



effect of loneliness and the use of various coping strategies on the emotional intelligence and creativity style among covid-19 affected female adults.

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Abstract

The study was conducted to assess the effect of loneliness and the use of coping strategies on the emotional intelligence and creativity style among COVID 19 affected females. It was intended to find out the correlation among variables. The research design used in this study is Ex post facto research design, bivariate and cross sectional in nature. The researcher selected a sample of 80 COVID 19 affected females. Of which, 45 were students and 35 were working adults. The tools used by the researcher for the study are UCLA Loneliness scale developed by Russell (1978), Wong and Law Emotional intelligence scale (2002), Brief resilience coping scale by Sinclair and Wallson (2004) and Creativity style Questionnaire- Revised by Kumar and Holman (1997). The data were analyzed by independent 't' test and Pearson correlation. The results found a significant correlation in the scores of students and working adults on loneliness, coping style, creativity style and emotional intelligence.

CHAPTER I

INTRODUCTION

The Covid-19 pandemic is also known as the corona virus pandemic, is an ongoing global pandemic of corona virus disease 2019 which is caused by severe acute respiratory syndrome corona virus 2. The first case of the novel virus was reported in the Wuhan district of China in December, 2019. The virus was declared as a public health Emergency of International Concern on 30 January, 2020 and was declared a pandemic on 11 March, 2020. The worst hit of the virus was on 26 May, 2021 claiming more than 3.48 million lives across the globe making it the deadliest pandemic in history.

The virus transmits when people breathe in air contaminated by droplets and small airborne particles. Although, growing study says the risk of people contaminating the virus is high when

people are in close contact. The virus also transmits from person to person when people are over long distances particularly indoors. The virus also transmits when splashed or sprayed with contaminated fluids, and rarely via contaminated surfaces. People are affected up to 20 days, and can spread the virus to others even when they are asymptomatic.

SYMPTOMS OF COVID-19:

Symptoms of Covid-19 are variable, ranging from mild symptoms to severe illness. Common symptoms of the virus include:

- Headache
- Loss of smell
- Loss of taste
- Nasal congestion
- Runny nose
- Cough
- Muscle pain
- Sore throat
- Fever
- Diarrhea
- Breathing difficulties.

People contracted with the same infection show different symptoms and the symptoms vary from time to time. There are three common clusters of symptoms that are identified: one respiratory symptom cluster with cough, sputum, shortness of breath, and fever, a musculoskeletal symptom cluster with muscle and joint pain, headache and joint pain, headache, and fatigue, a cluster of digestive symptoms with abdominal pain, vomiting, and diarrhea.

SPREAD OF COVID-19:

Transmission of Covid-19 occurs when people are exposed to virus-containing respiratory droplets and airborne particles exhaled by an infected person. Those virus-containing particles may be inhaled or may reach the nose, mouth, or eyes of a person through touching or direct disposition. Although, growing body of research on this area suggests that the possibility of contracting the virus is highest when people are in close distance for a long time. The virus also spread over long distances, especially indoors in poorly ventilated and crowded spaces. Similarly, touching a contaminated surface can also lead to the infection although this does not lead to transmission. According to doctors, people who are infected with the virus can spread the virus to another person up to two days.

TESTING METHODS FOR COVID-19:

There are several testing methods developed to diagnose the novel virus. The standard diagnostic method for diagnosing the disease is real-time reverse transcription polymerase chain reaction or transcription-mediated amplification, or by reverse transcription loop-

mediated isothermal amplification from a nasopharyngeal swab. The results for Covid-19 virus are available within hours.

Many laboratories and companies have developed serological tests to detect anti-bodies produced by the body in response to the infection. Several testing measures have been evaluated by Public Health England and approved for use in the UK.

According to the Oxford University, people who were infected with the virus or discharged from hospital are not positive but carrying harmless particles which their immune system has effectively dealt with.

Chest scans are recommended for testing the Covid-19 virus in people who are highly suspected of the infection but are not recommended for routine screening.

The Covid-19 pandemic has psychological implications to health. The novel virus has posed a challenge to the field of medicine globally through its unique capacity to mutate into different forms. Although the mutations share common symptoms, they affect the physical health of people adversely. As a result of the mutation, the number of fatalities in hospitals is rising. People infected with the novel virus in addition to the physical symptoms are socially isolated from the support systems. When people are socially isolated, they experience symptoms of loneliness.

1.1. LONELINESS:

Loneliness causes a psychological pain which motivates people to seek social connections. The concept of loneliness is often confused with solitude. The two concepts differ. Solitude refers to being away from social contacts. While people who are in solitude are not always lonely, an individual can feel lonely in the presence of social contacts.

Definition of Loneliness:

Loneliness can be defined as a state of distress or psychological discomfort when individuals perceive a gap between their desire for social connections and their actual experiences of it.

Characteristics of Loneliness:

Following are the characteristics of loneliness:

- Social anxiety
- Social inhibition
- Sadness
- Hostility
- Distress
- Low self-esteem
- Inability to form meaningful and productive relationships
- Inability to disclose self to others.
- Negative perception of self
- Preference to stay alone.

Types of Loneliness:

There are two major types of loneliness namely, social loneliness and emotional loneliness.

- ❖ **Social Loneliness:** Social loneliness is experienced by people when they lack a wider social network. People lack a sense of belongingness. They feel they are not part of a particular group or community.
- ❖ **Emotional Loneliness:** People experience emotional loneliness when they lack deep, nurturing relationship with other people.
- ❖ **Family Loneliness:** Family loneliness is experienced when people lack the nurturing relationship with their family members.
- ❖ **Romantic Loneliness:** Romantic loneliness is experienced when adults and adolescents lack an emotional bond with their partners.
- ❖ **Lockdown Loneliness:** Lockdown loneliness is caused when people are separated from each other because of social restrictions and lockdown during pandemic situations such as Covid-19.

Causes of Loneliness:

There can be varied cause for loneliness.

- **Loss of Relationship:** People faced with an emotional crisis such as loss of a friend, parent or a beloved one feel lonely. They restrict social connections and feel lost in the memories of their beloved.
- **Lack of meaningful relationships:** Many people lack the personal connection with their family members and the trust building relationship essential to build contacts for their life. There can be varied reasons such as parenting style, traditions, mental health issues including personality disorders and abusive family environments. This affects the individual's ability to introspect him or herself or to know others better.
- **Emotional factor:** People also experience loneliness following a record of relationship failures. They feel exhausted mentally and develop trust issues. On such cases, people prefer to stay apart than to connect with others.
- **Cultural factors:** Culture impacts loneliness in two aspects, when people from different cultures migrate to a new location they tend to experience homesickness and feel lonely and a strong preference for western culture with individualistic philosophy can lead to loneliness.
- **Situational factors:** Loneliness can also be caused by situational factors such as migrating to a new location can cause loneliness as a person misses his past contacts. Also, other occasions such as birth of a child can cause loneliness as this brings a modification in the lifestyle. Marriage is another important situational factor that can cause loneliness.
- **Internet:** Internet is one of the common causes for loneliness in people who prefer online contacts more than personal contacts with people around. People who spend a major

portion of their time on phones lack the skills to establish a personal relationship and as a result experience loneliness.

- Genetic factors: Genes explain the loneliness in some individuals.

Theories of Loneliness:

Attachment Theory of Loneliness

The Attachment theory of Loneliness was developed by the psychiatrist John Bowlby in the second half of the 20th century. The Attachment theory of Loneliness places emphasis on the relationship between the infant and caregiver. According to the Attachment theory of loneliness children with insecure attachment patterns behave in ways that result in their being rejected by their peers. Those reactions by other people contribute to increase in distrust toward others and hence, loneliness occurs.

Another important theory of loneliness was developed by the sociologist Robert.S.Weiss based on the attachment theory. According to Robert. S.Swiss, people possess six basic needs, namely, attachment, social integration, nurturance, reassurance of worth, sense of reliable alliance, and guidance in stressful situations. When these needs are unmet, loneliness occurs. Weiss maintained that although friendships complement they do not constitute close, intimate relationship with a partner.

Behavioral theory of Loneliness:

According to the Behavioral theory of Loneliness, Loneliness is characterized by personality traits that contribute to harmful patterns of social interaction. People who are lonely have difficulty forming and maintaining meaningful relationships. They prefer to have things to themselves than to disclose their personal information to others.

