Effects of covid-19 pandemic on the quality of life and fear of business loss among business people in Kampala: a case study among business people in Kampala (kabalagala trading Centre)

By

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Declaration

I Tusiime Victoria to the best of my knowledge declare that this dissertation submitted to Makerere University is my piece of work, original and designed by me, and has never been submitted to any academic institution of higher learning for academic purposes or any award.

Signature...Victoria.J.................   Date..24|11|2022....
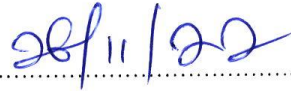
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Approval

This I certify that this dissertation was carried out under the title "Effect of Covid-19 Pandemic on the quality of life and fear of business loss among business people in Kampala" has been done under my supervision and is now ready for submission to the school of psychology with my due approval.

Signature: .... Date: 28/11/22

Dr. Martin Baluku

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Abstract

The study Effects of covid-19 pandemic on the quality of life and fear of business loss among business people in Kampala: a case study among business people in Kampala (Kabalagala trading Centre) was carried out in Kabalagala Trading Centre where a total of 140 respondents were interviewed. The study was quantitative in nature. The study revealed that there was average quality of life among people of Kabalagala trading Centre. It was further revealed that people of Kabalagala trading Centre had higher fear of loss due to the Covid 19 lockdown. Lastly the study found a significant relationship between fear of loss and quality of life among people

<div align="center">**Chapter One**</div>

<div align="center">**Introduction**</div>

Background

COVID-19, currently considered as a global disease, has severe effects on human life and potential to significantly retard the economy (Asahi et al., 2021). This global has been reported to have caused a lot of damages to the world economy with projected aggregate loss of more than $4 trillion within the first year of its spread (Ozili, 2020). This pandemic has affected the world severely in terms of quality of life and economic sustainable development, and the global economy (Haider et al., 2020). More than 80% of people worldwide show more concern about safety as they prefer to reduce physical contact with others and around 23% are faced with poor quality of life due to mental well-being (Wang et al., 2020).

Analysis of the Covid-19 impacts on countries clearly shows that its development leads to crises. Declining GDP rates damage health, education, and industrial progress globally (Pirouz et al., 2020). This is because COVID-19 affects socio-economic circumstances because of declining global GDP, declining capital flows, fewer investment opportunities, and decreased trading for the business people (Herbert, 2020). As a result of the above reported impacts, it has raised fear for business losses among the business people. This is supported by the view that the loss of consumer consumption affects profit return and the general business performance (Fetzer et al., 2020).

Not limited to economic loss, this pandemic impacts' social parameters like the changes in the quality of life. Findings gathered by the United Nations Industrial Development Organization reflect that COVID-19 has resulted in a severe decline in human development for the first time since 1990 (Zandifar & Badrfam, 2020). These issues and challenges directly affect an individual's psychology and assure them

of a loss of psychological sustainability and the addition of financial crises, thereby affecting their quality of life (Kang et al., 2019).

When no resources are provided to manage people's well-being, the situation, including pandemic prevention measures, is reframed and affects psychological health. Concerning the impact on sustainable psychology, Bai et al. (2020) stated that the pandemic is beyond people's control and adversely impact their exercising, eating habits, gardening, dancing, meditation, learning, and other activities. As a result, people perceive the negative impact on their minds, and the sustainability of their psychological health is damaged, thus having a low quality of life (Yao et al., 2020).

In the view of Li et al. (2020), COVID-19 impacts the quality of life and mental health as it prejudices human living standards. The United Nations (UNAIDS, 2020) notes that this pandemic increases the numbers of people suffering from stress and anxiety, conditions that are related to depression. Thus, it is essential to conduct a study to evaluate the impact of COVID-19 from the perspective of quality of life and also the fear of business losses on the economic perspectives.

Problem statement

The economic impact of the Covid-19 pandemic indicates that the business people were at the frontline of its devastating impacts. When not handled, the perceived negative impacts of the pandemic affect the minds of the business people and the sustainability of their psychological health is damaged, thus having a low quality of life. Furthermore, when their fear of losses from the continuing pandemic is not handled, there will be decreased GDP of Uganda that will affect delivery of government services. Despite the negative effect of the Covid-19 pandemic, most studies conducted on this subject focused on the general population, thereby ignoring the small sections like the business people. To date, there is a lack of study done using standardized tools to measure the impact of SARS-CoV-2 on quality of life and

the fear of business losses among business people in Kampala, Uganda; therefore, more studies are needed to fill this gap.

Purpose

The purpose of this study was to examine the relationship between the fear of business loss and the quality of life among business people during the Covid-19 pandemic.

Objectives

1. To examine the level of fear of business loss during Covid-19 among the business people
2. To examine the level of Quality of people during Covid-19
3. To examine the relationship between fear of business loss and quality of life among business people

Scope

Geographical Scope

The study was conducted in Kampala, Uganda. This area was chosen because it has several businesses, both small and large scale hence it will be easy to obtain the study participants.

Contextual Scope

This study focused on examining the impact of Covid-19 on the quality of life and fear of business losses among business people in Kampala, Uganda. It also examined the relationship between the fear of business loss and quality of life among business people in Kampala district.

Time Scope

The process of data collection was conducted in a period of two months (August 2022 to September 2022) to effectively gather the information that effectively met the study objectives. The process of

dissertation writing was done for one month (October 2022) and the final dissertation was submitted in November 2022.

