

# THAILAND COVID STUDY

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*For Thais, the Covid 19 pandemic has revived their perspectives on what really matters in life. Thais talked about how to cut away the excess in lifestyle, become more alert and mindful of 'the self', and changed their activities to reflect the core essence of true happiness in life.*

- 1) Thais have mentioned that they are more connected to their inner self and their bonds with family members have become stronger.

**" Self-isolation has allowed me to introspect about what really matters to me. "**

## **I VALUE MY FAMILY A LOT MORE DURING THE QUARANTINE**

- Total 86%
- Men 86%, Women 86%
- Age 18-25 y.o. 87%, 26-45 y.o. 87%, 46-60 y.o. 82%, over 60 y.o. 85%
- Income lower than 10K 81%, 10-25K 88%, 25-45K 86%, More than 45K 82 %

## **I EAT HEALTHIER FOOD**

- Total 61%
- Men 59%, Women 63%
- Age 18-25 y.o. 58%, 26-45 y.o. 62%, 46-60 y.o. 65%, over 60 y.o. 58%
- Income lower than 10K 50%, 10-25K 58%, 25-45K 67%, More than 45K 62%

## **I AM HAPPY TO BE CLOSER TO MY FAMILY**

- Total 64%
- Men 65%, Women 65%
- Age 18-25 y.o. 65%, 26-45 y.o. 66%, 46-60 y.o. 59%, over 60 y.o. 64%
- Income lower than 10K 60%, 10-25K 66%, 25-45K 64%, More than 45K 64%

## **I CARE FOR EARTH AND NATURE MORE**

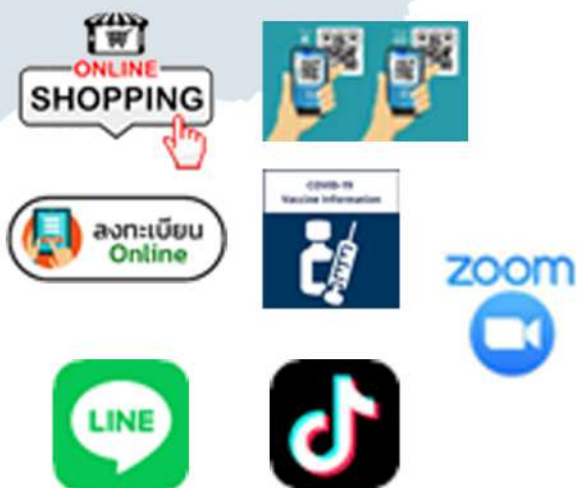
- Total 57%
- Men 59%, Women 54%
- Age 18-25 y.o. 60%, 26-45 y.o. 55%, 46-60 y.o. 58%, over 60 y.o. 53%
- Income lower than 10K 60%, 10-25K 56%, 25-45K 56%, More than 45K 59%

- 2) Working age Thais, young and old, have upgraded themselves during the quarantine period. They have learned to rely more on themselves: go, do activities and become more expressive online.

**“ I have realized what skills I lacked and have become more determined than ever to overcome my weaknesses, all to better fit survival. ”**

#### **I NOTICED THAT MY IT SKILL/ KNOWLEDGE HAS IMPROVED DURING THIS PERIOD**

- Total 70%
- Men 71%, Women 69%
- Age 18-25 y.o. 76%,  
26-45 y.o. 72%,  
46-60 y.o. 71%,  
over 60 y.o. 41%
- Income lower than 10K 65%,  
10-25K 68%,  
25-45K 72%,  
More than 45K 70 %



- 3) Officials have reported 1.54 million COVID-19 cases in Thailand, with 16,000 deaths. These figures are minimal compared to other countries and suspected to be low due to the possibility of asymptomatic COVID-19 carriers that have not been discovered. By mid-2021, Thailand's health care system was overwhelmed and this immediately reminded Thais of the importance of equality, between the privileged and the underprivileged, in receiving treatments and vaccinations.