Cognitive theory of Loneliness:

According to the cognitive approach of loneliness, loneliness is caused by differences in perceptions and attributions. Lonely individuals have a pessimistic attitude. They are negative about the people, events, and circumstances in their lives, and blame themselves for not being able to make social contacts with people. The cognitive approach to loneliness takes account of the attachment theory and behavioral theory. The cognitive theory explains that the failure to meet the needs of attachment, social integration, nurturance, and other social needs lead to perceived relationship discrepancies that lead to loneliness. The cognitive theory also explains loneliness in terms of self-fulfilling prophecy, poor social skills lead to unsatisfactory personal relationships that result in negative self attributions that in turn contributes to feelings of loneliness more.

When people infected with the novel corona virus are in the quarantined, they experience a range of psychological symptoms that contribute to their loneliness. During this mentally exhaustive period, people use variety of coping strategies to avoid mental agony. Some coping strategies are adaptive and help people to overcome the negative feelings about self and experience productive. Other strategies tend to be maladaptive contributing to further distress in

people. The type of strategies that people use depends on their personality factors and past experience in similar situations. Hence, the term loneliness is not individual and is related to the use of coping strategies.

1.2. COPING :

The term 'Coping' refers to the process of investing an individual's conscious efforts, to solve personal and interpersonal problems, in order to reduce stress and conflict. The psychological coping mechanisms are called coping strategies. Coping strategies are of two types, namely, adaptive and maladaptive coping strategies. Adaptive strategies are coping mechanisms that help an individual to reduce stress. On the other hand, maladaptive strategies lead to stressful reactions. Reactive coping strategies refer to coping response that occurs following a stressor. In a proactive coping strategy, the coping response neutralizes a future stressor.

Individuals use coping strategies based on their type of stress, the individual and the circumstances. The coping strategies an individual uses depend on their personality, social environment.

Types of Coping Strategies:

- **Appraisal-focused coping strategies:**

Appraisal-focused coping strategies occur when a person modifies the way they think. Individuals adopt different ways of altering the way they think about the situation such as altering the way they think about a problem by altering their goals and values or by seeing humor in the situation.

- **Adaptive behavioral coping strategies:**

In Adaptive behavioral coping strategies an individual gathers information about the problem and learns new skills to manage the problem. Adaptive behavioral coping strategies are also called as problem focused strategies. Problem focused strategies are aimed at eliminating the source of stress. Folkman and Lazarus identified three coping strategies. They are taking control, information seeking and evaluating the pros and cons.

- **Emotion-focused coping strategies:**

Emotion focused coping strategies involve

- Releasing pent up emotions
- Distracting oneself
- Managing hostile feelings
- Meditating
- Mindfulness practices
- Systematic relaxation procedures

Folkman and Lazarus adopted five emotion-focused coping strategies:

- Disclaiming

- Escape-avoidance
- Accepting responsibility
- Exercising self control
- Positive reappraisal

Emotion focused coping strategies is a mechanism to alleviate distress by minimizing the emotional components of a stressor.

Reactive and proactive coping:

Reactive coping is a coping response which follows a stressor and proactive coping aims to neutralize a stressor.

Social Coping:

According to social coping strategy, when individuals exist in a social environment they experience stress. But the society also serves as a source of coping against stress.

The Emotional Intelligence levels of individuals vary depending on the type of coping strategies they use. Individuals with high level of emotional intelligence are not sensitive to criticisms and are able to function productively. They are able to handle the crisis by being more logical and analytical about what could have caused the possible behavior. They are able to make social connections and do not rush judgments about others.

1.3. EMOTIONAL INTELLIGENCE:

Emotional intelligence refers to the ability to perceive, use, understand and manage emotions. Emotionally intelligent people are capable of recognizing their own emotions and the emotions of others use information to guide thinking and behavior, understand their feelings and label them appropriately and adjust their emotions to adapt to their environments.

Definition of Emotional Intelligence:

Emotional intelligence as the ability to monitor one's own and other's feelings and emotions to discriminate among them and to use this information to guide one's own thinking and emotions.(Mayor and Salovey(1993)).

Components of emotional intelligence:

Daniel Goleman suggested there are five major components of emotional intelligence

They are:

Self-awareness

Self-regulation

Social skills

Empathy

Motivation

Self-awareness:

Self-awareness refers to the ability to recognize and understand one's emotions. It is the ability to recognize and understand one's emotions, moods, feelings and sensations and how it impacts their interactions and relationships with others. It involves being aware of how one reacts to different situations and what is the core emotional state of a person. Emotional intelligence come a great aid in identifying the triggers to the emotional experiences of a person. People who are self-aware often look for cues to solution from within than seeking for help from outside. They know they are naturally capable of certain emotions and exercise control over their emotions successfully and never let the external factors control their feelings

Self-regulation:

Self-regulation refers to the ability to express appropriate emotions. People with high emotional intelligence are able to exercise control of their emotions and express emotions appropriately to different emotions. They are more emotionally expressive than suppressing their emotions.

Social skills:

This component of emotional intelligence refers to interacting well with other people. People with high emotional intelligence are socializing and prefer relating to people around than isolating themselves from interpersonal situations. They are not sensation seeking and can form mature relationships with people around them built around the values of trust, compassion, tolerance and respect for each other.

Empathy:

Empathy refers to the ability to understand the emotions of other people. Emotionally intelligent people are not just effective in understanding their emotions but can also understand the emotions of other people. They know how people are feeling and what makes them feel so.

Motivation:

Motivations, as a component of emotional intelligence, refer to intrinsic motivation. Intrinsic motivation means an individual is motivated more by internal factors such as interest, self-satisfaction, personal fulfillment etc rather than external factors such as money, popularity, power, status, recognition, special privileges etc.

Models of emotional intelligence:

There are three models of emotional intelligence namely,

Goleman's emotional intelligence performance model.

Bar On emotional intelligence model.

Goleman's emotional intelligence performance model:

According to Goleman, Emotional intelligence is a cluster of skills and competencies, which revolve around four capabilities. These capabilities are:

Self-awareness

Relationship management

Social awareness.

According to him, these four capabilities form the core of the 12 sub scales of emotional intelligence.

Following are the 12 different emotional intelligence sub scales:

Emotional self-awareness

Emotional self-control

Adaptability

Achievement orientation

Positive outlook

Influence

Coaching and mentoring

Empathy

Conflict management

Teamwork

Organizational awareness

Inspirational leadership

Bar-On Emotional intelligence model:

According to this model, Emotional intelligence is a combination of behavior that results from emotional and social competencies. He argued that these competencies influence an individual performance and behavior. His model of emotional intelligence consists of 5 scales:

Self-perception

Interpersonal

Decision-making

Stress management

Bar-On scale of emotional intelligence consists of 15 subscales:

Self-regard

Self-actualization

Emotional self-awareness

Emotional expression

Assertiveness

Independence

Interpersonal relationships

Empathy

Social responsibility

Problem solving

Reality testing

Impulse control

Flexibility

Stress tolerance

Optimism

According to Bar-On these competencies influence human behavior and motivation.

Individuals high on emotional intelligence are logical and analyze various factors that contribute to a problem. They are open to new ideas and constructive criticism. They take personal responsibility for their actions and are oriented toward personal development. Openness to new ideas and orientation toward personal development are the core characteristics of creativity. Hence, emotional intelligence and creativity are related concepts.

1.4. CREATIVITY:

Creativity can be defined as the ability to generate or create new ideas, possibilities and solutions.

THEORIES OF CREATIVITY:

Torrance theory of creativity:

According to Torrance, if a person could understand creativity, one could understand what type of people are creative.

Torrance tests of creative thinking:

Torrance tests of creative thinking measures two aspects of creativity, namely,

Divergent thinking and Problem solving skills, which are scored on four scales:

Fluency: The total number of interpretable, meaningful and relevant ideas generated in response to the stimulus.

Flexibility: The number of different categories of responses.

Originality: The statistical rarity of the responses.

Elaboration: The amount of detail in the responses.

The third edition of the Torrance tests of creative thinking developed in 1984 eliminated the flexibility scale from the figural test, but added resistance to premature closure and abstractness of title. The scoring procedure for this test was called streamlined scoring. Torrance added 13 criterion referenced measures to the test namely, Emotional expressiveness, story-telling articulateness, movement or actions, expressiveness of title, synthesis of incomplete figures, synthesis of lines, of circles, unusual visualization, extending or breaking boundaries, humor, richness of imagery, colorfulness of imagery and fantasy.

Guilford theory of creativity:

According to Guilford, ability to envision multiple solutions to a problem lies at the core of creativity. Guilford called this process divergent thinking and the ability to narrow all options to a single solution is called convergent thinking. Guilford identified three components to creative thinking, namely

Fluency: The ability to quickly find multiple solutions to a given problem

Flexibility: The ability to simultaneously consider a variety of alternatives.

