



**ORIGINAL RESEARCH PAPER**

**Management**

**A STUDY OF LOCKDOWN IMPACT ON HAPPINESS AMONG CHILDREN**

**KEY WORDS:** Happiness, Children, Lockdown.

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**ABSTRACT**

*"In all this world there is nothing so beautiful as a happy child"* - **L. Frank Baum**

Happiness is very important in our life especially for children because happiness boost ones mental health as well as physical health. Happiness is internal and not external. It does not depend on what we have but on what we are and how we enjoy each and every movement of life i.e it may any kind of situation how we lead our life is very important. This article investigates the level of happiness among children during this pandemic (lockdown). This article will try to find out the reasons of happiness and also try to measure the level of happiness. The participants were mostly are from the age group 10-16 around the Belagavi.

**1. INTRODUCTION**

Happiness is a state of the mind where one feels contented and generally in agreement with his environment and the self. Happiness is deceptively simple. It is about satisfaction with life and experiencing more positive emotions than negative one. Happiness is thought of as the good life, freedom from suffering, flourishing, well-being, joy, prosperity and pleasure. The idea of happiness is a growing trend around the world. In the field of positive psychology and neuroscience has proved that happiness is the precursor to success, happiness and optimism actually fuel performance and achievements in one's life. Happiness cultivates positive brains, more motivated, efficient, resilient, creative and productive which drives performance upward in life.

- New research shows many rich nations still have room for improvement when it comes to ensuring policies and social contexts lead to children's well-being – and COVID-19 has exaggerated many divides.
- Children in Nordic countries generally have the highest rates of well-being, but Mexico and Romania have among the highest levels of life satisfaction.
- Many more children with low levels of life satisfaction feel they lack a support network. Body image also has a role to play.
- There are signs that some countries are regressing – particularly following the pandemic – and will struggle to meet their commitments to the Sustainable Development Goals.

Living in a wealthy nation is no guarantee of happiness. Even before the COVID-19 crisis created greater divides, the daily lives of millions of children in the richest countries fell far short of a good childhood. No matter the wealth of these countries, better health or education is not universal. Many children suffer from stress, anxiety and depression, lag behind their peers at school, and are physically unwell. And, according to new research from the United Nations Children's Fund, UNICEF, even the best-performing countries have room for significant improvement when it comes to ensuring consistently high child well-being. It may be same in our country as well. During the lockdown some students enjoyed their family time, stayed away from stressful schedule and enjoyed indoor games with family at the same time many children undergone pressure from parents.

**2. LITERATURE**

Masood Badri, Ali Al Nuaimi, Yang Guang,etal. (18th Dce 2018), studied on "The effects of home and school on children's happiness: a structural equation model" this paper analyzed the structural relationships between the important constructs of school, home and family, and the happiness of Abu Dhabi school children. Survey data were collected from students in schools in the three regions of Abu Dhabi. The final dataset from 14,837 students was analyzed. Structural equation modeling (SEM) and MANOVA were employed in the study. The model incorporating both indirect and direct impact of home-related variables, such as how much fun did

one have with their family, how did the family members get along, and how much time parents spent with their children, on the happiness of Abu Dhabi school children is valid. MANOVA showed that for all constructs, significant differences existed with regard to student gender, grade level, school location, school type, and nationality.

Rita Eka Izzaty, Universitas Negeri Yogyakarta. (September 2018) study conducted on Happiness in early childhood. The study was conducted based on three considerations. Firstly, childhood is a critical developmental stage that forms the foundation for the psychological well-being and future learning development of children. Secondly, the prevalence of child and adolescent behavioural problems is increasing, assumed to be caused by unhappiness. Thirdly, studies related to happiness in early childhood in Indonesia are still lacking. Therefore, this study aims to explore the meaning, situation, and parties associated with happiness in children. Our study is exploratory using a qualitative approach. The respondents include 51 children aged 4 to 6 years. The research took place in the Special Region of Yogyakarta. We interviewed the respondents and later analyzed the data using content analysis. The latter consist of three coding steps: open coding, axial coding, and selective coding. The results show that, 1) the meaning of happiness refers to positive affects (55%), activities (28.9%), getting something (8.89%), positive physical conditions (4.44%), and affiliation (2.22%), 2) The situations that make children happy are activities (36.61%), learning (11.61%), entertainment (9.82%), and sports (2.62%), 3) The parties who make children happy are families (77.92%), extended families (3.90%), non-family (19.48%), God (1.30%) and toys (1.30%).

**METHODOLOGY**

**1. OBJECTIVES**

1. To assess the happiness level of children.
2. To measure the impact of lockdown on children.

**2. HYPOTHESIS**

- H1- The sample may happy during lockdown.
- H2- The sample are not satisfied due to lockdown.
- H4- The sample may feel more pressure on studies during lockdown.
- H5- The sample may enjoy the different play activities.

**Sampling:**

1. Sample size -33
2. Average age – 10-16
3. Mode of data collection – Online through Google form

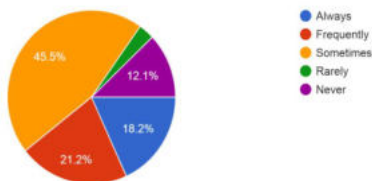
**3. RESULTS AND DISCUSSION:**



The above table no 1 shows the age range of respondents. On the above table it shows that maximum sample age is 10 that is 30.3%. and the minimum age range is 8 that is 3%. Among 33 students 10 students the age of 10. And 06 students are aged nearly 6 and 7. The sample is distributed from 8 to 16-year age.