Significance

This study is looking to understand the situations your business and employees have encountered during the time of the Coronavirus pandemic. This information is critical as policymakers, government officials, and similar businesses look to understand changes in business operations, employment, and workplace flexibilities and benefits.

To the government: The findings of this study will be used by the government to know the status of the business people in Kampala. This will be helpful for designing government programs aimed at reducing the fear of loss by the business people.

To business people: The information from this study will give knowledge to other fellow businessmen about the condition of their colleagues. This can help them come up with better strategies to uplift others through cooperatives and societies.

To policy makers: The study will generate new knowledge which will help policy makers in coming up with informed decision in area of tax reduction, provision of incentives, low interest loans so as to help those with losses conduct business.

To future researchers: The findings of this research will generate new knowledge which will be kept in the institution's library as secondary data and serve as a starting point for future research. This can help enrich their literature review on this subject.

Conceptual framework

This study follow the framework as presented in the figure below. In this study, Covid-19 is presumed to have affected the quality of life and has caused fear of business losses.

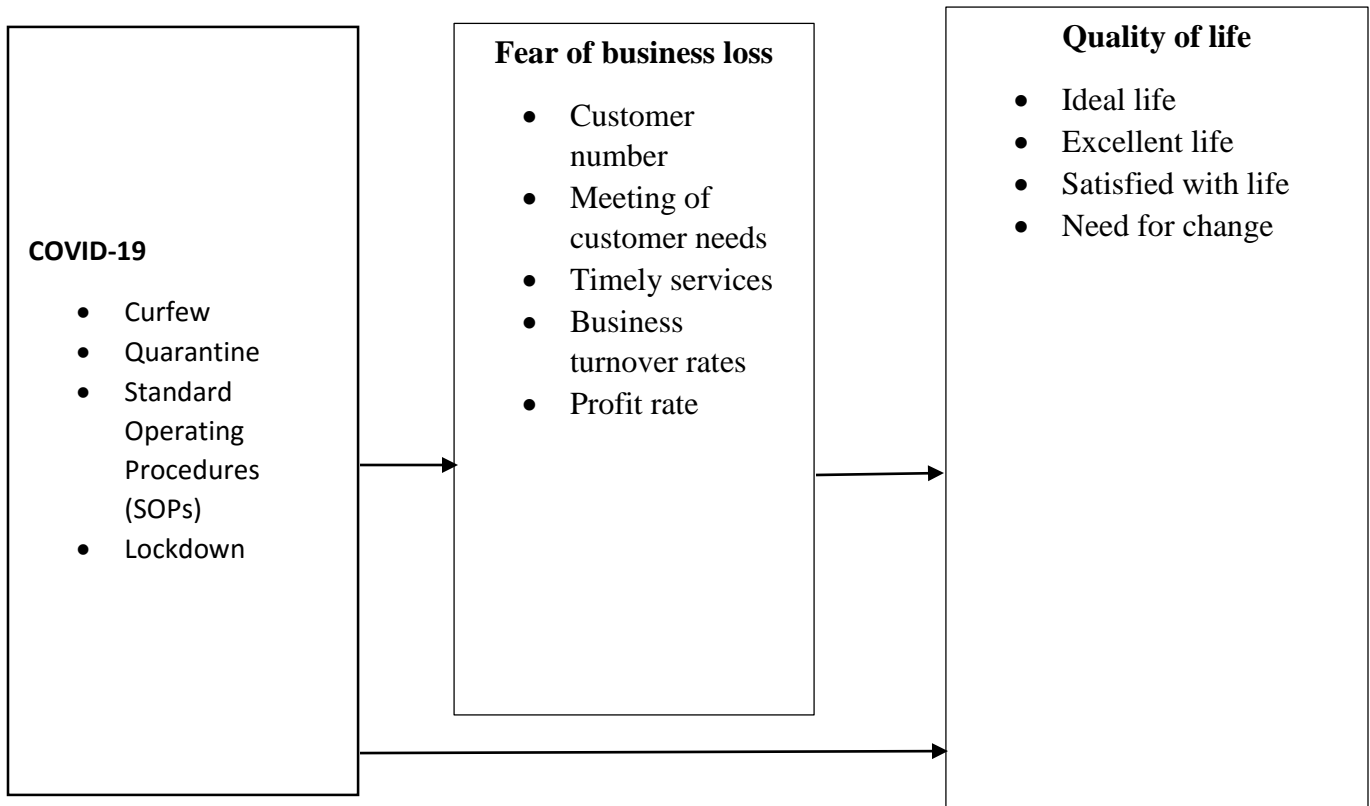| COVID-19	Fear of business loss	Quality of life
• Curfew	• Customer number	• Ideal life
• Quarantine	• Meeting of customer needs	• Excellent life
• Standard Operating Procedures (SOPs)	• Timely services	• Satisfied with life
• Lockdown	• Business turnover rates	• Need for change
	• Profit rate	

Figure 1: Conceptual framework showing the relationship between covid 19, fear of business loss and quality of life among business people at Kabalagala Trading Centre.

Chapter Two

Literature Review

Introduction

This section gives a review of literature based on the study objectives in order to check the agreements and disagreements therein. The objectives of the study are: the impact of Covid-19 on the quality of life and fear of business losses among business people in Kampala, Uganda.