Originality: How far the ideas are different from the ideas of other people.

Wallach and Kogan creativity test:

Wallach and Kogan creativity test measures creativity on four scales:

Fluency: The number of response is calculated.

Flexibility: The number of different categories is calculated.

Originality: Each response is compared to the total amount of responses from all of the people given the test.

Elaboration: The amount of detail is assessed.

COPING:

Coping refers to utilizing a person's conscious effort to solve personal and interpersonal problems, in order to minimize stress and conflict. People use various coping strategies to deal stressful situations. The coping strategies can be classified as adaptive and maladaptive based on the psychological consequences they elicit on the individual.

TYPES OF COPING STRATEGIES:

Appraisal –Focused coping Strategy:

Appraisal- Focused coping strategies focus on altering people's thinking about events or people. People using appraisal- Focused coping strategy use psychological coping mechanisms such as Denial, they deny the existence of a traumatic reality or people change their goals and values by using humor in the situation.

Adaptive behavioral coping strategies:

In Adaptive behavioral coping strategies people choose to deal with the cause of their problem. They seek to deal with the cause of the problem by gathering information about the problem and developing new skills to manage the problem. Adaptive behavioral coping strategies are focused at changing or eliminating the source of the stress.

Emotion- focused coping strategies:

Emotion-focused coping strategies involve releasing pent-up emotions, distracting one, managing hostile feelings, meditating, mindfulness practices and systematic relaxation procedures. The five emotion-focused coping strategies identified by Folk man and Lazarus are:

Disclaiming

Escape-avoidance

Accepting responsibility or blame

Exercising self-control

Positive reappraisal

Emotion-focused coping strategies is a mechanism aimed at alleviating distress by minimizing, reducing or preventing the emotional components of a stressor.

NEED FOR THE STUDY:

The covid-19 pandemic has brought lot of emotional challenges for people especially for those infected with the virus. They tend to experience emotional distress during the phase of quarantine and lack companionship to share their emotions. People's reactions to lockdown differ. While some people engage in self-blaming that exaggerates their negative feelings. Some people tend to adopt active coping style. They are more matured emotionally to face the challenges. They possess high emotional intelligence. They are able to perceive, use, understand and manage their emotions effectively. People also differ in ability think creative. They are able to generate novel ideas. The difference in people's ability to handle their emotions and think creatively accounts to their coping styles. It is found that many studies are conducted on the emotional intelligence and creativity style among covid-19 affected people in relation to loneliness and coping behaviors in the past. It was found that most of the studies were conducted among adults. Hence, the researcher was interested to study the impact of loneliness and coping style on the emotional intelligence and creativity style among covid affected adults

CHAPTER II

REVIEW OF LITERATURE

This chapter outlines various studies conducted on loneliness, coping style, creativity style and emotional intelligence among covid affected people.

2.1. Studies related to Loneliness:

Valentina Boursier, Francesca Gioia, Alessandro Musetti et.al.,(2021) conducted a study to investigate whether individuals who experienced high degree of loneliness during the forced isolation of covid-19 pandemic were more likely to feel anxious and whether the use of social media contributed to loneliness. The research sample for the study was selected from Italy. The representative sample consisted of 715 adults in the age range of 18 to 72 years. The researchers collected data for the study through online survey. The participants were asked to fill their responses on self-report measures that assess their perceived sense of loneliness, excessive use of social media, and anxiety. The responses of the participants indicated that they spent more time on social media during the pandemic than before the pandemic. The results of the study revealed that feelings of loneliness contributed to excessive use of social media and feelings of anxiety in the research participants and the use of social media predicted feelings of anxiety.

Maria Elizabeth Loades, Eleanor Chatburn, Nina Higson-Sweeney et.al.,(2020) conducted a study to establish the impact of social isolation and loneliness on the mental health of children and adolescents during the covid-19 pandemic. The researchers searched MEDLINE, Psycinfo, and Web of Science for articles published between January 1, 1946 and March 29, 2020. Of the total number of articles, 20% of the articles were double screened using predefined criteria, and 20% of the data was double extracted for quality assurance. The results of the study revealed that a total of 83 articles satisfied the criteria. Further, the results of 63 studies conducted on a sample of 51,576 children and adolescents revealed the impact of social isolation and loneliness on the mental health of children and adolescents during the covid-19 pandemic.

Jing Xuan Koh and Tau Ming Liew(2020) conducted a study to examine the expression of loneliness on Twitter during Covid-19 pandemic and identify the key areas of loneliness across diverse communities. The researchers searched for feeds in twitter posted from May 1, 2020 to July 1, 2020. The researchers used 4492 twitter feeds for their study. They adopted a machine-learning approach to identify key topics from the twitter feeds and hierarchical approach was

used to identify overarching themes. The results were classified into 3 themes: (1) Community impact of loneliness during covid-19; (2) Social distancing during covid-19 and its effects on loneliness (3) Mental health effects of loneliness during covid-19. There were temporal variations in the three themes. In Europe, there was a drastic reduction over time. However, there was a rise in the community impact of loneliness during covid-19. The themes also varied across number of followers. Highly influential users were more likely to talk about the mental health effects of loneliness during covid-19 than the community impact of loneliness during covid-19.

Adrian Bartoszeck, Dariuz Walkowiak et.al., (2020) conducted a study to study depression, loneliness, insomnia and daily life fatigue during covid-related home confinement. The researchers selected the sample for the study from Poland. The representative sample consisted of 471 subjects. The researchers conducted the study online during the covid pandemic. The data for the study was collected using the following scales: Insomnia severity index(ISI), Beck Depression Inventory(BDI), Revised University of California, Los Angeles(R-UCLA) Loneliness scale and Daily Life Fatigue Scale(DLF). The results of the study revealed that women had higher mean scores of fatigue, depression, loneliness and insomnia than Men. Further, the results revealed that people who were professionally active before the pandemic had higher consumption of alcohol than among students. There was no gender difference in the alcohol consumption. People who started taking any new drugs during covid-19 home confinement

2.2. Studies related to coping styles:

Wenning Fu, Chao Wang, Li Zou et.al.,(2020) conducted a study to understand Wuhan residents psychological health, sleep quality, and coping styles to stress during the covid-19 pandemic. The researchers selected a sample of 1242 adults. They conducted an online questionnaire survey that included the Disorder 7- Item scale (GAD-7), The Patient Health Questionnaire 9- item Scale(PHQ-9), Athens Insomnia Scale, and Simplified Coping Style. Categorical data were reported as numbers and percentages. The researchers used multivariate logistic regression models to evaluate the association between demographic factors and anxiety, depression, sleep disorder and passive coping style. The results of the study revealed that 27.5% had depression, 30.0% had a sleep disorder, and 29.8% had a passive response to covid-19. Further, the results of the study revealed that being females was a risk factor for anxiety and sleep disorder and being married was associated with anxiety. The results of the study revealed

that having a monthly income between 1000 and 5000 was a risk factor for anxiety, depression, and sleep disorder and not exercising was a common risk factor for anxiety, depression, sleep disorder and passive coping style. It was found that having a higher educational degree was associated with sleep disorder.

Agata Kolodziejczek, Blazej Misiak et.al.,(2020) conducted a study to investigate the mental health and coping style of quarantined adults during the covid pandemic. The researchers selected a sample of 2036 individuals for the study. The data was collected within the first weeks of the covid-19 pandemic in Poland. The participants for the study were classified into the quarantined and non-quarantined groups. The researchers used a General Health Questionnaire to measure the psychopathological symptoms and used the Event Scale-Revised questionnaire to measure the PTSD symptoms. The study was followed by coping strategies manifested among the participants using the MiniCope questionnaire. The results of the study revealed that the quarantined adults scored higher on the General Health Questionnaire and the Event Scale – Revised questionnaire and were also more likely to use coping strategies than the non-quarantined adults.

Adrianos Golemis, Panteleimon Voitsidis et.al., (2020) conducted a study to assess young adults coping strategies against loneliness during the covid-19 related quarantine in Greece. The researcher selected a sample of 1559 young adults in the age range of 18 to 30 years. The study was conducted through an online survey which included questionnaires of Steele's Social Responsibility Motivation Scale and the De Jong Gierveld Loneliness Scale and answered questions about compliance with instructions, quarantine-related behaviours and coping strategies. The results of the study revealed that the participants displayed a higher sense of social responsibility and a trend toward moderate feelings of loneliness. Further, the results revealed that young women reported higher levels of loneliness than men. The majority complied with instructions.

