

**IMPACT OF COVID-19 PANDEMIC ON PEOPLE OF TRICITY IN RELATION TO PEACE AND PSYCHOLOGICAL WELLBEING**

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**Abstract**

*The present study is an attempt to investigate the impact of COVID-19 Pandemic on people living in TRICITY in its relation to peace and psychological wellbeing. It is a global pandemic. It has disturbed the peace of mind which has posed a serious challenge to the public health both physically and psychologically. The objective of the study is to identify the challenges faced by people due to COVID-19 Pandemic on peace of mind and their psychological well-being. The paper focuses on key issues relating to such concepts and thus a sample of 150 subjects are taken of age group 20 to 50 living in TRICITY which includes Panchkula, Chandigarh and Mohali. Purposive random sampling technique is used to select sample for the study. The tools used are: 1) Peace Awareness Scale by Dr. Anjum Ahmed 2) Psychological Wellbeing scale by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary. Descriptive Statistical Technique is adopted for data analysis which includes Mean, Median and Standard deviation. In order to determine the difference of male and female of TRICITY on grounds of Peace and Psychological Well-being z-test was used and compared with critical values of 0.05 levels to know whether the results are significant or not. Pearson Product moment correlation is used to know the relationship between independent and dependent variables. The above results show that the z-value is 0.4 which means that the level of peace awareness and psychological wellbeing among the people living in TRICITY is average. It also showed that it had an average effect on the life of the people and there is no significant relationship between peace and psychological wellbeing.*

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**Keywords:** COVID -19 Pandemic, Peace, Psychological well-being, Tricity

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**A. INTRODUCTION**

Coronavirus refers to a virus which was spread all over the world and has led to respiratory illness in human beings. It is one of the biggest medical challenges to humankind in recent times. No doubt lockdown was a very significant and effective strategy of social distancing to tackle the increasing spread of the highly infectious COVID-19 virus, at the same time, it had a lot of psychological impact on the public. In only a few weeks, COVID-19 profoundly changed the lives, causing tremendous human suffering and challenging the most basic foundations of Peace and societal well-being. Beyond the immediate impacts on health, jobs and incomes, the epidemic resulted in increasing people's anxiety and worry, affecting their social relations, their trust in other people and in institutions, their personal security and sense of belonging. It disturbed their peace of mind as they felt insecure due to financial crises, insecure jobs, social restrictions, loneliness, fear of death and soon. Since no definitive treatment has been discovered so far to treat this prevalent disease, the only way to cope with the disease and cut off the virus transmission chain was to keep oneself hygienic and maintain distance from others. The present study is done to find out the impact of COVID -19 on people of tricity and its relation with Peace and Psychological wellbeing. TRICITY includes 3 cities Chandigarh (UT), Panchkula (Haryana) and Mohali (Punjab).

**B. STATEMENT OF THE RESEARCH PROBLEM**

- A study on the Impact of COVID-19 Pandemic on People of Tricity in relation to Peace and Psychological Well-being.

### **C. LITERATURE REVIEW**

#### **Peace**

Vinayak, S., & Sharma, A. (2016) studies of mental processes and behavior that lead to violence, prevent violence, and facilitate nonviolence as well as promoting fairness, respect, and dignity for all, for the purpose of making violence a less likely occurrence and helping to heal its psychological effects. The Impact of the COVID-19 Pandemic on Peace (2022) while it was initially thought that the pandemic would actually reduce violence around the world, this proved to be true for only some indicators of violence. India's COVID-19 Crisis through the Lens of Positive Peace (2021) with a population of 1.3 billion people, India's ability to avoid a COVID-19 catastrophe so far has surprised and pleased medical experts.

#### **Psychological Well-being**

Chakraborty, K. & Chatterjee, M. (2020) in their study suggested that worry and sleep disturbances were common among the respondents in the past 2 weeks. The pandemic threatened the existence of the respondents to a great extent and affected their mental status negatively. Mousavi, SF. (2020) does not have a significant effect on Marital Satisfaction. The finding also revealed that fathers reported greater Marital Satisfaction than mothers. Women are more concerned about intimacy than men, have certain standards for being satisfied with their spouses, and are sensitive to relationship problems more than men. Sharma, AJ. & Subramanyam, MA. (2020) revealed that adults likely used pornography and masturbation to cope with the lockdown, given the limited physical access to sexual partners in a society that stigmatizes homosexuality. Moreover, the findings also suggested that greater frequency of calling family members during lockdown could strengthen social relationships and increase social empathy.

