

# **Cooking Reduces the Stress of Individual during Chronic COVID Pandemic**

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## **ABSTRACT**

The COVID-19 pandemic has led to an unprecedented situation across the world, in front of a microscopic little virus. Learning to cope with stress in this pandemic cooking is one of the greatest avenue. Male and female regular and nonregular home cook were selected as subject from Kolkata city. A General Information Schedule, Perceived Stress Scale and Need Fulfillment Questionnaire (based on cooking) were administered to them. The findings revealed that average stress level of regular home cook (male and female) whereas nonregular cook from above said city have shown better coping towards COVID related stress.

**Keywords:** Cooking, Coping, COVID pandemic, Creativity, Stress.

## **INTRODUCTION**

The COVID-19 pandemic also known as the Coronavirus pandemic is an ongoing global pandemic 2019. It is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). As of 10<sup>th</sup> October 2021, about 238,369,151 cases have been reported, resulting around 4,863,092 deaths ([www.worldometer.com](http://www.worldometer.com)).

The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing, and talking. It also spreads through contaminated droplets fall on the floors or surfaces. The World Health Organization (WHO) declared the COVID-19 outbreak a Public Health Emergency of International Concern (PHEIC) on 30<sup>th</sup> January 2020 and a pandemic on 11<sup>th</sup> March 2020. People also transmit the virus without showing any symptom (Asymptomatic transmission). Review found that 40-45% infected people are asymptomatic. Social and physical distancing strategies aim to reduce contact of infected persons with large groups by closing schools,

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