2.3. Studies related to Emotional Intelligence:

Maria-Jose, Sanchez-Ruz et.al.,(2020) conducted a study to investigate the relationship between emotional intelligence and well being and psychological distress while mediating the role of meaning-centred coping and maladaptive coping during the first few weeks of the covid pandemic. The researchers selected a sample of 326 Lebanese adults. They were asked to fill their responses to questionnaires assessing their emotional intelligence, wellbeing,

psychological distress, meaning centred coping and maladaptive coping. The results of the study revealed strong positive correlations between the trait emotional intelligence and meaning centred coping. Trait emotional intelligence also correlated positively with wellbeing and correlated negatively with psychological distress.

Mubashir Majid Baba(2020) conducted a study to examine the perception of faculty members toward their emotional intelligence during covid-19 and to study the impact of demographic variables on their emotional intelligence. The researchers selected a sample of 683 adults. The data for the study was collected through online questionnaires. The data for the study were collected from primary and secondary sources. The data collected were analyzed using descriptive and inferential statistics. The results of the study revealed that the faculty members perceived their emotional intelligence at an above average level in the covid-19 pandemic. The researchers also found that the respondents from different universities and colleges had the same perception toward emotional intelligence and also the demographic variable gender has significant impact on emotional intelligence during the present pandemic.

Christina Liebina-Presa, Maria Cristina Martinez et.al., (2020) conducted a study to describe and analyze the relationship between the stress variables, Emotional intelligence and the intention to use Cannabis in healthy adolescents before and after the end of covid pandemic. The researchers selected a sample of 300 adolescents in the age range of 13 to 17 years. The researchers conducted a comparative correlation study with validated self-completed questionnaires. The analysis of correlation and difference between groups indicate that the confinement had significant effects on the mental health of the adolescents specifically on the emotional expressions of stress. The researchers also found significant gender differences for stress values and emotional intelligence.

Joge Moreno-Fernandez, Julio J-Ochoa et.al.,(2020) conducted a study to study the effect of Quarantine on the Lockdown and emotional intelligence on the Academic Engagement and burnout in Pharmacy students during the covid pandemic. The researchers collected a sample of 47 students. The researchers established two conditions: before the confinement period and after the students were taught several concepts of emotional intelligence online for two months. The data for the study was collected through the following online questionnaires: The Maslach Burnout inventory student survey inventory and the Utrech Work Engagement scale- students. The results of the study revealed that the students showed less academic burnout and more

engagement after receiving classes on emotional intelligence than during the quarantine in lockdown.

2.4. Studies related to Creativity:

Min Tang, Sebastien Hofreiter et.al.,(2020) conducted a study to investigate whether creativity can function as an effective way of coping and help achieve flourishing and social wellbeing during covid -19. The researchers selected a sample of 1420 employees. The sample consisted of 489 Chinese adults, 599 adults from Germany and 332 adults from USA. Multivariate analyses of the data revealed that the perceived impact of covid-19 had a positive impact on emotional intelligence and emotional intelligence correlated positively with employees self growth among Chinese samples. Further, analysis of data revealed that creativity had a positive effect on both flourishing and social-wellbeing for individuals who hold collectivist views.

Pil Hansen, Citin Main et.al.,(2020) conducted a study assess the effectiveness on Dance intervention on social connections and Body appreciation among older adults during covid-19 social isolation. The researchers selected a sample of 13 participants. The researchers collected the data for the study using a mixed methods study design, pre and post behavioural tests and qualitative surveys about experiences of the body and connecting. The results of the study revealed that dance interventions had a positive impact on the social connections and body appreciation among older adults.

Theresa Pauly, Li Chu et.al.,(2020) conducted a study to investigate whether creativity serves as a source during the covid quarantine. The researchers selected a sample of 126 adults aged 18 to 84 years. The participants were asked to fill their responses to online questionnaires including a 10 day daily diary module. In the diary module, the participants reported their self-reported alone time, everyday creativity and loneliness. The data for the study was analyzed using multivariate models, controlling for study day, participation date, gender and relationship status. The results of the study revealed that the greater the amount of time they spent alone, the greater loneliness they experienced. Researchers also found that the feelings of loneliness were more common among older adults. Further, the results of the study revealed that participants felt less lonely on days they were creative.

CHAPTER III

RESEARCH METHODOLOGY

This chapter presents the details regarding problem, objectives, hypotheses, research design, sample, tools for data collection and the statistic used for analyzing the data.

3.1. Statement of the problem: The problem for the present study is to find out the effect of loneliness and the use of various coping strategies on the emotional intelligence and creativity style among covid-19 affected female adults.

3.2. Objectives:

1. To assess the use of various coping strategies during loneliness among Covid-19 affected female adults.
2. To assess the effect of various coping strategies on the level of emotional intelligence among Covid-19 affected female adults.
3. To assess the relationship between emotional intelligence and creativity among Covid-19 affected female adults.
4. To assess the effect of various coping strategies on the level of creativity among Covid-19 affected female adults.
5. To assess the effect of loneliness on the level of emotional intelligence among Covid-19 affected female adults.
6. To assess the effect of loneliness on the level of creativity among Covid-19 affected female adults.

3.3. Hypotheses:

1. There will be no significant difference on the effect of various coping strategies on the level of emotional intelligence among Covid-19 affected female adults.
2. There will be no significant relationship between emotional intelligence and creativity style among Covid-19 affected female adults.
3. There will be no significant difference on the effect of various coping strategies on the creativity style among Covid-19 affected female adults.
4. There will be no significant difference on the effect of loneliness on the emotional intelligence among Covid-19 affected female adults.

5. There will be no significant difference on the effect of loneliness on the level of creativity among Covid-19 affected female adults.

3.4. Research design:

The research design used in this study is Ex post facto Research Design, bivariate and cross-sectional in nature.

- Independent variable: Loneliness
- Dependent variable: Coping strategies, Emotional intelligence and Creativity style.

3.5. Operational definition:

Perlman and Peplau(1981) define Loneliness as the painful feeling associated with a perceived deficiency in the quantity or quality of one's social relationships.

Dhillon and Arora(2017) define Coping strategies as cognitive and behaviour approaches to manage internal and external conditions that challenge an individual.

Mayor and Salovey(1993) define Emotional intelligence as the ability to monitor one's own and others feelings and emotions to discriminate among them and to use this information to guide one's own thinking and emotions.

Drevdahl(1956) define, "Creativity is the power of human mind to create new contents by transforming relations and generating new correlates."

3.6. Sample size:

The sample size consists of 80 female college students drawn in the age range of 18-22 years drawn from Chennai district. The sampling technique used is Random sampling technique.

The following Chart represents the samples based on their disciplines of study

ADULTS	SAMPLE
STUDENTS	45
WORKING	35

Exclusion criteria:

1. Male samples are excluded
2. Participants from other cities are excluded.

Inclusion criteria:

1. Both students and working adults are included in the study.
2. Female adults are included.
3. Participants belonging to different socio-economic status are included.

3.7. Sampling technique:

The Sampling technique which is used for the study is random sampling technique.

The researcher selected students from arts and non-arts discipline as samples for his study. They were given questionnaires of loneliness, coping strategies, emotional intelligence and creativity style and were instructed to answer all the questions. The researcher collected consent from research participants before including them in his study.

3.8. Tools used for assessment:

Following were the tools used for collecting the data from the research participants of the study.

1. UCLA Loneliness scale developed by Russell, D. Peplau, L.A.& Ferguson, M.L.(1978).
2. Brief resilience coping developed by Sinclair and Wallson(2004).
3. Wong and Law emotional intelligence scale(2004).
4. Creativity styles questionnaire developed by Dr. V.K.Kumar &Dr. B.R.Holman(1997).

About the tool:

1. UCLA Loneliness scale

Description:

The UCLA Loneliness scale developed by Russell, D. Peplau, L.A.& Ferguson, M.L is a self report test that consists of 20 items that measure a person's subjective feelings of loneliness and feelings of social isolation. Participants rate each item as either O("Often feel this way"), S("Sometimes I feel this way"), R("I rarely feel this way") N("I never feel this way."). The measure is revised two times to measure reversed score items and once to simplify the wording.

Reliability and Validity:

Using Cronbach Alpha, reliability coefficient was for the UCLA Loneliness scale was found to be ranging from 0.89 to 0.94. The test-retest reliability over a one-year period was found to be 0.73. Convergent validity for the test was proved by significant correlations with other measures of loneliness. Construct validity for the test was indicated by significant relations with measures of the adequacy of the individual's interpersonal relationships, and by correlations between loneliness and measures of health and well-being.