Covid-19 pandemic

COVID-19 has been viewed as highly contagious and pathogenic viral infection caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) (Bhutta et al., 2020). Above and beyond its severe effects on human life, COVID-19 has the potential to significantly retard the economy, making a global recession almost unavoidable (Fernandes, 2020).

Uganda registered her first case of Corona virus on the 21st of March 2020 and since then, it has affected the country on several ways. The disastrous potential effects of the pandemic on health outcomes impact not only on lives but also on livelihoods. Although Uganda is the third largest economy in East Africa after Kenya and Tanzania and has had considerable economic growth over the past decades, the pandemic has caused significant decline in her economy and all other countries in Sub-Saharan Africa (Grimbald et al., 2021).

While careful and preventive lockdown measures have predicted the onset of a health crisis in the country, the economic impact of the pandemic on households across the country all over the world was felt (Younger et al., 2020). Uganda's economy has been hit hard. Its real gross domestic product (GDP) grew by just 2.9% during the year ending in June 2020, less than half the 6.8% rate reported for the previous year (Guidelines, 2021).

The tourism and agriculture sectors, especially agricultural export incomes, were badly affected, and the country saw substantial declines in foreign payments and direct investments. This is as a result of the global economic recession caused by the pandemic (Fernandes, 2020). Similarly, Uganda's revenue collection suffered major underperformances as a result of a domestic lockdown and disruptions in global demand and supply chains (URA, 2020). Public debt rose as the government was forced to borrow heavily to cope with the economic consequences of COVID-19 (Financial Post, 2020). Job and income losses affecting many Ugandans were projected to worsen if the pandemic continued (Dispatch et al., 2021).

Recent study indicated loss of income earning by members of households and redirection of household expenditures towards healthcare impacted on growth and poverty levels (Kansiime et al., 2021). Majority of Ugandans said the government's economic policies had hurt, rather than helped, most Ugandans (Dispatch et al., 2021). Indeed, the Covid-19 has affected vulnerable groups disproportionately, hence the COVID-19 pandemic can cause an increase in disparity, economic denial, and ultimately pervasive socio-economic problems across many countries (Josephson et al., 2021).

Effect of Covid-19 on the quality of life.

According to Zandifar and Badrfam (2020), there are various ways by which COVID-19 can affect the quality of life. The impact of COVID-19 on psychological sustainability can be examined by observing the changes in people's behavior. More than 80% of people worldwide show more concern about safety as they prefer to reduce physical contact with others (Wang et al., 2020). Around 23% of people face extremely anxious conditions due to mental well-being (UNAIDS, 2020). Other than this, the peoples' behavioral changes include increasing exhaustion and fatigue that directly restrict them from working toward development.

One COVID-19 impact on individual well-being and quality of life is that compromised work policies make it difficult for employees of a business to survive peacefully. In the same context, multiple

changes are observed in the situation experienced globally as the condition of self-isolation makes people less interested in harming the economy.

Some of the destructive realities associated with coronavirus disease include illness, unemployment, bereavement, long-lasting hardship, and struggle in handling the situation (Fetzer et al., 2020). The current situation has a consistent impact on people's mind-sets. As a result, there is a need to take corrective measures to allow people to survive with an improved quality of life (Li et al., 2020).

The effect of Covid-19 pandemic is expected to result to; labor decline in the future, and there is a high chance of an individual facing job loss. This overall situation leads to stress and restricts people in developing the economy sustainably (Chandler, 2020). These employment issues are also linked with psychological factors as they are the leading cause of stress and depression, and ultimately hurt the quality of life (Banerjee, 2020).

Regarding the quality-of-life aspect for business people in Vietnam, Tran et al., (2020) reported average scores. However, the rate of having Anxiety/Depression in their study (38.7%) was much higher than that in the compared research averagely 15.2% reported by other studies. The fear of being infected SARS-COV-2, banned outdoor recreation, business recession and concerns of impact of this disease could have been the reasons leading to a higher proportion of poor quality of life.

A study done in Italy using a questionnaire to measure Health-Related Quality of Life of Adults with Common Variable Immune Deficiency has illustrated that COVID-19 disease generated negative effects on health-related quality of life and the risk of anxiety/depression among Primary Antibody Deficiencies patients (Pulvirenti et al., 2020).

Utilizing 36-Item Short Form Survey to determine the influence of COVID-19 on health-related quality of life among people with suspected COVID-19 symptoms from 5 provinces of Vietnam, it was

concluded that participants with Covid symptoms had a lower quality of life than those without Covid symptoms (Nguyen et al., 2020).

In a study done in China, it emphasized the high prevalence of poor quality of life through mental health disorders among the general public under the influence of COVID-19 (Ni et al., 2020). This high rate calls for the implementation of mental health strategies to minimize the negative impact of this disease on the quality of life of the people. Similarly, another study in China also found that the quality of life of the people was affected by Covid-19 (Wang C. et al., 2020).

In a study done in Vietnam, it was found that women and people having chronic conditions were found to have lower quality of life scores (Tran et al., 2020).

The participants living in a family with 3 to 5 members were found to have a higher risk of impaired quality of life than those in households with a smaller size (Tran et al., 2020). The possible explanation is that during the nationwide partial lockdown, people were forced to stay at home and had no income to pay for living expenses; thus, the more people in the family, the higher the financial burden.