Table Shows the percentage of respondents reply on of statement "Consider myself very happy during lockdown".

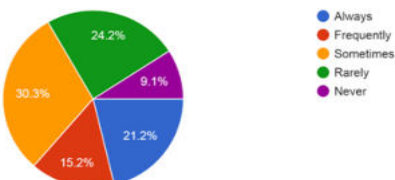
1) I consider myself very happy during lockdown  
33 responses



Above Table Shows the percentage of respondents reply on of statement of "Consider myself very happy during lockdown". 45% of sample replied that sometimes they Consider that they are very happy during lockdown. 21% of sample replied that frequently they Consider that they are very happy during lockdown. 18% sample replied that frequently they Consider that they are very happy during lockdown. And 12% sample replied that never they Consider that they are very happy during lockdown. Remaining 3% of respondents felt that they are rarely happy during lockdown. Hence the formulated hypothesis that the sample may happy during lockdown is accepted.

Table Shows the percentage of respondents reply on of statement "I am well satisfied with everything during lockdown".

2) I am well satisfied with everything during lockdown  
33 responses

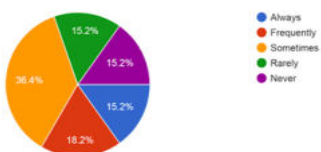


Above Table Shows the percentage of respondents reply on of statement that, "I am well satisfied with everything during lockdown". 30.3% of sample replied that sometimes they are well satisfied with everything during lockdown. 24.2 % of sample replied that are rarely well satisfied with everything during lockdown. 21.2 % sample replied that always they well satisfied with everything during lockdown. And 15.2% sample replied that frequently the well satisfied with everything during lockdown. Remaining 9.1% of respondents felt that they are never well satisfied with everything during lockdown. Hence the formulated hypothesis that the sample may satisfied during lockdown is accepted.

Table Shows the percentage of respondents reply on of statement "I find most of the things are amazing during lockdown"

Table -shows the percentage of respondents reply on of statement "I Have less pressure of studies & exams during lockdown".

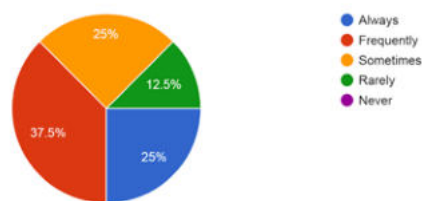
7) I have less pressure of studies & exams during lockdown  
33 responses



Above Table shows the percentage of respondents reply on of statement "I Have less pressure of studies & exams during lockdown". 36.4% of sample replied that sometimes they felt less pressure of studies & exams during lockdown. 18.2% of sample replied that frequently they felt less pressure of studies & exams during lockdown. 15.2 % sample replied that they felt always less pressure of studies & exams during lockdown, 15.2% sample replied that never they felt less pressure of studies & exams during lockdown. Remaining 15.2 rarely % of respondents felt that they are rarely less pressure of studies & exams during lockdown. Hence the formulated hypothesis that the sample may have less pressure of studies & exams during lockdown is rejected.

Table Shows the percentage of respondents reply on of statement "During lock down I enjoyed gadgets, laptops, prim videos, Netflix etc"

12) During lock down I enjoyed gadgets, laptops, prime videos, Netflix etc..  
32 responses



Above Table shows the percentage of respondents reply on of statement "During lock down I enjoyed gadgets, laptops, prim videos, Netflix etc". 37.5% of sample replied that frequently During lock down I enjoyed gadgets, laptops, prim videos, Netflix etc. 25% of sample replied that always they During lock down I enjoyed gadgets, laptops, prim videos, Netflix etc. 25% sample replied that sometimes During lock down I enjoyed gadgets, laptops, prim videos, Netflix etc and Reaming 12.5% sample replied that never they rarely During lock down I enjoyed gadgets, laptops, prim videos, Netflix etc

**DISCUSSION:**

Majority of children were considered themselves very happy during lockdown and satisfied during lockdown and found amazing and enjoyed family time and enjoyed Netflix, prime videos and other gadget activities and also enjoyed sound sleep. at the same time very few respondents controlled by my parents and undergone some pressure from parents and missed their group sports like football, cricket etc. and also missed school activities also. Majority of the respondents missed birthday parties, street food. Some respondents replied that they are less happy compared to most of my friends.

**CONCLUSION:**

On the basis of analysis of above all tables it is very clear that maximum respondents are happy during lockdown and they missed some activities. Before lockdown they were mostly engaged in study activities this lockdown provided a very pleasuring vacation for them.

**Inclusive in the study:**

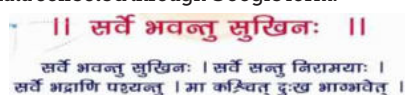
The following variables are included in the present research study. There are working age and gender.

**EXCLUSIVE IN THE STUDY:**

The following variables like area, caste, income and religion are not included in present study.

**Limitation of research study:**

- Samples were collected within Belagavi.
- The data collected through Google form.



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