Scoring and Interpretation:

The scores on the test are interpreted as (often=3, sometimes=2, rarely=1 and never=0). Scoring key is kept continuous.

Brief Resilience coping:

Description:

Brief resilient coping scale is a 4-item measure developed to measure tendencies to cope with stress in a highly adaptive manner.

Reliability and Validity:

Internal consistency was assessed using Cronbach alpha and was found to be 0.76. The test-retest reliability for the test was found to be 0.71. Convergent Validity of the scale is indicated by predictable correlations with measures of Personal coping resources (optimism, helplessness, self-efficacy etc.), pain Coping behaviours, and psychological well-being.

Scoring and interpretation:

Scoring:

Low resilient copers= Raw score of 4-13

Medium resilient copers= Raw score of 14-16

High resilient copers= Raw score of 17-20.

Wong and Law emotion intelligence scale:

Description:

Wong and Law emotional intelligence scale was developed by Wong and Law in 2002. It is a 16-item questionnaire that measures the emotional intelligence based on four dimensions: Use of emotion, and Regulation of emotion, self emotions appraisals and appraisal of others emotions. The answers are scored based on likert scale.

Reliability and validity:

Internal consistency was assessed using Cronbach alpha and item homogeneity was assessed using the inter-item correlation. Internal consistency of the Wong and Law emotional intelligence scale and its four dimensions were very good with reliability. There is also strong support for the construct validity of the instrument. Overall reliability of Wong and Law emotional intelligence scale was found to be 0.86.

Scoring and interpretation:

Scoring:

Total emotional intelligence items=1-16.

Total self-emotions appraisal=Average items1-4

Total regulation of emotions=Average items 5-8

Total use of emotions=Average items9-12

Total others use of emotions=Average items13-16.

The scores on the test are interpreted as (1=strongly disagree, 2=disagree, 3=slightly disagree, 4=neither agree nor disagree, 5=slightly agree, 6=agree and 7=strongly disagree.)

Creativity styles questionnaire -revised

The Creativity styles questionnaire revised measures the beliefs and strategies that people use for being creative in their everyday life.

Reliability and validity:

Internal consistency was assessed using Cronbach alpha reliability coefficient. Cronbach alpha for the 7 subscales of CSQ-R ranged between 0.45 and 0.81. The median reliability was found to be 0.74. There is also strong support for the construct validity of the instrument.

Scoring and interpretation:

The scores of the test are interpreted as (strongly disagree=5, disagree=4, unsure=3, agree=2 and strongly agree=1). The statements are scored on five-point likert scale.

3.9. Instructions and administration:

The instructions for the test were personally administered among the students.

UCLA Loneliness scale:

“This questionnaire consists of 20 items. You are required to read each item and indicate your response on a five-point likert scale.”

Brief resilience coping:

“This questionnaire consists of 4 items. You are required to read each item and consider how well it reflects your behaviour and actions on a scale from 1 to 5. Please mark the number that best reflects your behaviour.”

Wong and Law emotional intelligence scale:

“This questionnaire consists of 16 items and four major dimensions. You are required to read the items and indicate your responses on a likert scale.

Creativity styles questionnaire-revised:

“This questionnaire consists of 78 items. You are required to read each item carefully and mark your responses on a five-point likert scale. Please keep in mind there is no wrong or right answers. It is best to not think about any question for too long and mark the response that comes to your mind first. Your answers will be treated confidentially and for research purpose only.”

Statistical analysis:

The data of the study was analyzed using Independent ‘t’ test to find out the significant difference between coping strategies and emotional intelligence, coping strategies and creativity, loneliness and emotional intelligence and loneliness and creativity style among female adults. Pearson product moment correlation was used to find the relationship between emotional intelligence and creativity among female adults.

Data for the study was statistically analyzed and the results are published in the next chapter.

CHAPTER V**Results and Discussion**

After examining data for normality and homogeneity, statistical analysis such as Independent 't' test and Pearson's Product Moment Correlation was used for analysis. Details of analysis are presented and discussed in this chapter.

Table 4.1 showing the Mean, Standard Deviation, t value and significant level of Loneliness among Covid-19 affected females with regard to age, Occupation, Marital status and Type of family.

Variable	Nature of the Sample	N	Mean	Standard Deviation	t	p value	
Age	18-20	57	50.19	8.24	0.369	0.713	
	20-22	23	49.47	6.74			
Loneliness	Occupation	Non			1.956	0.054	
		Working	45	51.46			6.35
		Working	35	48.08			9.09
Marital status	Single	38	51.06	6.36	1.787	0.078	
	Married	42	48.52	8.72			
Type of family	Nuclear	56	50.05	7.21	0.896	0.373	
	Joint	24	48.79	9.08			

An Independent sample 't' test was conducted to compare Loneliness among Covid-19 affected females with respect to age, occupation, marital status and type of family. There is no significant difference in the scores for females in the age 18-20 ($M=50.19$, $SD=8.24$) and 20-22 ($M=49.47$, $SD=6.74$); $t(78)=0.36$, $p=0.713$. This could be because both the samples were in early adulthood. During early adulthood an individual establishes healthy social relationships and is able to get access to friends during the time of pandemic. Also, individuals during early adulthood adopt an optimistic approach towards the pandemic and engage in various forms of activities that help them calm their minds such as listening to pleasant music, talking to friends about their experience, watching motivating videos, painting, self-introspecting etc.

There is a significant difference in the scores for Working ($M=51.46$, $SD=6.35$) and Non-Working females ($M=58.08$, $SD=9.09$); $t(78)=1.956$, $p=0.054$. These results indicate that occupation has significance on Loneliness. This could be due to factors such as excessive use of social media. The use of social media has been overwhelming to covid-19 affected early adult females during the quarantine with constant news on the severity of the virus all over the world and describing its symptoms which make people feel they are affected by the virus and cannot access to social contacts. Social isolation has also been a potential source of loneliness in people where they feel isolated from people around them and feel confined to a closed space. Lack of social contact such as visits to close friends, contact with family members or visiting spiritual places is impossible during the quarantine. personality factors such as people who are generally introverted feel more lonely during the quarantine and people with low self-esteem feel more isolated than others etc.

There is no significant difference in the scores for Single ($M=51.6$, $SD=6.36$) and Married females ($M=48.52$, $SD=8.72$); $t(78)=1.787$, $p=0.078$. These results indicate that marital status has no impact on Loneliness. This could be due to the general concept of gender. Females are more creative than males. They are able to engage in various forms of creative activities such as making handicrafts, writing their feelings during the quarantine in diaries, drawing etc. Further, thinking pleasant life experiences they had in past and learning new things over phone etc .

There is no significant difference in the scores for females living in Nuclear ($M=50.5$, $SD=7.21$) and Joint families ($M=48.79$, $SD=9.08$); $t(78)=0.896$, $p=0.373$. These results indicate that type of family has no impact on Loneliness. This could be due to several factors such as the type of

interactions among family members. Families play an important role during times of crisis. When family members are able to empathize with the affected individuals and offer them support and engage in healthy interactions, it helps the affected early adult females to cope with Loneliness.

Hence, hypothesis 4.1a framed that, “There will be no significant difference in Loneliness among Covid-19 affected females with regard to age” is accepted. The hypothesis 4.1b framed that, “There will be no significant difference in Loneliness among Covid-19 affected females with regard to Working and Non-Working occupation” fails to accept. The hypothesis 4.1c framed that, “There will be no significant difference in Loneliness with regard to Marital status” is accepted and the hypothesis 4.1d framed that, “There will be no significant difference in Loneliness among Covid-19 affected females with regard to type of family” is accepted.