In Hongkong, the outbreak of the pandemic has been reported to have damaged the quality of life of the people, mainly coming from the prevention measures set up by the governments (Fernandes, 2020). Social distancing, self-isolation, limited meetings, and lack of interaction directly decelerate the economy and mental health.

Impact of Covid-19 on businesses

According to a report published by WHO (WHO, 2020), a loss of capital flows and a decline in annual charges is decelerating economic conditions. Furthermore, there are also considerable COVID-19 effects in the form of losses faced by global trade and investment practices. Analysis of the impact of COVID-19 on the economy reveals that the world's economy is expected to face further decreases in

volumes and global trade projections because the current situation is worsening day by day. All these result into fear of losses by the business people.

There is a link between the psychology of sustainability, sustainable development, and economic crises because all these depend on the quality of life and related improvement (Rothan and Byrareddy, 2020). Multiple reasons drag the psychology and causes the fear of business people toward losses in profit margins and revenue generated.

Rothan and Byrareddy (2020) used a survey to explore the psychological impact of the ongoing pandemic and found that people suffer from a lack of confidence and from the infection itself. There is less concern about the maintenance of health, as most people do not have access to infection control measures. This in general causes fear to the business people.

Many countries face declining projected global trade and export volumes due to the Covid-19 pandemic. Fetzer et al. (2020) discuss the pandemic's impact on the global economy as self-isolation results in loss of business revenue. Restrictions on consumers being able to purchase ultimately result in an economic downturn.

It has also been reported that COVID-19 has emotionally traumatized individuals; the handling of the situation has reduced their level of comfort, socially, economically, and environmentally, according to Cartwright et al. (2020). The combination of these factors triggers a high level of stress in people's minds, which, meanwhile, affects economic development, as it ruins efforts for developmental projects.

Research hypotheses

The research study tested the following hypothesis:

1. The fear of business loss and quality of life of business people is related

2. Covid-19's impact on the quality of life of people

3. Covid-19's impact on the fear of business loss among business people in Kampala.

Chapter Three

Methodology

This chapter presents the methods that were used in the study. They include research design, population, sample size determination, research instruments, procedures, quality control, data management, data analysis, reliability and validity and anticipated problems.

Research design

A correlation research design was applied in the study so as to establish the relationship between Covid-19 and the quality of life and fear of business loss among the people in Kampala district.

Population

This study was conducted in kabalagala market trading Centre in Kampala district. The population consists of about 140 business owners. The population provided the extract sample size for the study on how business owners were affected during the Covid-19 pandemic.

The sample

The study consisted of 140 respondents from kabalagala market trading Centre which were determined by the Morgan and Krejci's table of standard sample. The researcher used a simple random sampling technique in order to create equal chance for all the participants for selection

Instrument and measurement

The study employed the use of a self-questionnaire. The questionnaire measured the effects of Covid-19 on the quality of life and fear of business loss among the people. The variables were measured among a six-point Likert scale where,1= totally disagree, 2=disagree, 3=disagree a little, 4=agree a little,

5=agree, 6=totally agree. The questionnaire were structured into sections which required the respondent to indicate the degree of agreement with each statement by ticking one of the six alternatives

Procedure

The researcher obtained an introductory letter from the school of Psychology that acknowledged her intention to carry out the study and thereafter was introduced to the business owners in kabalagala market trading Centre. Ethical considerations such as privacy and confidentiality of information was assured

Data management

Data from the questionnaire was coded, cleaned and entered into a statistical computer software SSPSS (Version 26.0) for analyzing and the negatively worded items were reverse coded.

Data analysis

The researcher coded data and transformed it to generate tables of frequencies and percentages showing the respondents personal data and table showing Pearson product moment coefficient which were used to test the relationship between fear of business loss and the quality of life of people during Covid-19.

Limitations.

Some respondents may failed to accept to participate to the study and others may provide false information.

I overcame these limitations by thorough explanation of the study aims to the participants and used a research assistant to help with data collection.

Ethical considerations

Permission was sought and obtained from the respective respondents in the study area. The purpose of the study was first clearly be explained, and respondents were assured of their privacy and Confidentiality. No contacts and real names of the participants was collected.

Voluntary participation of respondents in the research was carried out hence participants had a right to withdraw from the study at any stage if they opted too.

Chapter Four

Data Presentation and Interpretation

Introduction

This chapter presents the research findings an interpretation of results. The correlation between the three variables which examined the examine the level of fear of business loss during Covid-19 among the business people, the level of Quality of people during Covid-19, and the level of fear of loss among business people

Demographic characteristics

Respondents were requested to reveal their gender, age and age of business

Table 1: Demographic Characteristics of Respondents

		Frequency	Valid Percent
Gender	Male	45	33.1
	Female	91	66.9
	Total	136	100.0
Age	Below 26 years	26	20.0
	26 – 30	29	22.2
	31 – 40	50	38.1
	41 – 50	25	19.2
	51 and above	1	0.8
	Total	131	100.0
Age of business	1-5	38	54.2
	6-10	22	31.5
	11-20	7	10
	21-30	2	2.8
	30 and above	1	1.4
	Total	70	100.0

A total of 136 respondents revealed their gender where the female accounted for 91 respondents (66.9%) and male were 45 respondents (33.1%). It was further revealed that majority of respondents were between the age of 31 – 40 who were 38.1%. These were followed by respondents who were between the age of 26 – 30 and accounted for 22.2%. Respondents who were below 26 years were 20% and those that were between 41 – 50 years were 19.2%. Those that 51 and above were 0.8%. Only 70 respondents revealed the amount of time they had been in business, it was revealed that majority of respondents (54.2%) their business had spent between 1 – 5 years in business. It was further revealed that business that had spent 6 – 10 years in business were 31.5%, other business had spent 11 – 20 years (10%). 21 – 30 years were 2.8%. only 1.4% of respondents had spent 30 and above years in business.

