feelings of stress, anxiety, depression, fear, guilt, and anger may manifest [6]. People had trauma-related distress symptoms and significantly higher psychological distress in women and young adult population [21]. Among different professions, students and healthcare professionals were found to suffering from stress, anxiety, and depression more than others and normal ranges found in mental health professionals [22].

**LIMITATIONS**

The present study has some limitations; the size of the sample in some profession groups was quite small.

Accidental sampling technique was used in the present study. Activity of daily living assessment was self-report. The longitudinal study may help to see long term effects of COVID-19 pandemic on job stress, job satisfaction, family conflicts and suicide ideation.

### IMPLICATIONS

The present admits that the general population is vulnerable to experience problems related to activities of daily living life and perceived stress while living in pandemic situation at home. The mental health professionals, policy makers and government can take step to secure physical and mental health of general population to impart effective in their daily life. They have to need stress management programs, online counseling facilities, adequate manpower supply, etc. for reduce their perceive stress and improve daily living life.

### CONCLUSION

The present study reveals activities of daily living and perceived stress are consequence mental health problems among Indian population during outbreak of the COVID-19 pandemic. The people experienced isolation, loss of social network, risk or infections to family members, decreased income, physical exhaustion, job insecurity and livelihood concerns. The uncertainty was in each age group about future as school, retail shops, entertainment sector remained closed. A great loss to the unorganized sector, private sector caused problems to the young adults.

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