



## Executive Sumary

2

## **Executive Summary of Factors influencing our Emotional Wellbeing**

## Emotional wellbeing of South Africans is low

- The highest fear remains the contraction of a severe form of the Virus
- Social distress remains high with three in four people showing concern about the livelihoods of their friends and family.

### Exercise as a stress release

- The relaxation of exercise restrictions have given many people the opportunity to exercise outside of their homes, and up to 50% of respondents have taken advantage of this. Exercising outside gave them the opportunity to lower their levels of stress, anxiety and other negative emotional states.
- Many respondents feel that the exercise restrictions do not make sense, and that it will not keep South Africans safe. Nearly 50% of people observed high levels of congregation in public spaces from 6:00-9:00 and believe that the restrictions should be relaxed due to the high level of congregation.

### Education is very inconsistent across communities

- Role confusion contributes to this sense of social distress, and nearly 60% of parents experience increased levels of stress because of double roles at home including working and assist their children with schoolwork during the day.
- Many parents note that their children do not have the resources to assist with schooling at home.
- Up to a third of parents note that their educational facility did not make any arrangements with them to continue the curriculum whilst staying at home.
- A large proportion of parents agree that their **children should repeat the school year in 2021**, as too much time has been lost due to the pandemic. Concerns about their children's education and being left behind are high.



## **Executive Summary of Factors influencing Food Security**

## Unemployment and loss of financial security

- Unemployment and the subsequent loss of income remains key concerns of South Africans and has a direct impact on food security.
- Many people do not have the financial means to **continue paying their rent or bonds** should the current financial situation persist.
- A large proportion of people are borrowing money from friends, family, employers, or mashonisas'. Prior to the COVID-19 pandemic, South Africa had R1,75 trillion in outstanding debt, and 25,7 million South Africans had a credit card, personal, vehicle, home or retail loan. High unemployment and low incomes force many people to take on debt to maintain their daily living expenses which drives many into unmanageable debt. Further to this, four in ten respondents made financial arrangements with institutions for later payment, and 21% applied for a payment holiday.

## Food security

- Food security at a household level is low, and one in three adults went to bed hungry as they did not have enough food to eat in their homes. A fifth of respondents lost weight during the COVID-19 period because of lack of food.
- Food security is not only a concern for vulnerable communities, with half of those in suburbs/ metro areas noting that they are concerned about the amount of food in their homes. Nearly 40% of adults in these areas also reduced their portion sizes or meal frequencies due to a limited amount of food in the home.
- Qualitative feedback from the Ask Afrika COVID-19 Passageways results indicated at the onset of the lockdown, adults would start eating less, or only once a day in order to ration the amount of food for the duration of the lockdown.





## How does COVID-19 affect South Africans emotional response?

For the past 4 weeks, about a quarter of citizens said that they were "managing". Levels of optimism are now close to zero, after almost 7 weeks of lockdown.

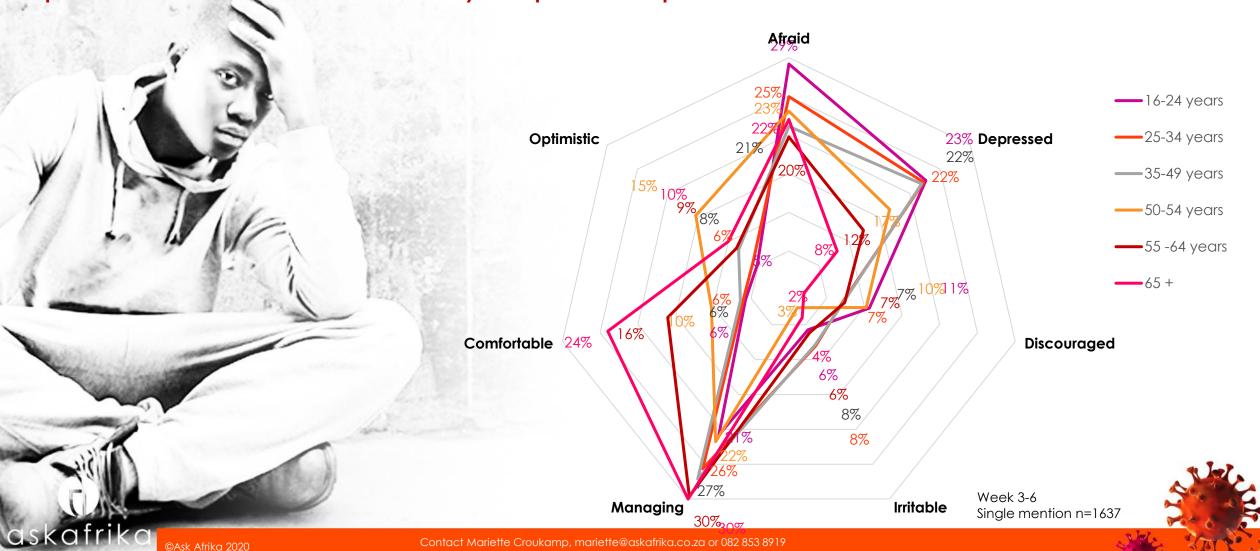
Managing Week 3 -Week 4 ---Week 5 ---Week 6 Week 1 52% **Afraid** 30% Week 2 24% 25% 43% 24% 20% **Optimistic Depressed** Week 3 26% 15% 19% Week 4 26% Week 5 23% 26% 26% **25%** 23% 8% 9% 10% Managing **Discouraged** Week 6 5% 25% 7% 8% 9% 9% Comfortable Irritable Single mention n=2446 Single mention n=809