Descriptive Statistics

Table 2: Descriptive Statistics of Fear of loss and Quality of Life

	N	Minimum	Maximum	Mean	Std. Deviation
Fear of loss	140	1.00	6.00	3.9129	1.29058
Quality of life	140	1.00	5.79	3.5505	1.01961

The study revealed that the minimum the mean of fear of loss of respondents was 3.9129 with a standard deviation of 1.29058 which shows that there is high fear of loss. It was further revealed that the mean of quality of life was 3.5505 and 1.01961 as the standard deviation. This indicates that the quality of life was high. Also fear of loss was high.

Hypothesis testing

Fear of loss and quality of life

In order to test fear of loss and quality of life, Pearson correlation was used and the result findings are revealed in table 3

Correlations

Table 3: Pearson Correlation between Fear of Loss and Quality of Life

		Fear of loss	Quality of life
Fear of loss	Pearson Correlation	1	-.578**
	Sig. (2-tailed)		.000
	N	140	140
Quality of life	Pearson Correlation	-.578**	1
	Sig. (2-tailed)	.000	
	N	140	140

**. Correlation is significant at the 0.01 level (2-tailed).

Results in Table 5 show that there is a negative significant relationship between fear of loss and Quality of life (r = -0.578**, p<0.01). Therefore, the alternative hypothesis retained and it is concluded that there is a significant relationship between fear of loss and quality of life. This implies that an increase in fear of loss leads to a decrease in quality of life.

Chapter Five

Discussion, Conclusion and Recommendations

Introduction

This chapter presents the discussion of the study findings which were based on the hypotheses generated, the conclusion and recommendations were also put forward

Discussion

The hypothesis stated that there is a significant relationship between fear of loss and quality of life. The results in the study revealed that there is a significant relationship between fear of loss and quality of life among business people in Kampala (kabalagala trading Centre)

The study findings concur with Fernandez, (2020) who revealed that fear of loss in business been recognized as an important psychological factor. The psychological consequences related to loss, or the prospect, may be as disabling as, and sometimes more disabling than the loss itself. People who express fear of loss often express lower confidence in their ability to perform activities without failing than those who are not afraid and they habitually restrict the amount or type of economic activity they undertake, possibly leading to further falls. This is also in line with a Chang et al. (2014) who asserted that comparing people with fear of loss concluded that subjects with fear of loss had lower scores for SF-36 in 8 concepts than non-loss subjects, both for male and female subjects.

Our data are in agreement with Dispatch et al., (2021) who that suggest that individuals with high levels of fear of loss are most likely to experience poor quality of life. They further recognize fear of loss as an important psychological and physical factor that interfere in the quality of life.

The study findings further agree with Zandifar and Badrfam (2020), who assert that Fear of loss can substantially reduce quality of life and independence and so contribute to the placement of an a person's business into bankruptcy. The Fear of loss may reflect a rational appraisal of reduced functional abilities of a person or, alternatively, may be irrational, excessive, or phobic. Excessive fear of loss can lead to needless restriction in participation in business activities resulting in physical deconditioning, poor quality of life, economic isolation, depression, and psychological distress.

Quality of life

The study revealed that there was medium quality of life among people in Kampala (kabalagala trading Centre). This could be because of the covid 19 situation where lockdown disrupted business activities in the area

The study findings agree with Zandifar and Badrfam (2020), there are various ways by which COVID-19 can affect the quality of life. The impact of COVID-19 on psychological sustainability can be examined by observing the changes in people's behavior. More than 80% of people worldwide show more concern about safety as they prefer to reduce physical contact with others.

The study further agrees with Chandler, (2020) who revealed that One COVID-19 impact on individual well-being and quality of life is that compromised work policies make it difficult for employees of a business to survive peacefully. In the same context, multiple changes are observed in the situation experienced globally as the condition of self-isolation makes people less interested in harming the economy.

The study further agrees with Fetzer et al, (2020) Some of the destructive realities associated with coronavirus disease include illness, unemployment, bereavement, long-lasting hardship, and struggle in handling the situation (Fetzer et al., 2020). The current situation has a consistent impact on people's mind-

sets. As a result, there is a need to take corrective measures to allow people to survive with an improved quality of life (Li et al., 2020).

The study findings agree with Tran et al (2020) who reported average scores. However, the rate of having Anxiety/Depression in their study (38.7%) was much higher than that in the compared research averagely 15.2% reported by other studies. The fear of being infected SARS-COV-2, banned outdoor recreation, business recession and concerns of impact of this disease could have been the reasons leading to a higher proportion of poor quality of life. The study further agrees with Pulvirenti et al, 2020 in this study Quality of Life of Adults with Common Variable Immune Deficiency illustrated that COVID-19 disease generated negative effects on health-related quality of life and the risk of anxiety/depression among Primary Antibody Deficiencies patients (Pulvirenti et al., 2020).