**“ I have become more political and critical of the government... because I'm frustrated. We are supposed to be equal, but why are some of us not cared for? It's unfair. ”**

#### **I HAVE MORE EXPENSES THAN MY INCOME**

- Total 81%
- Men 79%, Women 83%
- Age 18-25 y.o. 83%,  
26-45 y.o. 83%,  
46-60 y.o. 74%,  
over 60 y.o. 76%
- Income lower than 10K 69%,  
10-25K 86%,  
25-45K 82%,  
More than 45K 70 %

### **I OFTEN FEEL LONELY WHEN I AM AWAY FROM FRIENDS, WORK, AND OTHER PEOPLE**

- Total 73%
- Men 72%, Women 74%
- Age 18-25 y.o. 81%,  
26-45 y.o. 75%,  
46-60 y.o. 62%,  
over 60 y.o. 62%
- Income lower than 10K 81%,  
10-25K 75%,  
25-45K 70%,  
More than 45K 68 %

### **I SPEND TOO MUCH TIME ON THE SCREEN, MOSTLY ON SOCIAL AND POLITICAL ISSUES**

- Total 70%
- Men 72%, Women 69%
- Age 18-25 y.o. 80%,  
26-45 y.o. 74%,  
46-60 y.o. 60%,  
over 60 y.o. 41%
- Income lower than 10K 69%,  
10-25K 67%,  
25-45K 74%,  
More than 45K 70 %

- 4) Thailand is regarded as a "Land of Smiles", but this is certainly less visible during the COVID-19 pandemic. The majority of the survey responders have admitted to being depressed and worried about finances. Some said they used all of their energy to stay positive, smile, and carry on in the mist of darkness. Their reasoning was, "I'm not the only one suffering...there are others who have lost more"

**" I get very lonely and depressed,  
but I know I must fight on. "**

### **I AM STRESSED ABOUT MY FINANCES**

- Total 81%
- Men 80%, Women 82%
- Age 18-25 y.o. 80%,  
26-45 y.o. 82%,  
46-60 y.o. 81%,  
over 60 y.o. 81%
- Income lower than 10K 76%,  
10-25K 85%,  
25-45K 80%,  
More than 45K 73 %

### **I AM ANXIOUS ABOUT MY HEALTH AND THE COVID-19 SITUATION**

- Total 79%
- Men 77%, Women 82%
- Age 18-25 y.o. 82%,  
26-45 y.o. 78%,  
46-60 y.o. 79%,  
over 60 y.o. 79%
- Income lower than 10K 72%,  
10-25K 83%,  
25-45K 79%,  
More than 45K 73 %

### **I AM DEPRESSED WITH WORK/STUDY AND OTHER ISSUES**

- Total 39%
- Men 40%, Women 39%
- Age 18-25 y.o. 43%, 26-45 y.o. 40%, 46-60 y.o. 34%, over 60 y.o. 32%
- Income lower than 10K 33%, 10-25K 42%, 25-45K 38%, More than 45K 37 %

### **I WILL MAINTAIN MY HEALTH, BY IMPROVING MY SLEEP PATTERNS, EXERCISE, AND MENTAL HEALTH**

- Total 46
- Men 45%, Women 47%
- Age 18-25 y.o. 42%, 26-45 y.o. 49%, 46-60 y.o. 46%, over 60 y.o. 42%
- Income lower than 10K 38%, 10-25K 45%, 25-45K 49%, More than 45K 49 %

- 5) Thailand has been through 3 lockdowns, in varying degrees. WFH, which began since March 2020, is expected to continue until 2022. This has been resilient and adaptive through this life-changing pandemic.

**“ I have learned to bring myself out of the comfort zone, finding new opportunities, new jobs, and gained new hobbies. ”**

### **I GAINED/ACQUIRED NEW HOBBIES DURING THE QUARANTINED PERIODS**

- Total 80%
- Men 83%, Women 77%
- Age 18-25 y.o. 87%, 26-45 y.o. 83%, 46-60 y.o. 74%, over 60 y.o. 54%
- Income lower than 10K 84%, 10-25K 79%, 25-45K 81%, More than 45K 79 %

### **THE LOCKDOWN HAS AFFECTED MY WORK/STUDY**

- Total 83%
- Men 84%, Women 81%
- Age 18-25 y.o. 92%, 26-45 y.o. 85%, 46-60 y.o. 78%, over 60 y.o. 53%
- Income lower than 10K 77%, 10-25K 82%, 25-45K 82%, More than 45K 91 %