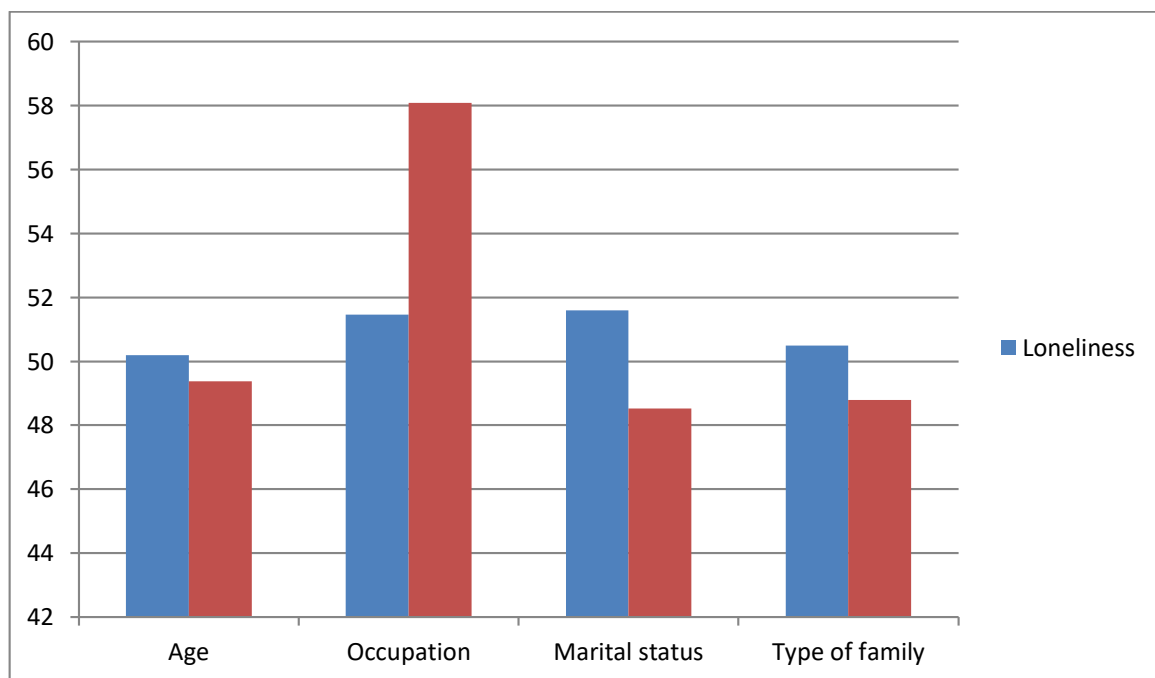


Table 4.2 Showing the Mean, Standard Deviation, t value and significant difference on Emotional Intelligence with regard to Age, Occupation, Marital status and Type of family among females.

Variable	Nature of the Sample	N	Mean	Standard Deviation	t	p value
Age	18-20	57	35.17	12.11	0.880	0.381
	20-22	23	32.65	10.17		
Emotional Intelligence	Occupation Non	45	35.04	10.13	0.518	0.606
	Working					
	Working	35	33.68	13.33		
Marital Status	Single	38	34.05	9.30	0.290	0.772
	Married	42	34.80	13.42		
Type of Family	Nuclear	56	35.80	11.93	1.612	0.111
	Joint	24	31.29	10.26		

An Independent sample 't' test was conducted to compare Emotional Intelligence among Covid-19 affected females with regard to age, occupation, marital status and type of family. There was no significant difference in the scores for females in the age 18-20($M=35.17$, $SD=12.11$) and 20-22($M=32.65$, $SD=10.17$); $t(78)=0.880$, $p=0.381$. This could be because both the samples belong to early adulthood. During early adulthood, individuals are more resilient and confident. They are capable of understanding the reason for their negative experience negative emotions and are able to manage their own emotions through various sources. Further, strong social support during this phase enables them to connect with their close friends and share their negative feelings.

There was no significant difference in the scores for Working ($M=35.04$, $SD=33.68$) and Non-Working females ($M=33.68$, $SD=13.33$); $t(78)=0.518$, $p=0.606$. . This could be because both the samples are early adults and they are able to understand the Covid crisis realistically. Further, they are able to reflect on their negative emotions during the quarantine period and practice positive self affirmative statements to replace their negative feelings with positive feelings. They also have access to positive motivational videos on social media by successful people.

There was no significant difference among Covid-19 affected in the scores for Single ($M=34.05$, $SD=9.30$) and Married females ($M=34.80$, $SD=9.30$); $t(78)=0.290$, $p=0.772$.

This could be because of personal experience of facing crisis worse than the pandemic, exposure to people with different crisis handling their emotions effectively, personal attitude such as staying calm during the time of pandemic and preference to deal with the reality than to feel for what happened, their learning from their parents to divert their negative emotions into productive tasks or learn to understand the reality of the crisis.

There was no significant difference in the scores for females living in Nuclear ($M=35.80$, $SD=11.93$) and Joint families ($M=31.29$, $SD=10.26$); $t(78)=1.612$, $p= 0.111$. This could be because of healthy family interactions. Family members serve an important role in providing emotional support to the Covid-19 affected early adult females.

When they feel their family members are able to understand their emotional experiences they are able to cope with the crisis. Further, sharing their negative feelings with people they can trust enables them to find ways for coping with the stress. Also, sharing negative feelings with close family members enables them to know the similar crisis situation experienced by their family in the past which gives them confidence.

Hence, the hypothesis 4.2a framed that, “ There will be no significant difference on Emotional Intelligence among Covid-19 affected females with regard to age”, is accepted 4.2b stated that, “There will be no significant difference on Emotional Intelligence among Covid-19 affected females with regard to Working and Non-Working occupation”, is accepted, 4.2c stated, “ There will be no significant difference on Emotional Intelligence among Covid-19 affected females with regard to marital status”, is accepted, 4.2d stated that, “ There will be no significant difference on Emotional Intelligence with regard to type of family” is accepted.

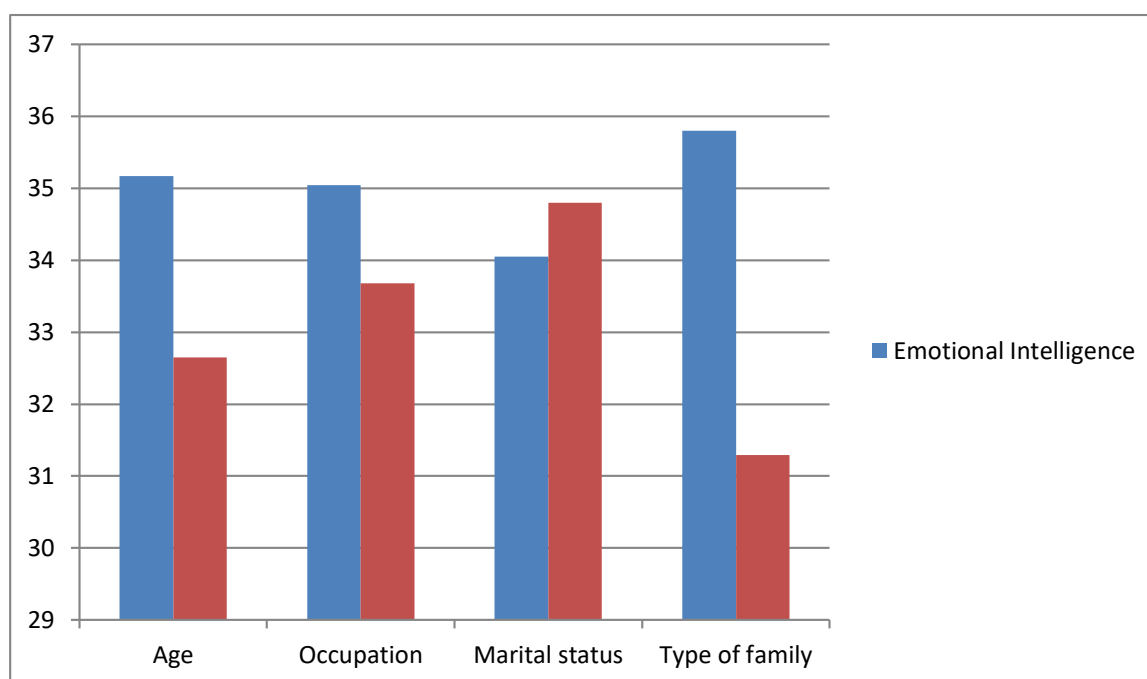


Figure 4.2 shows the mean scores of emotional intelligence among covid-19 affected females with respect to age, occupation, marital status and type of family.

Table 4.3. Showing the Mean, Standard Deviation, t value and significant Difference on Creativity styles with regard to age, occupation, marital status and type of family among Covid-19 affected females.

Variable	Nature of the Sample	N	Mean	Standard Deviation	t	p value
Age	18-20	57	185.03	15.57	1.778	0.082
	20-22	23	178.03	13.79		
	Non	45	181.88	16.64		
Creativity Style	Occupation Working				0.886	0.378
	Working	35	184.94	13.33		
Marital Status	Single	38	182.68	17.23	0.300	0.765
	Married	42	183.71	13.45		
	Nuclear	56	181.16	15.80		
	Joint	24	188.04	12.99	1.876	0.064

An Independent sample 't' test was conducted to compare Creativity style among Covid-19 affected females with regard to age, occupation, marital status and type of family. There is no significant difference in the scores for females in the age 18-20($M=185.03$, $SD=15.57$) and 20-22($M=178.73$, $SD=13.79$); $t(78)=1.778$, $p=0.082$. This could be because both the samples are early adults. During this phase, individuals are generally creative and are able to think of divergent solutions to a given problem and have a three dimension perspective of every problem they face. Also, since both the samples are females they are able to produce a creative thinking even during the period of quarantine rather than feeling isolated.