Fear of loss

The study further revealed that there was high levels of fear of loss among people of kabalagala trading centre. Due to covid 19 restrictions, a lot of people lost their property which meant that many were skeptical in investing in something which they are not sure will work.

The study findings agree with Chandler (2020) who asserted that the fear of loss is an effect of Covid-19 pandemic due to labor decline, and there is a high chance of an individual facing job loss. This overall situation leads to stress and restricts people in developing the economy sustainably.

The study findings further agree with a study carried out by WHO (2020), a loss of capital flows and a decline in annual charges is decelerating economic conditions causes further fear of loss among individuals in the Western World. Furthermore, there are also considerable COVID-19 effects in the form of losses faced by global trade and investment practices. Analysis of the impact of COVID-19 on the economy reveals that the world's economy is expected to face further decreases in volumes and global

trade projections because the current situation is worsening day by day. All these result into fear of losses by the business people.

Conclusion

The study revealed that there was average quality of life among people of Kabalagala trading centre. It was further revealed that people of Kabalagala trading centre had higher fear of loss due to the covid 19 lockdown. Lastly the study found a significant relationship between fear of loss and quality of life among people of

Recommendations

Governments should provide soft loans to people in order in reduce on the perception of loss that an individual might find in order to encourage people to try out new areas of work with minimal fear of losing money. This will help in uplifting the quality of life of the people.

Another recommendation is to encourage risk free investments that is ensuring that government provides insurance services to people who are undertaking business ventures. This will put a fallback position for people with high fear of loss, as they will be assured that once they lose money they can easily be compensated for the money.

Also in order to reduce fear of loss, people need to carryout thorough research on a business before they start the business, this will help in reducing the uncertainties that are involved in running a business, this will ensure that they have the knowhow and know who that are responsible for ensuring that business ventures survive.

Business training need to be passed on to people in order to train people on how to run business efficiently, this will ensure that the prospect of loss is lessened as people will know what to do. This will overtime improve on the quality of life of the people.

Areas for future research

       It is important to examine how the different components of fear of loss each independently affect quality of life. This will help in finding ways to examine how these components can be work on effectively rather than working on fear of loss wholly which is a very big area to examine.

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Appendices

Appendix 1: Questionnaire

Dear Sir/ Madam,

You are invited to participate in this study assessing the effects of covid-19 pandemic on the quality of life and fear of business loss among business people in Kampala. The questionnaire will take you 10 – 20 minutes to complete. Your responses will be kept anonymous and confidentially. You are required to work quickly through the items, giving your first intuitive response. There are no wrong and right answers. Before you proceed to respond, kindly indicate below if you consent to participate in this study.

Thank you very much for your time.

Indicate if you consent to participate in this study: _____ Yes _____No

    1. Indicate the entrepreneurial activity/ business you are engaged in?

    2. Industry sector to which your business belongs (circle the most appropriate option)

a) Agriculture
b) Forestry
c) Fishing
d) Mining & Quarrying
e) Food processing
f) Other manufacturing
g) Utilities
h) Construction
i) Trade
j) Transport and storage
k) Accommodation & Food Services (hotel and restaurants)
l) Information & Communication
m) Financial and insurance (including mobile money)
n) Real estate and business
o) Educational Social Services
p) Recreation, entertainment & Personal services
q) Health services
r) Not for profit business (e.g. CBO)
s) Telecommunication
t) Other (specify)

Psychological Capital Kindly indicate your level of agreement with the following sentences		Totally disagree	Disagree	Disagree a little	Agree a little	Agree	Totally agree
PC1	I feel confident in representing my ideas in meetings with important people	1	2	3	4	5	6
PC2	I feel confident contributing to discussions about the issues that affect our Community	1	2	3	4	5	6
PC3	I feel confident presenting information to a group of colleagues	1	2	3	4	5	6
PC4	If I should find myself in a bad situation, I could think of many ways to get out of It	1	2	3	4	5	6
PC5	Right now, I see myself as being pretty successful in life	1	2	3	4	5	6
PC6	I can think of many ways to reach my current goals	1	2	3	4	5	6
PC7	At this time, I am meeting the goals that I have set for myself	1	2	3	4	5	6
PC8	I can be "on my own," so to speak, in life if I have to	1	2	3	4	5	6
PC9	I tend to move on despite stressful things in life	1	2	3	4	5	6
PC10	I can get through difficult times in life because I have experienced difficulty Before	1	2	3	4	5	6
PC11	I always look on the bright side of things regarding my life	1	2	3	4	5	6
PC12	I am optimistic about what will happen to me in the future as it pertains to life	1	2	3	4	5	6