**COVID-19: Week 3 – 6** 

## The youth show the highest levels of fear, depression, and discouragement.

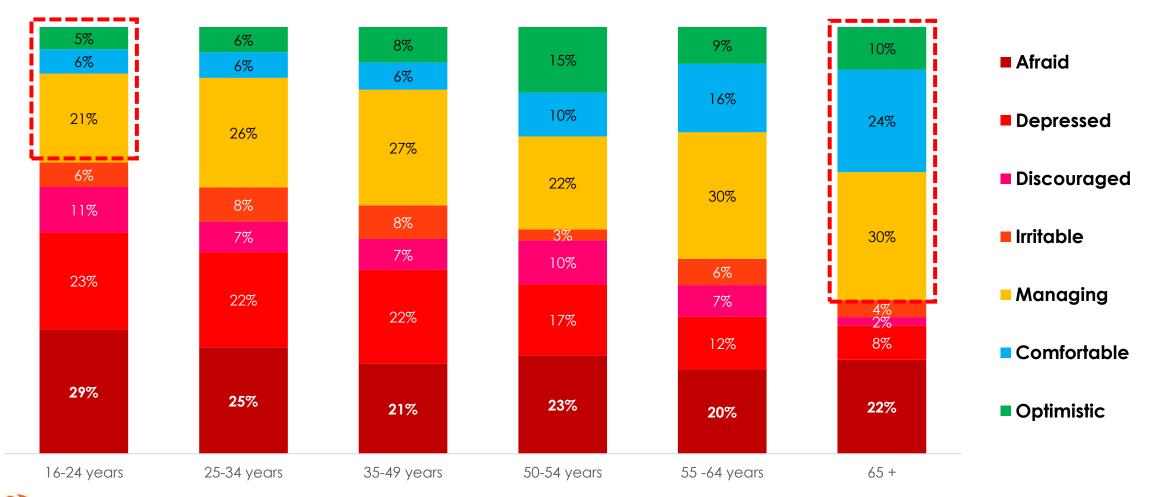
**COVID-19: Week 3 – 6** 

Respondents older than 65 are the least likely to experience depression and are the most comfortable.



## The 65+ age group are doing twice as well as the 24- age group

## **COVID-19: Week 3 – 6**

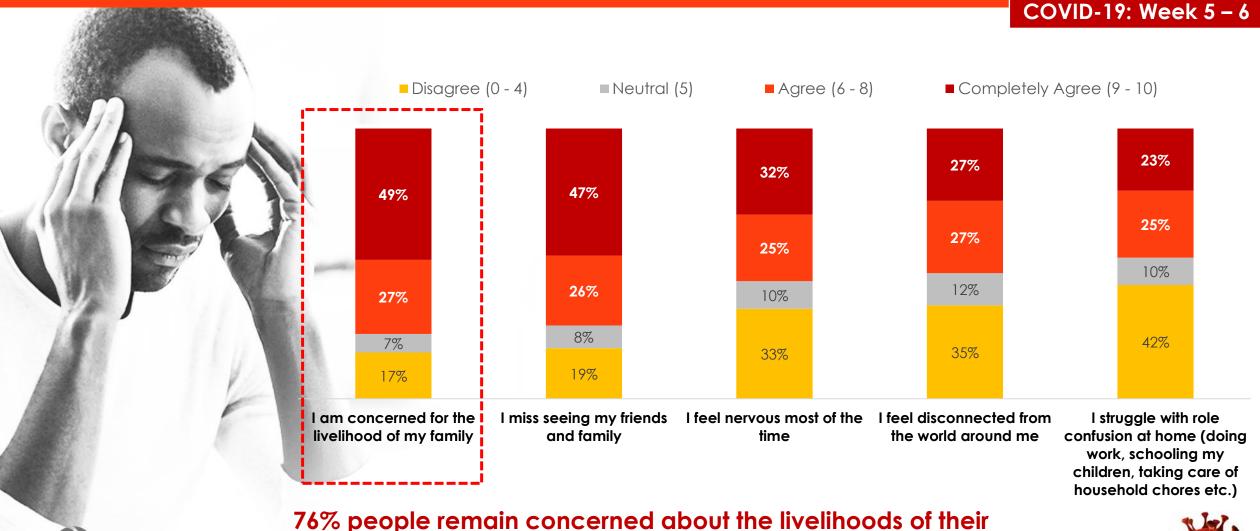




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Single mention n=1637

**Social distress** remains high amongst respondents. Most people miss social interactions, and long for engagement with friends and family. A large proportion of people feel anxious most of the time and experience role confusion which contributes to social distress.



