

Impact of COVID-19 on Happiness of people: A Survey

The students of School of Happiness (SOH), Ramanujan College wanted to assess the 'Impact of COVID 19 on happiness level of people'. A survey was conducted online to analyze how COVID-19 had impacted people of various age groups. With lot of creativity and keenness of the students and valuable guidance of SOH faculties: Dr T.K. Mishra, Ms. Neeru Verma, Dr Madhu Batta, Dr Shalini Sharma, Dr Nagender Pal. A survey form was designed and launched by a student of SOH, Ms. Navya Narang and her team, and 117 responses were received from different age groups ranging from 15-50. All the students of SOH contributed in different ways like sharing their valuable feedbacks, circulating the form etc.

Here is the analysis of the survey form:

The survey form comprised general questions in the beginning like name, age, email, sex, educational status etc. Amongst the respondents, 71.9% were female and 28.1% male. 64 % were pursuing graduation, 7% completed post-graduation and graduation each, and 7% completed class 12.

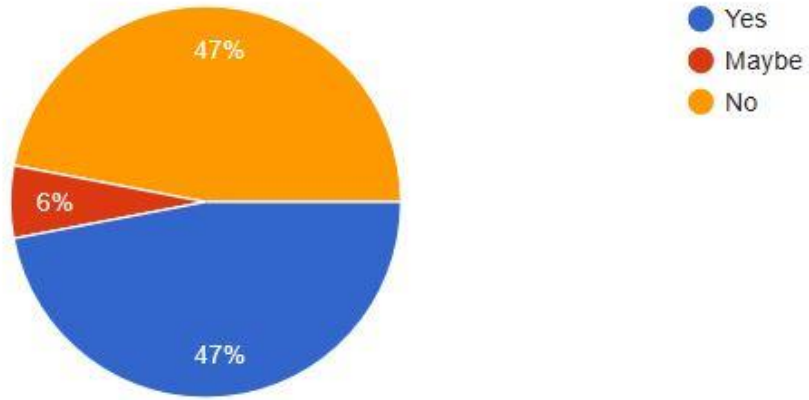
Broad Analysis:

On what according to you is happiness, few said, 'it is a feeling of being satisfied with yourself and around you', while some said, it is a state of being emotionally healthy and sound. Some talked about inner peace, and some by being surrounded by your loved ones. People around me are happy or someone smiles because of me. It is a feeling that comes from within when you feel contented in the way you are. Complete relief from physical, mental and emotional stress.

When we asked people about what do they think has their happiness been affected. If yes, what makes them think that way, if no what is the secret behind their happiness? 48.2 % of people have said YES because they felt insecurity of life, they were Missing their friends and their relatives etc. 46.5 % has said No because they felt reading books, spending time with their family members, exercising and positive mindset was there secret behind there happiness.

Do you think your happiness has been affected due to the current pandemic ?

117 responses



How do you see your life these days ?

117 responses



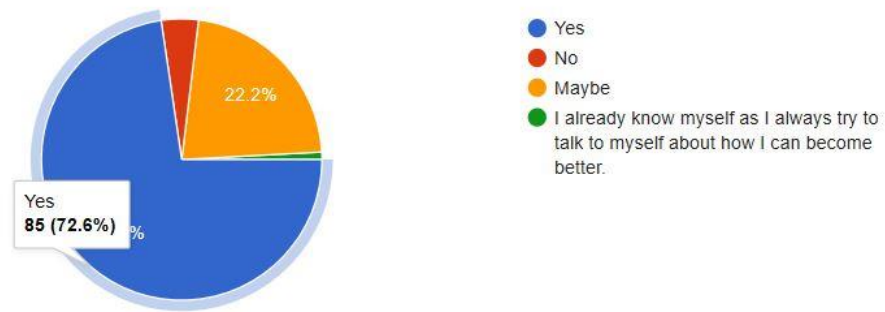
Do you think happiness depends on materialistic things ?

117 responses



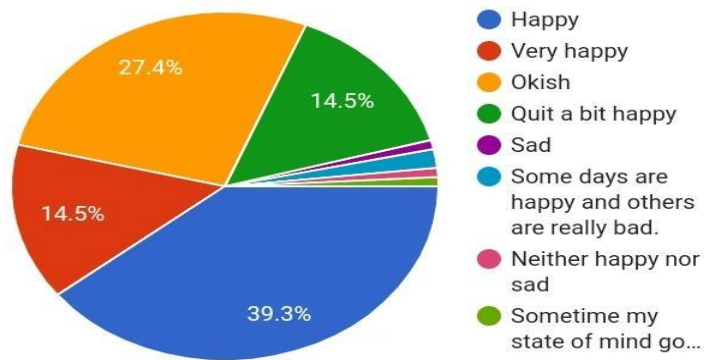
Do you feel lockdown gave you a chance to know yourself better?

117 responses



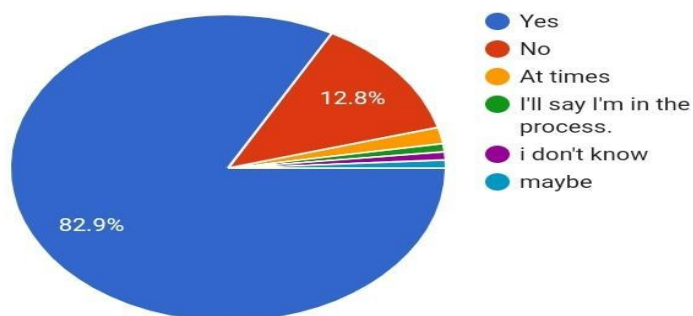
How will you rate your own happiness ?

117 responses



Were you able to self-introspect on your own happiness ?

117 responses



During the lockdown, which activities did you do the most for feeling happy ?

117 responses