Social Capital Kindly indicate your level of agreement with the following sentences		Totally disagree	Disagree	Disagree alittle	Agree a little	Agree	Totally agree
SC1	There is someone I can turn to for advice about making very important Decisions	1	2	3	4	5	6
SC2	I am optimistic about what will happen to me in the future as it	1	2	3	4	5	6
SC3	There is someone I can turn to for advice about making very important Decisions	1	2	3	4	5	6
SC4	There is no one that I feel comfortable talking to about confidential personal Problems	1	2	3	4	5	6
SC5	If I need support with my business, I know someone I can turn to	1	2	3	4	5	6
SC6	The people I interact with would do anything for me	1	2	3	4	5	6
SC7	The people I interact with would share their last shilling with me	1	2	3	4	5	6
SC8	The people I interact with would help me fight an injustice	1	2	3	4	5	6
SC9	Interacting with people makes me want to try new things	1	2	3	4	5	6
SC10	Interacting with people makes me feel like part of a larger community	1	2	3	4	5	6
SC11	Interacting with people makes me feel connected to the bigger picture	1	2	3	4	5	6
SC12	Interacting with people reminds me that everyone in the world is connected	1	2	3	4	5	6
SC13	Interacting with people gives me new people who can support my business	1	2	3	4	5	6
SC14	Even during the lockdown, I continue to get in contact with new people who are helpful to my business	1	2	3	4	5	6
Ambiguity Intolerance							
AI1	I find it difficult to function without clear directions and instructions	1	2	3	4	5	6
AI2	I prefer specific instructions to broad guidelines	1	2	3	4	5	6
AI3	I tend to get anxious easily when I don't know the likely outcome	1	2	3	4	5	6
AI4	I feel stressful when I cannot predict consequences	1	2	3	4	5	6

Entrepreneurial Alertness								
EA1	Alertness: I have frequent interactions with others to acquire new business information	1	2	3	4	5	6
EA2	I always keep an eye out for new business ideas when looking for information	1	2	3	4	5	6
EA3	I read news, magazines, internet, or trade publications regularly to acquire new information	1	2	3	4	5	6
EA5	I am an avid information seeker	1	2	3	4	5	6
EA6	I am always actively looking for new business information	1	2	3	4	5	6
EA7	I easily see links between seemingly unrelated information	1	2	3	4	5	6
EA9	I often see connections between previously unconnected domains of information	1	2	3	4	5	6
EA10	I am always alert to potential business opportunities	1	2	3	4	5	6
EA11	I can distinguish between profitable opportunities and not-so-profitable opportunities	1	2	3	4	5	6
EA12	I can identify high-value business opportunities	1	2	3	4	5	6

Assessment of success of the business before the COVID-19 pandemic	Totally disagree	Disagree	Disagree a little	Agree a little	Agree	Totally agree
Before the COVID-19 lockdown, I was happy with …						
SB1 ..... my business? profitability/ returns	1	2	3	4	5	6
SB2 ..... the amount of sales/ turn over per months	1	2	3	4	5	6
SB3 ..... the growth in profits	1	2	3	4	5	6
SB4 ..... the expansion of the business	1	2	3	4	5	6
SB5 ..... the relationships with my customers (customers image and attitude towardsyour business)	1	2	3	4	5	6
SB6 ..... the level of your employees? satisfaction	1	2	3	4	5	6
SB7 ..... your work-life balance (amount of free time you were getting)	1	2	3	4	5	6
SB8 ..... your level of autonomy (freedom to make your own decisions)	1	2	3	4	5	6
SB9 ..... the social contribution of your business to the community	1	2	3	4	5	6
SB10 ..... personal development	1	2	3	4	5	6
SB11 ..... personal financial stability	1	2	3	4	5	6
SB12 ..... ability to afford the costs of living (buying what you needed in life)	1	2	3	4	5	6

Fear of loss	Totally disagree	Disagree	Disagree a little	Agree a little	Agree	Totally
During the lock down,						
FL1 I was afraid that the value of my business would drastically decline	1	2	3	4	5	6
FL2 I was afraid that I wouldn't be able to open my business again or soon	1	2	3	4	5	6
FL3 I feared that I wouldn't be able to repay my business loans/debts	1	2	3	4	5	6
FL4 Was not able to meet the business operational costs such as rent	1	2	3	4	5	6
FL5 I worried that my stock and or business assets would get spoilt	1	2	3	4	5	6
FL6 The future of my business was uncertain	1	2	3	4	5	6
FL7 I worried that very few people will be interested in my stock after reopening	1	2	3	4	5	6
FL8 I was frightened that the chances of my business failing were becoming high	1	2	3	4	5	6
FL9 I thought I would quit business after the lockdown because I could no longer manage to operate it	1	2	3	4	5	6

FL10	I was afraid of losing my workers due to unpaid salaries	1	2	3	4	5	6

Psychological Well-being

PWB1	I tend to be influenced by people with strong opinions	1	2	3	4	5	6
PWB2	I have confidence in my opinions, even if they are contrary to the general consensus	1	2	3	4	5	6
PWB3	I judge myself by what I think is important, not by the values of what others think is important	1	2	3	4	5	6
PWB4	In general, I feel I am in charge of the situation in which I live	1	2	3	4	5	6
PWB5	The demands of everyday life often get me down	1	2	3	4	5	6
PWB6	I am quite good at managing the many responsibilities of my daily life	1	2	3	4	5	6
PWB7	I think it is important to have new experiences that challenge how you think about yourself and the world	1	2	3	4	5	6
PWB8	For me, life has been a continuous process of learning, changing, and growth	1	2	3	4	5	6