family and social distress remains high

## Biggest concern during the lockdown remains infection with the Covid19 virus

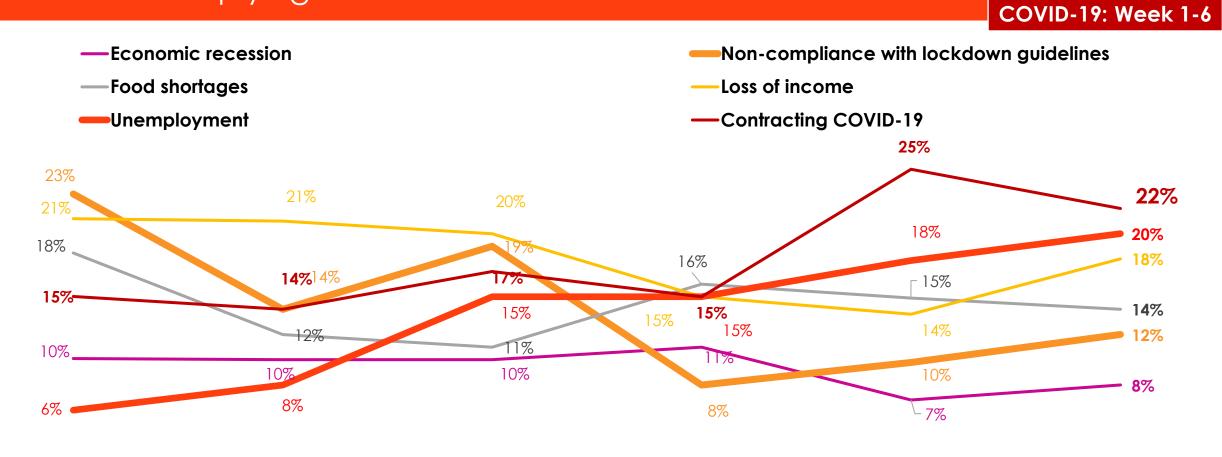
COVID-19: Week 6



- The fear of actually contracting the Virus jumped by 14% since the 1st of April and remains the biggest concern for many people.
- The fear of unemployment and subsequent loss of income increased from the previous week.
- People are consistently concerned about the amount of food in their homes.



Whilst concerns about contracting the virus remain the highest fear, the fear of unemployment has tripled over the lockdown period. Encouragingly, the fear of citizens not complying with lockdown has halved.





Week 1

Open ended response n=2446

Week 6

Week 4

Week 5

Week 3

Week 2

## Biggest concern during the lockdown

Concerns about **contracting the virus** remains high, with many people anticipating that the case progression will increase significantly. Further to this people are fearful that family members may contract the virus when they go to work or the shops.

COVID-19: Week 6



Contracting the disease and having to quarantine in a government hospital.

The cases that will **rise exponentially** 

The virus still spreading with **no known vaccine** 

The spread of virus in townships

Food security and contracting COVID-19 while going to top up. Many supermarkets where I am **do not offer online shopping** so its always **scary going to the shops**.