### **D. OBJECTIVES OF THE STUDY**

1. To get a detailed information about COVID-19 Pandemic and its effect on different areas.
2. To examine the impact of various stressors on well-being of the people of TRICITY.
3. To identify the challenges faced by people due to COVID19 Pandemic on peace of mind.

### **E. RESEARCH DESIGN**

#### **1. RESEARCH METHODOLOGY**

- Research design is the framework that has been designed to seek answers to the research questions. It is based on a framework that provides a guide to the research being conducted in the most efficient manner. Descriptive research design is adopted in order to address the objectives of the study.

#### **AREA OF STUDY**

- The Area of the study is limited to TRICITY which includes Chandigarh, Panchkula and Mohali.

#### **SAMPLE**

- A total sample (N=150) for the study, comprised of 50 male and 50 female each from Chandigarh, Panchkula and Mohali of 20-50 years age group. They were randomly selected.
- The data was collected individually from each respondent. Prior to collection of data the respondents were assured that their responses would be kept confidential and will be used only for academic purposes.

#### **2. TECHNIQUES**

- Descriptive statistics is used for the overall population for each of the variables. It helped to explain the characteristics of the sample through methods like mean, median and standard deviation and presented through tables. In order to determine the difference of male and female of TRICITY on grounds of Peace and Psychological Well-being z-test was used and compared with critical values of 0.05 levels to know whether the results are

significant or not. Pearson Product moment correlation is used to know the relationship between independent and dependent variables.

### 3. TABULATION AND INTERPRETATION

#### 1. Results pertaining to Peace of mind among people in TRICITY due to impact of COVID 19 Pandemic.

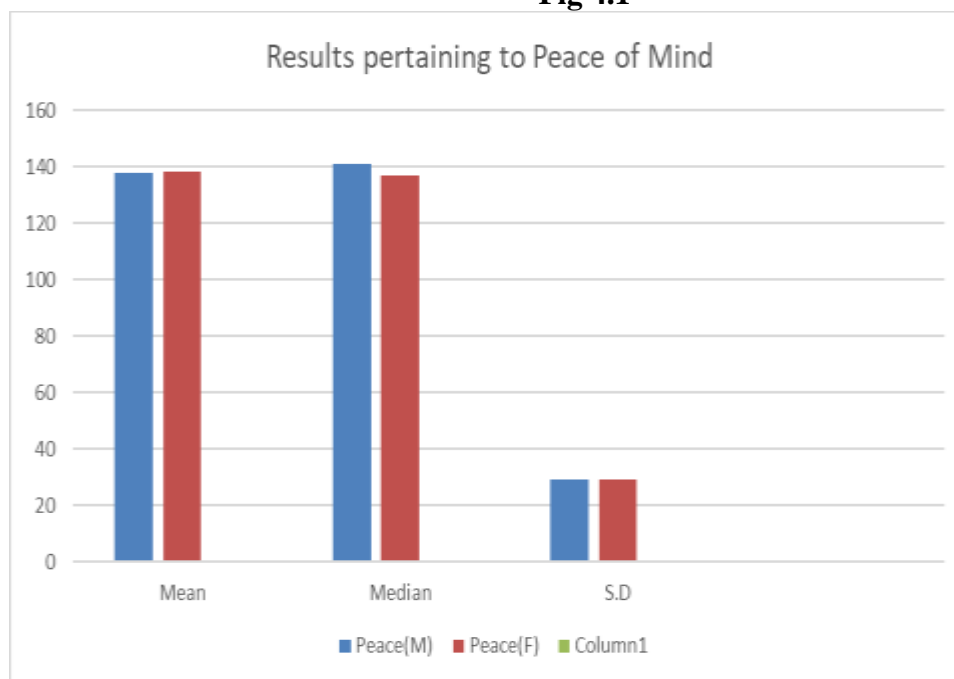
In order to assess peace of mind among males and females of TRICITY, collected data were scored and tabulated. In order to test the following hypothesis, mean, median and S.D were computed on tabulated data.

**1. Hypothesis:** There is no significant difference in the mean scores of males and females of TRICITY in their level of Peace of mind due to COVID-19 Pandemic.

**Result pertaining to peace of mind is shown in table 4.1**

Variable	N	Mean	Median	S. D	z-value	Remarks
PEACE	75(M)	137.92	141	29.16	0.4	Insignificant
	75(F)	138.48	137	29.12		

**Fig 4.1**



#### **Interpretation:**

It is revealed from table 4.1 and fig 4.1 that the value for mean turned out to be 137.92 for male whereas for female it is 138.48. It shows the average level of peace among people in Tricity. There is very less difference in their mean scores. The value of median for male is 141 whereas for female is 137. The S.D for male is 29.16 whereas for female is 29.12. The z statistics regarding their level of peace turned out to be 0.4 which is insignificant.