There is no significant difference in the scores for Working ($M=181.88$, $SD=16.64$) and Non-Working females ($M=181.94$, $SD=13.33$); $t(78)=0.886$, $p=0.378$. This could be because of the similarity in the preference of both the samples. They prefer to deal with the crisis than brood about the quarantine. Also, they realize they have to go through the isolation and brooding about it does not help. Hence, they actively seek out ways to learn new things and improve their inner being through creative tasks.

There was no significant difference in the scores for Single ($M=182.68$, $SD=17.23$) and Married females($M=183.71$, $SD=13.45$); $t(78)=0.300$, $p=0.375$. This could be because of the general concept of gender. Both the groups are females and females have multiple solutions to a problem and are able to generate new ideas even during an emotionally exhaustive period. Further, they prefer to make new things to battle the crisis more than venting it out to their friends and family members.

There is no significant difference in the scores for females living in Nuclear ($M=181.16$, $SD=15.80$) and Joint families ($M=188.04$, $SD=12.99$); $t(78)=1.876$, $p=0.064$. This could be because of the unique talents of both the samples. They could be good at some creative activity and may want to keep themselves engaged at it, support from their family members who encourage them to do things they like to do during quarantine, they may have close contact with their relatives or friends who share their experiences of dealing with similar crisis in a creative way.

Hence, the hypothesis 4.3a framed that, "There will be no significant difference on Creativity style among Covid-19 affected females with regard to age", is accepted, 4.3b stated that, "There will be no significant on females with regard to Working and Non-Working occupation",

is accepted 4.3c stated that, “ There will be no significant difference on Creativity style among Covid-19 affected females with regard to marital status”, is accepted, 4.3d stated that, “There will be no significant difference on Creativity style among Covid-19 females with regard to type of family” is accepted.



Figure 4.3 showing the mean scores of creativity style among covid-19 affected females with respect to age, occupation, marital status and type of family.

Table 4.4 Showing the Mean, Standard Deviation, t value and significant difference on Coping strategies among females with regard to Age, Occupation, Marital status and Type of family.

Variable	Nature of the Sample	N	Mean	Standard Deviation	t	p value	
Age	18-20	57	12.78	5.10	1.630	0.107	
	20-22	23	14.82	4.93			
Coping Working	Occupation Non	45	11.53	5.43	3.985	0.000	Style
	Working	35	15.74	3.49			
Marital Status	Single	38	11.44	5.62	3.420	0.001	
	Married	42	15.11	3.90			
Type of family	Nuclear	56	12.91	5.06	1.246	0.217	
	Joint	24	14.45	5.16			

An Independent sample 't' test was conducted to compare Coping Style among Covid-19 affected females with regard to age, Occupation, Marital status and type of family. There is no significant difference in the scores for 18-20($M=12.78$, $SD=5.10$) and 20-22($M=14.82$, $SD=4.93$); $t(78)=1.630$, p value= 0.107 . These results demonstrate that age has no impact on Coping Style among Covid-19 affected females. This could be because both the samples were in their early adulthood. The young adults have access to various coping resources to handle their stress and also actively seek for ways to manage their negative emotions effectively rather than develop self defeating beliefs about themselves. Further, they are able to understand that Covid-19 has implications on their psychological health as a result of which, they experience negative feelings. There is a significant difference in the scores for Working ($M=51.46$, $SD=6.35$) and Non-Working ($M=48.08$, $SD=9.09$); $t(78)=3.985$, $p=0.000$. These results show that Working and Non-Working occupation has impact on coping style among Covid-19 affected females. This could be due to several factors such as gender, occupational status, social contact, personal interests, understanding of the pandemic. There is a significant difference in the scores for Single ($M=11.44$, $SD=5.62$) and Married ($M=15.11$, $SD=3.90$); $t(78)=3.420$, $p=0.001$. These results indicate that coping marital status has an impact on coping style among covid-19 affected females. This could be because early adult females who are married have past experiences of coping with different stressful situations which enables them to cope with the current situation. Also, females are capable of handling stressful situations with productive coping strategies such as acceptance of the situation and realizing the reality of the pandemic. They are able to reflect on the situation rather than venting out their feelings in a negative way. There is no significant difference in the scores for Nuclear ($M=12.91$, $SD=5.06$) and Nuclear ($M=14.45$, $SD=5.16$); $t(78)=1.246$, $p=0.217$. These results indicate that type of family has a significant impact on Coping Style. This could be because of the time spent with family. Households where Covid affected early young adults are able to spend quality time with their family where they can talk to their family members in isolation and are treated with love and affection they are able to deal with the crisis effectively. In joint families, the elderly people may have negative convictions about the pandemic. When the affected adults feel they are not being treated well by the members of the family on par with others. They feel emotionally hurt. Hence, hypothesis 4.4a framed that, "There will be no significant difference in the Coping Style among Covid-19 affected females with regard to age is accepted. The hypothesis 4.4b framed that, "There will be no significant difference in the Coping Style among Covid-19 affected females with regard to Working and Non-Working occupation" fails to be accepted. The

hypothesis 4.4c framed that, “There will be no significant difference in the Coping Style among Covid-19 affected females with regard to Marital status” fails to be accepted. The hypothesis 4.4d framed that, ‘There will be no significant difference in the Coping style among Covid-19 affected females with regard to type of family” is accepted.

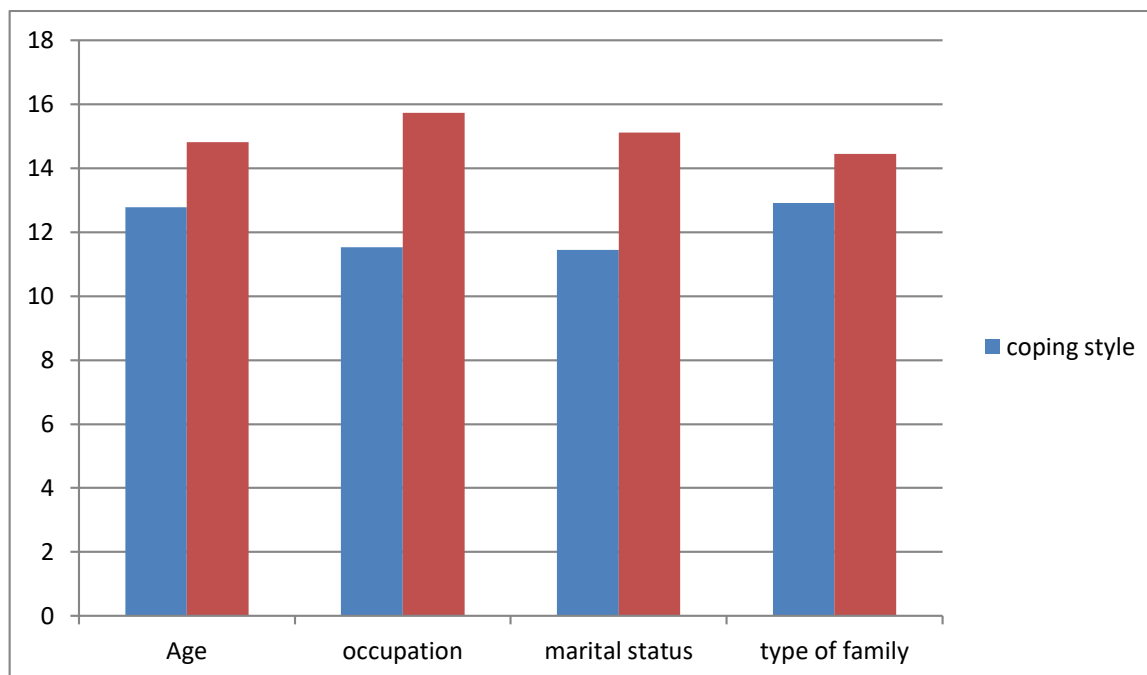


Figure 4.4 shows the mean scores for coping style among covid-19 affected females with respect to age, occupation, marital status and type of family.

Table 5.0 shows the Pearson's Product Moment Correlation between Loneliness, Coping Strategies, Emotional Intelligence and Creativity Style among females.