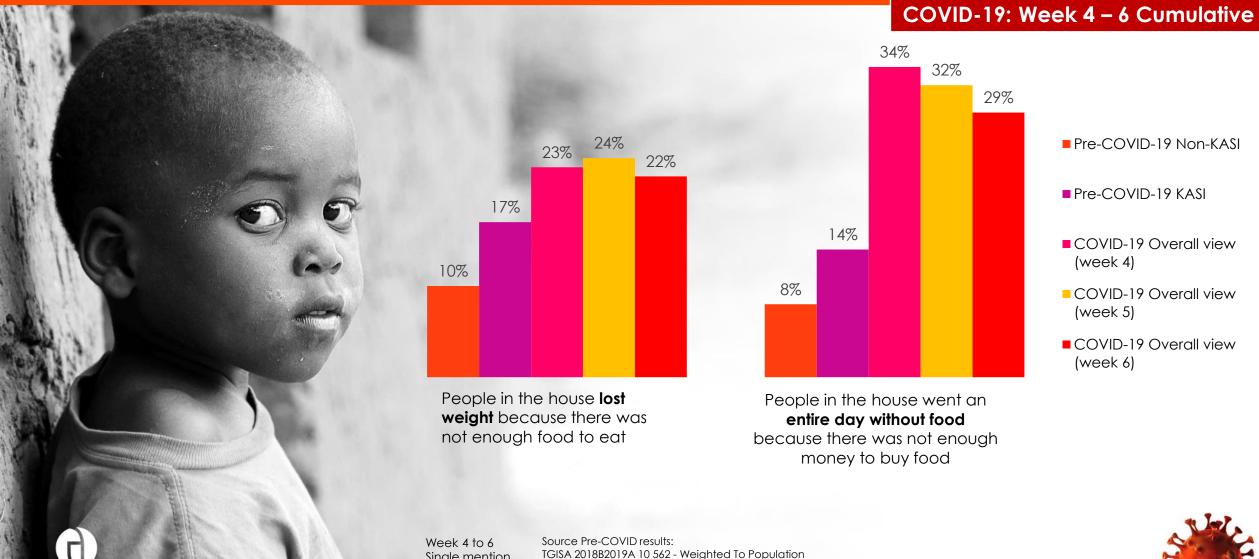
Open ended response n=2446

## Food Security is low in South Africa-29% of people go an entire day without food

Single mention

n=1222

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Weighted to: 26 980 000 South Africans

## Food Security during the lockdown remains poor

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across South Africa, with lower food security in township areas. Four in ten township consumers and three in ten metropolitan consumers mentioned that they lost weight because there was not enough food in the home.



Financial resources are dwindling rapidly with the majority of citizens taking new loans

COVID-19: Week 4 – 6 Cumulative I have started using my savings A large proportion of people have borrowed Borrowed money from family, friends or money to sustain their 45% employer livelihoods, while many have made arrangements Made arrangements for later payment 44% for later payment or payment holidays. I don't have any means of financial assistance 40% I don't need any means of financial assistance 34% l cancelled non-essentials like car insurance 29%



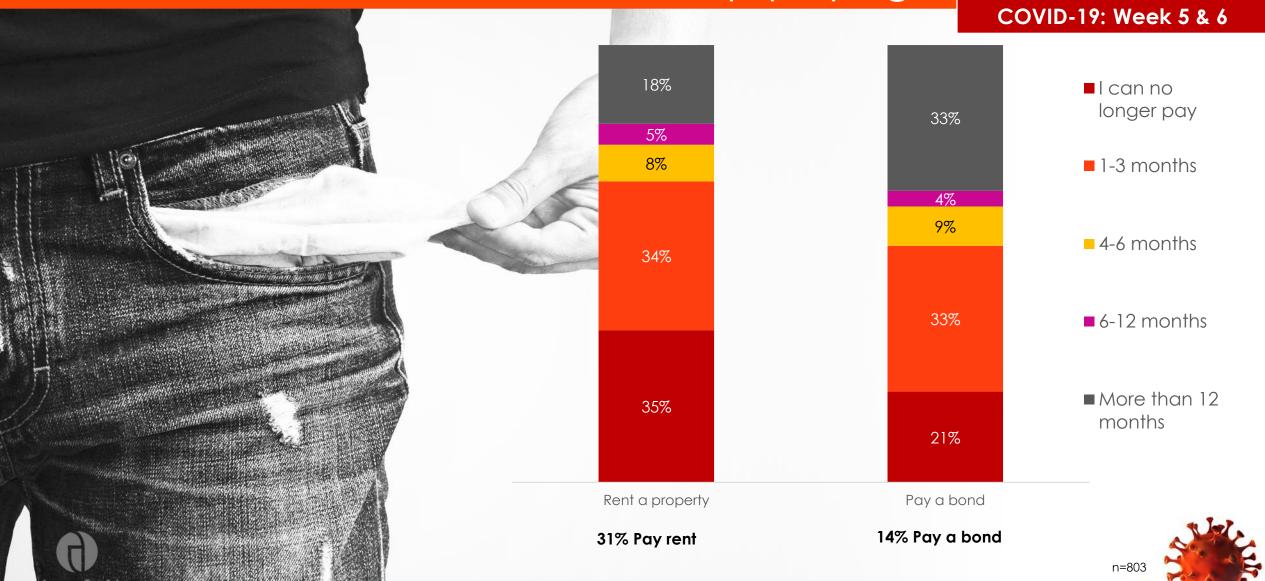
Week 4 - 6 Multi mention

Applied for a payment holiday offered by credit providers

Borrowed money from a mashunisa

19%

## A third of people are no longer able to pay their rent due to the lockdown, another 34% will stop paying within 3 months.