Hence the hypothesis namely there is no significant difference between males and females of TRICITY in their level of Peace of mind due to COVID-19 Pandemic is found to be accepted in the light of above evidences.

**2. Results pertaining to psychological well-being of people in TRICITY due to impact of COVID 19 Pandemic.**

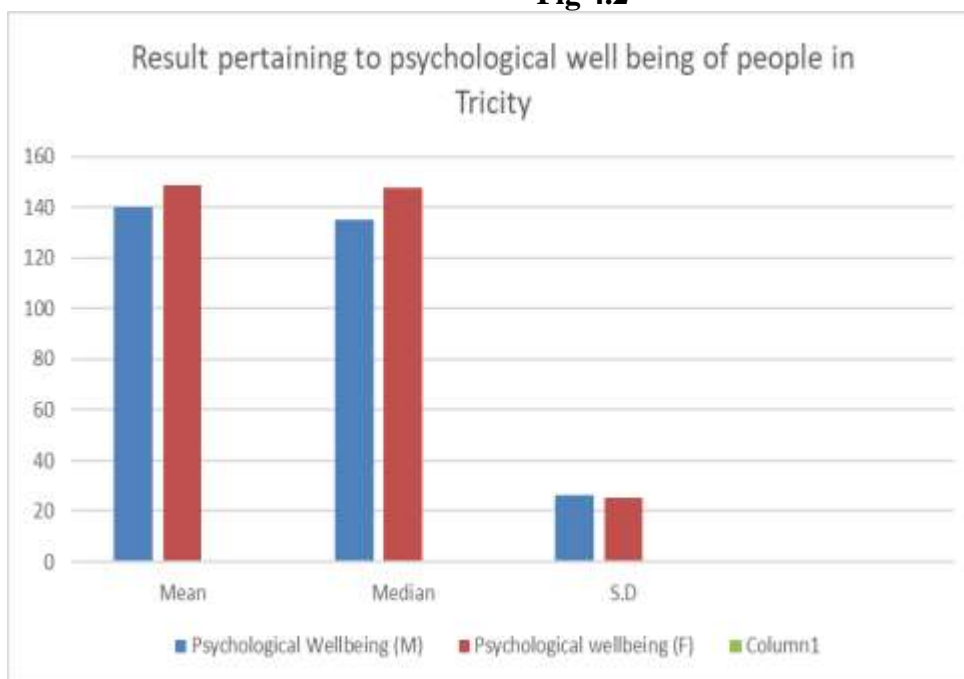
In order to study psychological well-being among males and females of TRICITY data was collected and scores of psychological well-being were tabulated and interpreted in the light of the following hypothesis.

**2. Hypothesis:** There is no significant difference in the mean scores of males and females of Tricity in their psychological well-being due to COVID-19 Pandemic.

**A result pertaining to psychological wellbeing of people in TRICITY is shown in Table 4.2.**

Variable	N	Mean	Median	S. D	z-value	Interpretation
PSYCHOLOGICAL WELLBEING	75(M)	140.4	135	26.38	0.4	Insignificant
	75(F)	148.8	148	25.58		

**Fig 4.2**



**Interpretation:**

It is evident from table 4.2 and fig 4.2 that the value for mean turned out to be 140.4 for male whereas for female it is 148.8. Again, there is very less difference in their Mean scores. The value of median for male is 135 whereas for female is 148. The S.D for males is 26.38 whereas for females is 25.58. The z statistics regarding their psychological well-being turned out to be 0.4 which is insignificant.

Hence the hypothesis namely there is no significant difference in the Mean scores of males and females of Tricity in their psychological well-being due to COVID-19 Pandemic is found to be accepted in the light of above evidences.

**4.3 Relationship between peace and psychological well-being among males in Tricity.**

In order to assess relationship between peace and psychological well-being among males in tricity, collected data were scored and tabulated. In order to test the following hypothesis, mean, median, and S.D were computed on tabulated data.