PWB9	I gave up trying to make big improvements or changes in my life a long time Ago	1	2	3	4	5	6
PWB10	Maintaining close relationships has been difficult and frustrating for me	1	2	3	4	5	6
PWB11	People would describe me as a giving person, willing to share my time with others	1	2	3	4	5	6
PWB12	I have not experienced many warm and trusting relationships with others	1	2	3	4	5	6
PWB13	I live life one day at a time and don`t really think about the future	1	2	3	4	5	6
PWB14	Some people wander aimlessly through life, but I am not one of them	1	2	3	4	5	6
PWB15	I sometimes feel as if I`ve done all there is to do in life	1	2	3	4	5	6
PWB16	When I look at the story of my life, I am pleased with how things have turned Out	1	2	3	4	5	6
PWB17	I like most aspects of my personality	1	2	3	4	5	6
PWB18	In many ways, I feel disappointed about my achievements in life	1	2	3	4	5	6

State Anxiety

Indicate how you felt during the peak days of the COVID-19 pandemic

		Not at all	Rarely	Sometimes	About half of the time	Most of the time	Very much
SA1	I felt calm	1	2	3	4	5	6
SA2	I was tensed	1	2	3	4	5	6
SA3	I felt nervous	1	2	3	4	5	6
SA4	I had feelings of pleasantness	1	2	3	4	5	6

Trait Anxiety

In your life generally, how do you generally feel about yourself

		Almost never	Very rarely	Rarely	Occasionally	Very frequently	Almost always
TA	I tend to get tired of things/ situations quickly	1	2	3	4	5	6
TA	I worry too much over something that really doesn't matter	1	2	3	4	5	6
TA	Some unimportant thoughts run through my mind and bothers me	1	2	3	4	5	6
TA	I am a steady person	1	2	3	4	5	6

General Health

		Totally disagree	Disagree	Disagree a little	Agree a little	Agree	Totally

During the COVID-19 pandemic, I ….....							
GHQ1	…. was not able to concentrate on whatever I was doing	1	2	3	4	5	6
GHQ2	…. lost sleep because of worrying	1	2	3	4	5	6
GHQ3	…. was able to playing a useful part	1	2	3	4	5	6
GHQ4	…. was capable of making decisions	1	2	3	4	5	6
GHQ5	…. felt constantly under strain	1	2	3	4	5	6
GHQ6	…. was not able to overcome difficulties	1	2	3	4	5	6
GHQ7	…. was able to enjoy day-to-day activities	1	2	3	4	5	6
GHQ8	…. was able to face problems	1	2	3	4	5	6
GHQ9	…. felt unhappy and depressed	1	2	3	4	5	6
GHQ10	…. lost my confidence	1	2	3	4	5	6
GHQ11	…. was thinking of self as worthless	1	2	3	4	5	6

GHQ12	…. felt reasonably happy	1	2	3	4	5	6
Quality of Life *Taking everything into consideration, during the COVID-19 pandemic, how satisfied were you with your…...*		Not satisfied atall	Slightly satisfied	Somehowsatisfied	Fairly satisfied	Very satisfied	Extremelysatisfied
QL1	…. physical health?	1	2	3	4	5	6
QL2	…. mood	1	2	3	4	5	6
QL3	…. work?	1	2	3	4	5	6
QL4	…. household activities?	1	2	3	4	5	6
QL5	…. social relationships?	1	2	3	4	5	6
QL6	…. family relationships?	1	2	3	4	5	6
QL7	…. leisure time activities?	1	2	3	4	5	6
QL8	…. ability to function in daily life?	1	2	3	4	5	6
QL9	…. sexual drive, interest and/or performance?	1	2	3	4	5	6
QL10	…. economic status?	1	2	3	4	5	6
QL11	…. living/housing situation?	1	2	3	4	5	6

QL12	.... your vision in terms of ability to do work or hobbies?	1	2	3	4	5	6
QL13	.... overall sense of wellbeing?	1	2	3	4	5	6
QL14	.... How would you rate your overall life satisfaction and contentment during the peak of the COVID-19 pandemic?	1	2	3	4	5	6

Psychological Vulnerability

On a scale of 1-6 where 1= 'Strongly Disagree and 6 = 'Strongly Agree'; indicate your level of agreement with the following

		1	2	3	4	5	6
PV1	If I don't achieve my goals, I fee l like a failure as a person						
PV2	I feel entitled to better treatment from others than I generally receive						
PV3	I am frequently aware of feeling inferior to other people						
PV4	I need approval from others to feel good about myself						
PV5	I tend to set my goals too high and become frustrated trying to reach them						
PV6	I often feel resentful when others take advantage of me						

Gender: Male_____   Female _____

Age (years):

_____

District in which you live

_____

Age of business (for how long has your business been in operation) _____

Contact (Optional): Indicate your phone or email if it's okay to contact you for an in-depth interview

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Thank you for your time

Appendix 2: Krecijie and Morgan Chart

N	S	N	S	N	S
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	196	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	1000000	384

Note.—*N* is population size. *S* is sample size.

Source: Krejcie & Morgan, 1970

Appendix 3: Work plan

Activity	Time frame
1. Topic selection and problem identification	May 2022
2. Writing research proposal	Jun 2022-Jul 2022
3. Final proposal submission	Aug 2022
4. Data Collection	Sept 2022
5. Data analysis and report writing	Oct 2022
6. Submission of research report	Nov 2022

Appendix 4: Budget

No	Item	Quantity	Unit Cost	Amount (Ugx)
1	Flask disk	1	25,000	25,000
2	Ream of paper	1	25000	25,000
3	Printing		500	30,000
4	Transport	-	5,000	100,000
6	Binding	2	10,000	20,000
	GRAND TOTAL			**200,000 /=**