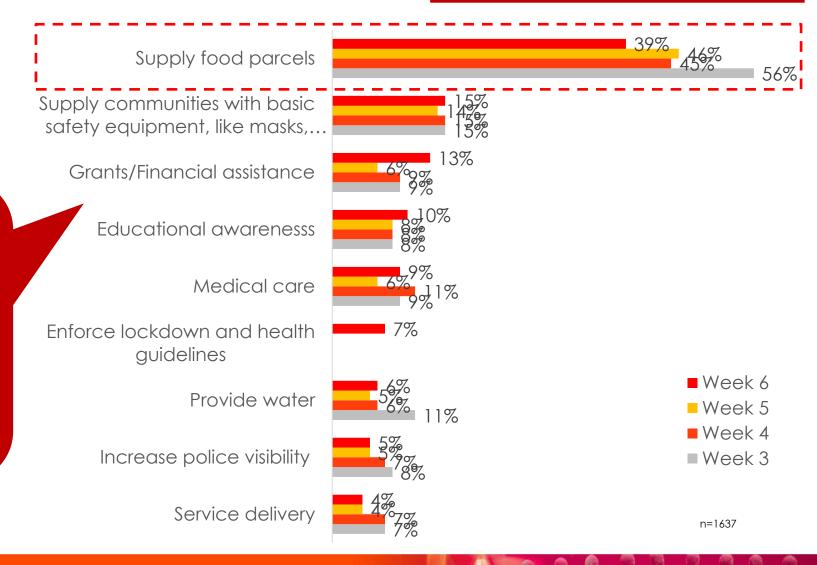


## Perceptions on how Government can assist township and

rural communities—The need for food parcels has dropped by 17% in 3 weeks. The need for grants has risen. The need for education awareness is on the rise.

COVID-19: Week 3 – 6 Cumulative

Most importantly this virus needs to be explained in the different languages how it came about and how to prevent getting sick and why government is taking drastic measures. Many of the people in SA don't understand how the virus came about and why certain laws are put in place now. Hence, they are not obeying.



The Food Relief Process receives much comment for improvement

COVID-19: Week 3 - 6 Cumulative

Distribute food parcels to all vulnerable people without looking at race or origin. Give people food because we are hungry, we don't work now. So no work no pay that's how we live here

Better coordinated food parcel deliveries.

Government must give us **free food vouchers** because food parcels
distribution is not fair

Ensure enough food parcels arrive in time. Encourage private donations and have less legislation.

Door to door education and handing out of food parcels

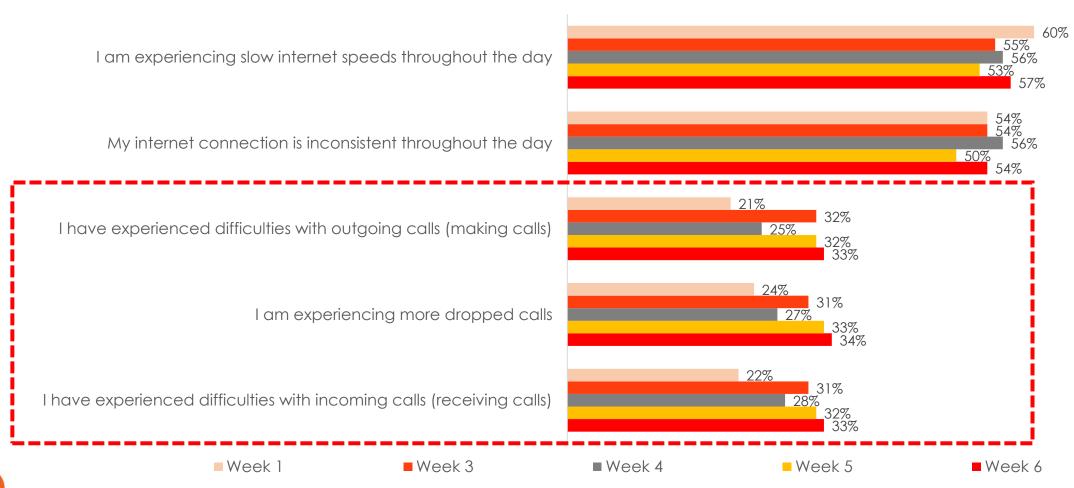
Give them food vouchers instead of making poor people queue in long lines for food parcels

n=1637

Internet Inconsistency has been a continuous issue to half of all citizens since the start of lockdown. Poor voice call quality has become an increasing issue during lockdown.