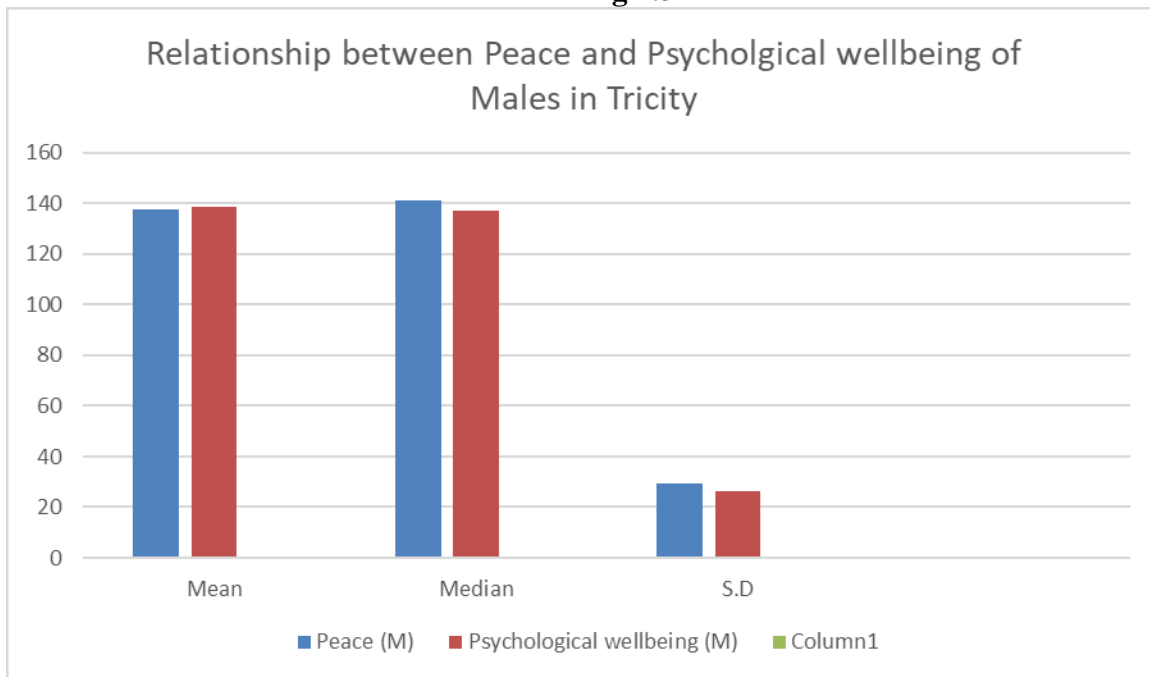
**3. Hypothesis:** There is no significant relationship between peace and psychological well-being of the males in tricity.

Results pertaining to relationship between peace and psychological well-being among males in Tricity is shown in table 4.3

**Table 4.3**  
**Relationship between peace and psychological well-being among males in TRICITY**

Computation	Peace Male N (75)	Psychological wellbeing Male N (75)	Correlation value	Remarks
Mean	137.92	138.48	0.115	Insignificant
Median	141	137		
S.D	29.16	26.38		

**Fig 4.3**



**Interpretation**

It is revealed from table 4.3 and Fig 4.3 that the value of mean for peace turned out to be 137.92 whereas for psychological well-being is 138.48. There is very less difference in their Mean scores. The value of median of peace is 141 whereas for psychological well-being is 137. The S.D for peace of males is 29.16 whereas for psychological well-being is 26.38. The value of correlation turned out to be 0.115 which is insignificant.

Hence the hypothesis namely there is no significant relationship between level of peace of mind and psychological well-being of the males living in Tricity is accepted in the light of above evidences.

**4.4 Results Pertaining to relationship between peace and psychological well-being of females in Tricity.**

In order to assess relationship between peace and psychological well-being among females in tricity, collected data were scored and tabulated. In order to test the following hypothesis, mean, median, and S.D were computed on tabulated data.

**4. Hypothesis:** There is no significant relationship between level of peace of mind and psychological well-being of the females in tricity.