Variable	Loneliness	Coping Strategies	Creativity Style	Emotional Intelligence
Loneliness	1	-0.141	-0.112	0.070
Coping Strategies		1	0.204	0.126
Emotional Intelligence				1
Creativity Style	-0.112	0.204	1	-0.016

A Pearson Product Moment correlation coefficient was computed to assess the relationship between Loneliness, Coping Strategies, Emotional Intelligence and Creativity style among Covid-19 affected females. There is no significant relationship but there is a positive relationship between Loneliness and Emotional intelligence and a negative relationship between Loneliness and Coping strategies and Creativity styles exist.

The results indicate that if Loneliness increases Emotional Intelligence increases, Coping Strategies and Creativity Style decreases. This could be due to factors such as lack of social support, ability to handle negative feelings effectively, limited exposure to various coping strategies, unhealthy family interactions, lack of opportunity to use coping strategies etc.

There is no significant but a positive relationship between Coping Strategies and Creativity Style and Emotional Intelligence. The results indicate that if Coping Strategies increase Creativity Style and Emotional Intelligence increases. This could be due to the type

of coping strategies used, ability to handle emotions effectively, personal interests, ability to sublimate negative feelings into productive activities etc. There is no significant relationship but a positive relationship between Creativity style and Coping strategies and a negative relationship between Creativity style and Loneliness and Emotional intelligence.

The results indicate that if Creativity style increases Coping strategies increase and emotional intelligence and loneliness decrease. This could be because few coping strategies involve creative ideas, depression blocks creative ideas during loneliness, inability to produce creative ideas during emotional stress, inability to handle emotions effectively during creative thinking etc.

CHAPTER VI

SUMMARY AND CONCLUSION

Covid-19 pandemic is also known as the corona virus pandemic, is an ongoing global pandemic of corona virus disease 2019. Transmission of Covid-19 occurs when people are exposed to virus-containing respiratory droplets and airborne particles exhaled by an infected person. People affected by Covid-19 are socially isolated. They tend to develop fear and are psychologically affected, because they are isolated from their close family members and friends. During this phase, people experience feelings of loneliness, loss of confidence, self-esteem etc. Especially with regard to females they feel that their contribution is completely inhibited and the whole system of family is affected. Emotional intelligence refers to the ability to perceive, use, understand and manage emotions. Emotionally intelligent people are capable of recognizing their own emotions and the emotions of others use information to guide thinking and behaviour, understand their feelings and label them appropriately and adjust their emotions to adapt to their environments. Individuals high on emotional intelligence are logical and analyze various factors that contribute to a problem. They are open to new ideas and constructive criticism. They take personal responsibility for their actions and are oriented toward personal development. Openness to new ideas and orientation toward personal development are the core characteristics of creativity. Hence, emotional intelligence and creativity are related concepts. When people are affected by covid-19, they are in social isolation. During this phase, their emotional intelligence and creativity style tend to be low. People use a variety of coping strategies to reduce their anxiety. The type of coping strategy used by people determines their level of emotional intelligence and creativity. Individuals use coping strategies based on their type of stress, the individual and the circumstances. The coping strategies an individual uses depend on their personality, social environment. To assess the level of loneliness, coping style, emotional intelligence and creativity style among female people. To find out the relationship between loneliness, coping style, emotional intelligence and creativity style among female people.

Various studies were conducted on Loneliness with respect to anxiety, depression, daily life fatigue, life satisfaction, insomnia, ego-resilience and social media usage among covid-19 affected individuals. These studies revealed a positive correlation between loneliness and anxiety, depression, daily life fatigue, life

satisfaction, insomnia, ego-resilience and social media usage and have identified social isolation as an important cause for loneliness. There are studies conducted on Emotional intelligence and quarantine, substance abuse and coping styles. These studies have found a positive correlation between emotional intelligence and coping style and substance abuse. Studies conducted on Creativity style during the covid-19 pandemic. The researchers have found that the use of creativity styles helped people to deal with the stress feelings during social isolation. Studies conducted on coping styles and mental health and quality of sleep have found a positive correlation between coping styles and mental health and quality of sleep.

The problem for the present study is to find out the level of loneliness, emotional intelligence, creativity style and coping style and to assess the relationship between loneliness, emotional intelligence creativity style and coping style among Covid-19 affected females in Chennai. The research design used in this study is Ex post facto Research Design, bivariate and cross-sectional in nature. The sample size consists of 80 female college students drawn in the age range of 18-22 years drawn from Chennai district. The sampling technique used for the study is Snowball sampling technique. The tools used for the study are UCLA Loneliness scale developed by Russell, Peplau, L.A., et.al(1978), Wong and Law Emotional intelligence scale(2002), Creativity styles questionnaire developed by Kumar V.K and Holman B.R(1997) and Brief resilience coping scale developed by Sinclair and Wallson (2004). After examining data for normality and homogeneity, statistical analysis such as Independent 't' test was conducted to examine the significant difference in the level of Loneliness, Emotional intelligence, Creativity style and Coping style. Pearson Product moment correlation was used to find out the relationship between loneliness, coping style, emotional intelligence and creativity style. Data for the study was statistically analyzed and the results are published in the next chapter.

6.1. FINDINGS:

1. There is no significant difference on Loneliness with respect to age among Covid-19 affected females in Chennai.
2. There is a significant difference on Loneliness with respect to occupation among Covid-19 affected females in Chennai
3. There is no significant difference on Loneliness with respect to marital status among Covid-19 affected female in Chennai.
4. There is no significant difference on Loneliness with respect to type of family among Covid-19 affected females in Chennai.
5. There is no significant difference on Emotional intelligence with respect to age among Covid-19 affected females in Chennai.
6. There is no significant difference on Emotional intelligence with respect to occupation among Covid-19 affected females in Chennai.
7. There is no significant difference on Emotional intelligence with respect to marital status among Covid-19 affected females in Chennai.
8. There is no significant difference on Emotional intelligence with respect to type of family among Covid-19 affected females in Chennai.

9. There is no significant difference on Creativity style with respect to age among Covid-19 affected females in Chennai.
10. There is no significant difference on Creativity style with respect to occupation among Covid-19 affected females in Chennai.
11. There is no significant difference on Creativity style with respect to marital status among female people.
12. There is no significant difference on Creativity style with respect to type of family among Covid-19 affected females in Chennai.
13. There is no significant difference on Coping style with respect to age among Covid-19 affected females in Chennai.
14. There is a significant difference on Coping style with respect to occupation among Covid-19 affected females in Chennai .
15. There is no significant difference on Coping style with respect to marital status among Covid-19 affected females in Chennai.
16. There is no significant difference on Coping style with respect to type of family among Covid-19 affected females in Chennai.

6.2. CONCLUSION:

1. Occupation has a significant influence on Loneliness among covid-19 affected females.
2. Occupation had a significant influence on the Coping styles among covid-19 affected females.
3. Marital status has a significant influence on the Coping styles among covid-19 affected females.

6.3. IMPLICATIONS:

- This study implies that Occupation has a significant influence on Loneliness among Covid-19 affected females
- Covid-19 affected females who are unemployed feel more lonely because of lack of social contact such as visits to close friends, contact with family members and lack of visit to spiritual places etc.
- Females affected with Covid-19 should have a realistic understanding of the severity of the pandemic and the government efforts to control the spread of the virus.
- Understanding that globally crores of people infected all over the world by the Covid-19 virus would help the Covid-19 affected females socially not feel lonely.
- This study implies that Occupation has a significant influence on coping style among Covid -19 affected females.
- Covid-19 affected females who are employed are able to accept the situation and refer to face it realistically, they are able to sublimate their negative feelings into productive office work and meet their friends by working from home.
- Females affected with covid-19 who are not working should learn new activities to keep themselves engaged during the pandemic. Doing creative works helps them to relax and face the situation.

- This study implies that Marital status has a significant influence on coping style among Covid-19 affected females.
- Females affected with Covid-19 who are married are able to handle the crisis effectively.
- They have experience of handling similar crisis situations in the past, are able to understand that life has twists and they must be prepared to face it. They are able to reflect on the situation than venting out their feelings.

6.4. LIMITATIONS OF THE STUDY

- The major limitation in this study was the study was done among females affected with covid-19 in Chennai.
- The study included females in the age range of 18-22 years.
- The Sample did not include males.
- The study was conducted based on the demographic details such as, age, occupation, marital status and type of family

6.5. SUGGESTIONS FOR FURTHER RESEARCH:

- Similar study could be done among people affected with covid-19 in other districts.
- The study could be done among males affected with covid-19.
- Similar study could be done among people in other age groups.
- Similar study can be conducted based on other demographic variables.