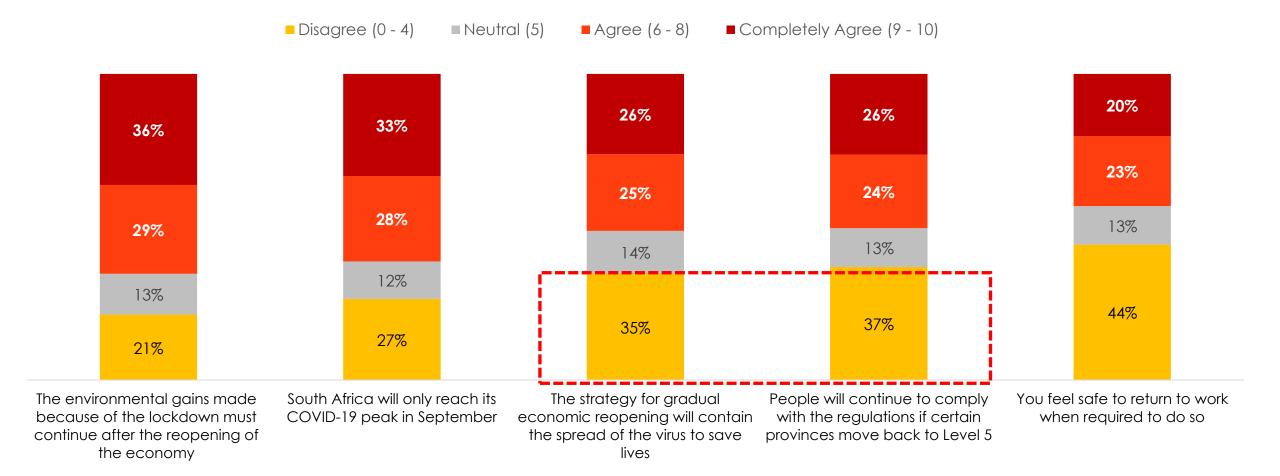
**COVID-19: Week 1, 3 to 6** 

## Network speed and quality



People are conflicted about the partial economic reopening. 35% believe the gradual re-opening contains the Virus, whilst an equal number (37%) will not comply with regulations, if moved back to Level 5

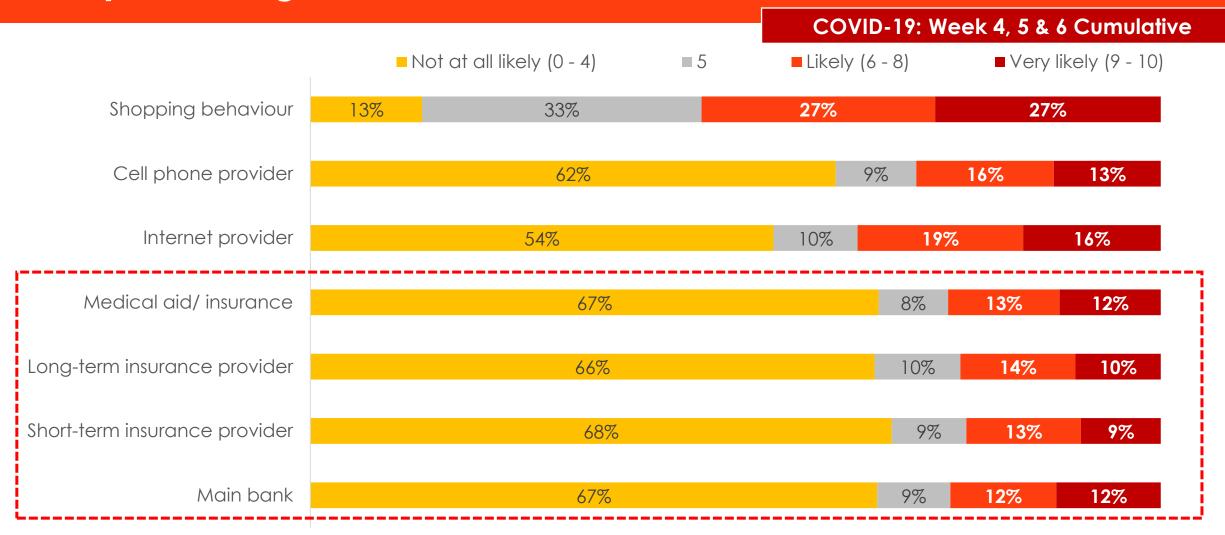
COVID-19: Week 5 & 6





n=819

## Consumers of financial services and telco sectors seem to be least unlikely to change their commercial behaviour





## Business of the week has seen a large uptick in financial services companies - companies that impressed customers with their response to the

Services companies - companies that impressed customers with their response to the pandemic