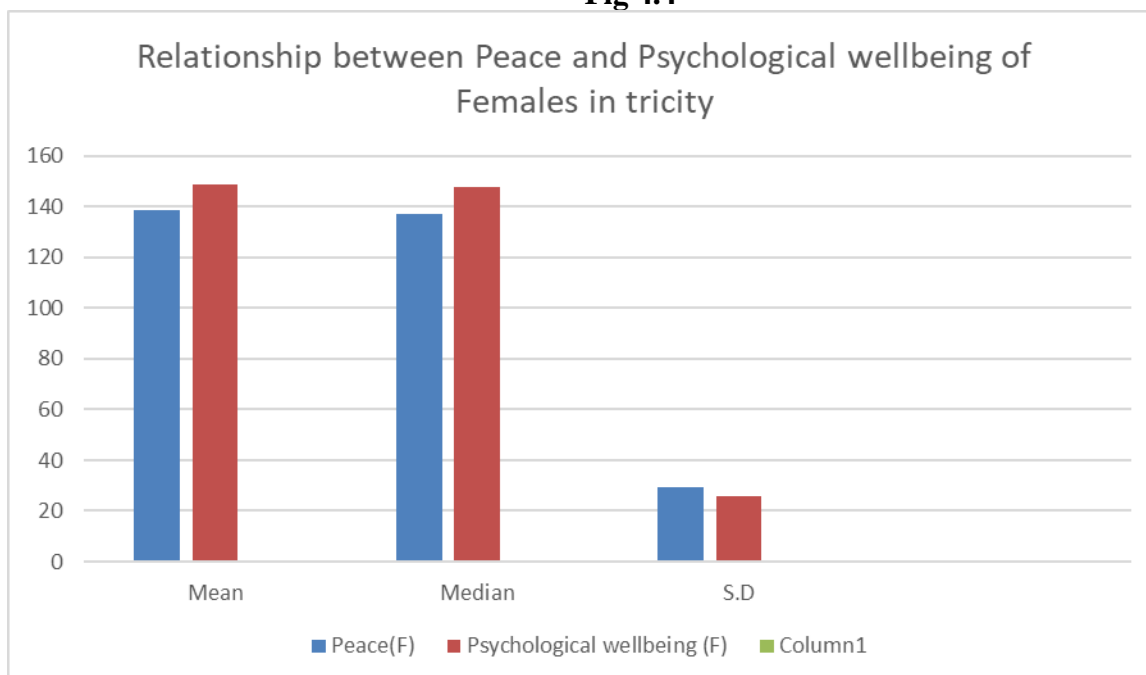
Results pertaining to relationship between peace of mind and psychological well-being of females in tricity have been shown in table 4.4

Table 4.4

**Relationship between peace of mind and psychological well-being among females in TRICITY Table 4.4**

Computation	Female N (75) Peace	Female N (75) Psychological well-being	Correlation value	Remarks
Mean	138.48	148.8	0.0431	Insignificant
Median	137	148		
S. D	29.12	25.58		

Fig 4.4



**Interpretation**

It is revealed from table 4.4 and fig 4.4 that the value of mean for peace turned out to be 138.48 whereas for psychological well-being is 137. There is very less difference in their Mean scores. The value of median for peace is 137 whereas for psychological well-being is 148. The S.D for peace of mind is 29.12 whereas for psychological well-being is 25.58. The value of correlation turned out to be 0.0431 which is insignificant.

Hence the hypothesis namely there is no significant relationship between level of Peace of mind and psychological well-being of the females in tricity is accepted in the light of above evidences.

**4.5 Results Pertaining to relationship between peace of mind and psychological well-being of people in tricity.**

In order to assess relationship between peace of mind and psychological well-being of the people in tricity, collected data were scored and tabulated. In order to test the following hypothesis, mean, median and S.D were computed on tabulated data.

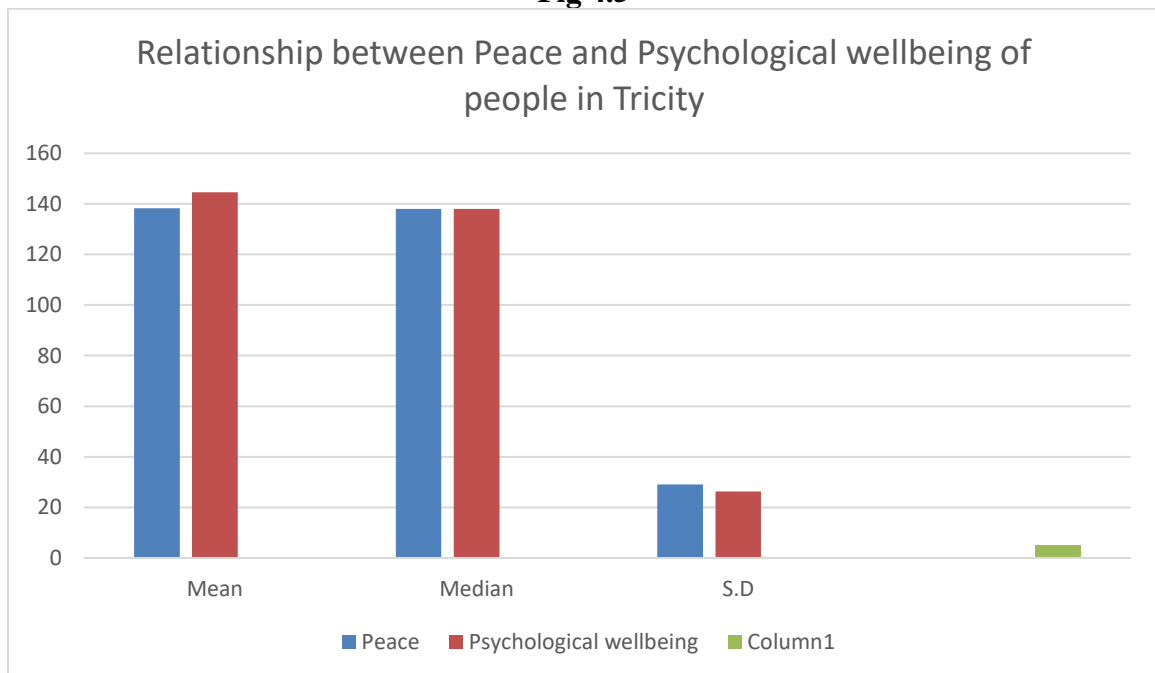
**5. Hypothesis:** There is no significant relationship between Peace of mind and psychological well-being of the people residing in Tricity.

Results pertaining to relationship between peace of mind and psychological well-being of the people residing in Tricity is shown in table 4.5

**Table 4.5 : Peace and Psychological well-being of people in tricity**

Computation	N	Level of peace among people in Tricity	Psychological well-being among people in Tricity	Correlation value	Remarks
Mean	150	138.2	144.6	0.080	Insignificant
Median		138	143		
S. D		29.11	26.24		

**Fig 4.5**



**Interpretation**

It is revealed from table 4.5 that the value of mean for peace turned out to be 138.2 whereas for psychological well-being is 144.6. There is difference in their Mean scores. The value of median of peace is 138 whereas for psychological well-being is 143. The S.D for peace of mind is 29.11 whereas for psychological well-being is 26.24. The value of correlation turned out to be 0.080 which is insignificant.

Hence the hypothesis namely there is no significant relationship between level of peace of mind and psychological well-being of the people residing in tricity is accepted in the light of above evidences.

**F. DISCUSSION**

The sudden emergence of the widely spread disease has led to anxiety and stress levels in the population globally, leading to mental health problems in individuals. In the present study it was found that the COVID-19 pandemic has a significant impact on mental health outcomes. To save the spread of disease actions were taken by the government like nationwide lockdown and quarantine. This brought a lot of change in the life of the general public as they suffered a lot of problems due to restrictions imposed upon them. All such problems not only disturbed the peace of mind of the people living in Tricity but also had a great impact on them psychologically. Several studies have been done which shows that

COVID has a great impact on the life of people and disturbed them mentally, socially emotionally and even physically. Different scales have been used to judge the peace of mind and psychological wellbeing of the people living in tricity which showed that it had an average effect on the life of the people and there is no significant relationship between peace and psychological wellbeing.

## **G. CONCLUSION**

On the basis of results and discussion following conclusions were drawn:

1. The value of mean is more in case of females as compared to males. The median value has minor variation. The S.D value has minor difference. The z-value turned out to be 0.4 which is not significant so there is no significant difference between male and female in their level of peace of mind.
2. The value of mean is more in case of females as compared to male as far as psychological well-being is concerned. There is minor difference in value of median. The z-value turned out to be 0.4 which is not significant so there is no significant difference between male and female in their psychological well-being.
3. The value of mean is more for psychological well-being for males living in Tricity. The value of median is again more for psychological well-being used by males in Tricity. There is minor difference for value of S.D. The value of correlation turned out to be 0.115 so there is no significant relationship between level of peace of mind and psychological well-being of the people residing in Tricity.
4. The value of mean is more for psychological well-being of females residing in Tricity. The value of median is more for females residing in tricity. There is minor difference for value of S.D. The value of correlation is 0.0431 which is not significant so there is no significant relationship between level of peace of mind and psychological well-being of the females residing in Tricity.
5. The value of mean is more for psychological well-being as compared to peace of mind. There is a less difference in the value of median. There is a little difference in the value of S.D. The value of correlation turned out to be 0.080 which is not significant therefore relationship between peace of mind and psychological well-being of the people residing in Tricity.

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