COVID-19: Week 1 – 6 Cumulative

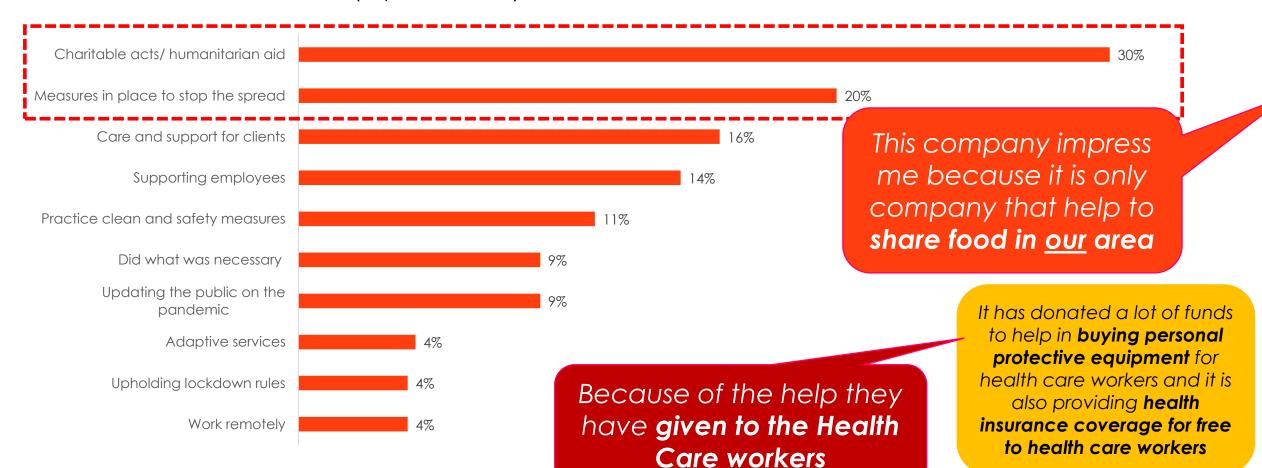
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
TOP 3	<ul><li>Government</li><li>Motsepe Foundation</li><li>Pick n Pay</li></ul>	<ul><li>Government</li><li>Motsepe Foundation</li><li>Shoprite</li></ul>	<ul><li>Government</li><li>Shoprite</li><li>Motsepe Foundation</li></ul>	<ul><li>Government</li><li>Shoprite</li><li>Motsepe</li><li>Foundation</li></ul>	<ul><li>Government</li><li>Shoprite</li><li>Pick n Pay</li></ul>	<ul><li>Government</li><li>Pick n Pay</li><li>Old Mutual</li></ul>
Food retail in top10	<ul><li>Shoprite</li><li>Pick n Pay</li><li>SPAR</li><li>Woolworths</li></ul>	<ul><li>Shoprite</li><li>Pick n Pay</li><li>SPAR</li><li>Woolworths</li></ul>	<ul><li>Shoprite</li><li>Pick n Pay</li><li>Checkers</li><li>SPAR</li></ul>	<ul><li>Shoprite</li><li>Pick n Pay</li><li>Checkers</li><li>SPAR</li></ul>	<ul><li>Shoprite</li><li>Pick n Pay</li><li>Checkers</li><li>SPAR</li></ul>	<ul><li>Pick n Pay</li><li>Spar</li><li>Shoprite</li></ul>
Telco in Top10	<ul><li>Vodacom</li><li>Telkom</li></ul>	• Vodacom	Vodacom	• Vodacom	<ul><li>Telkom</li><li>Vodacom</li></ul>	• Vodacom
Banks/ Financial in Top10	• SBSA	<ul><li>SBSA</li><li>ABSA</li></ul>	• FNB	• SBSA	• SBSA	<ul><li>Old Mutual</li><li>Standard Bank</li><li>FNB</li></ul>
Pharma in Top10	• Clicks	• Clicks	•	• Clicks	• Dischem	• -
Other	• -	• -	• -	• DSTv	• DSTv	<ul> <li>World Health         Organisation     </li> </ul>
Product	• -	• -	Coca Cola	Coca Cola	• -	Coca Cola

## Business of the week-

reputation was built through charitable acts and practicing safety measures

COVID-19: Week 1 - 6 Cumulative

Main reasons across brands (Top 10 reasons)



Top mentions Open ended response

## 7 weeks into lockdown nearly half of all children have inadequate or no teaching access. Parents struggle with home schooling- about half have no resources or skills to help their children

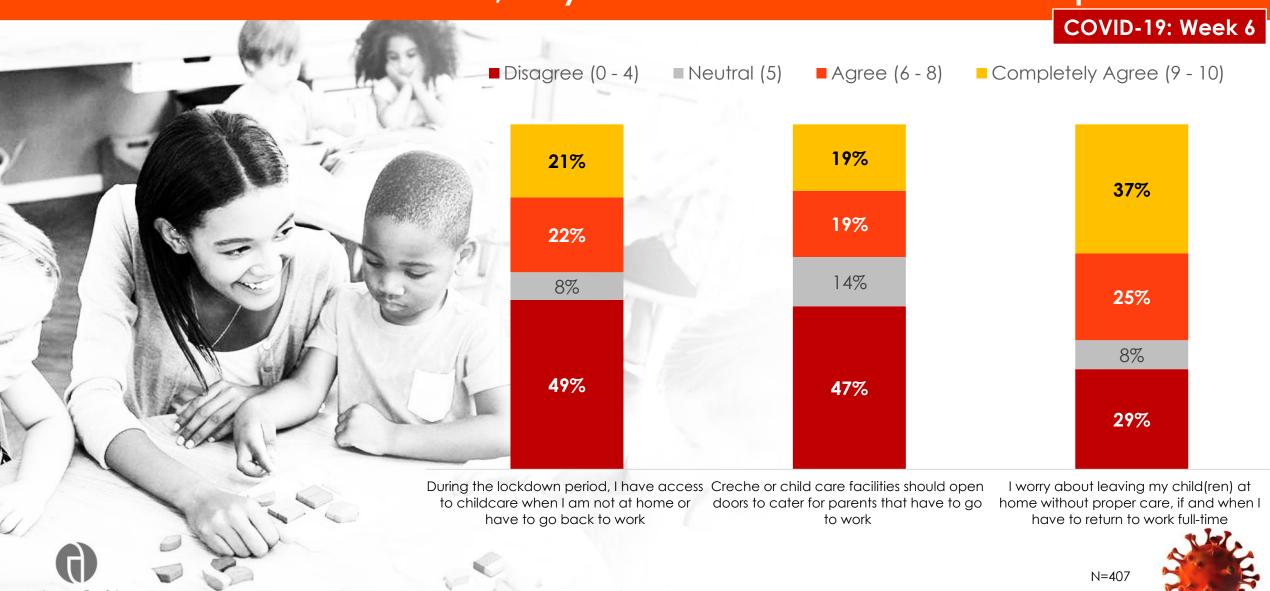
■ Disagree (0 - 4) ■ Agree (6 - 8) ■ Neutral (5) ■ Completely Agree (9 - 10) I have the necessary resources to assist with my child's schooling 45% 13% 26% 17% at home I have the necessary resources at home such as a printer, 111% 43% 27% 19% stationery, laptop, tablet etc to do my studies I/My kids have access to online schooling/educational facilities 45% 9% 26% 21% My educational facility or my child(ren) school(s) have made arrangement with us to continue with the curriculum whilst 37% 11% 30% 22% staying at home I know where to find educational activities for my child (ren) 36% 13% 27% 24% 0% 20% 40% 60% 80% 100%



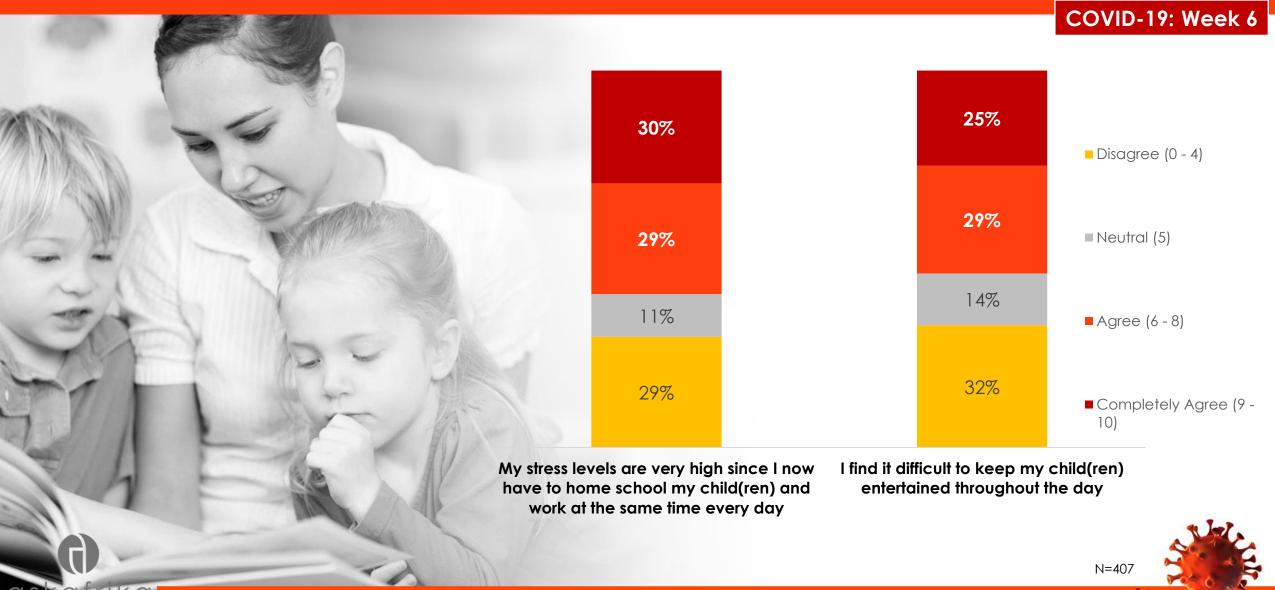
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COVID-19: Week 6

## Childcare is a paradoxical dilemma for parents. Whilst half don't have childcare, they also don't trust the facilities to open



## Parents significantly struggle in trying to home-school their children and in entertaining their children.



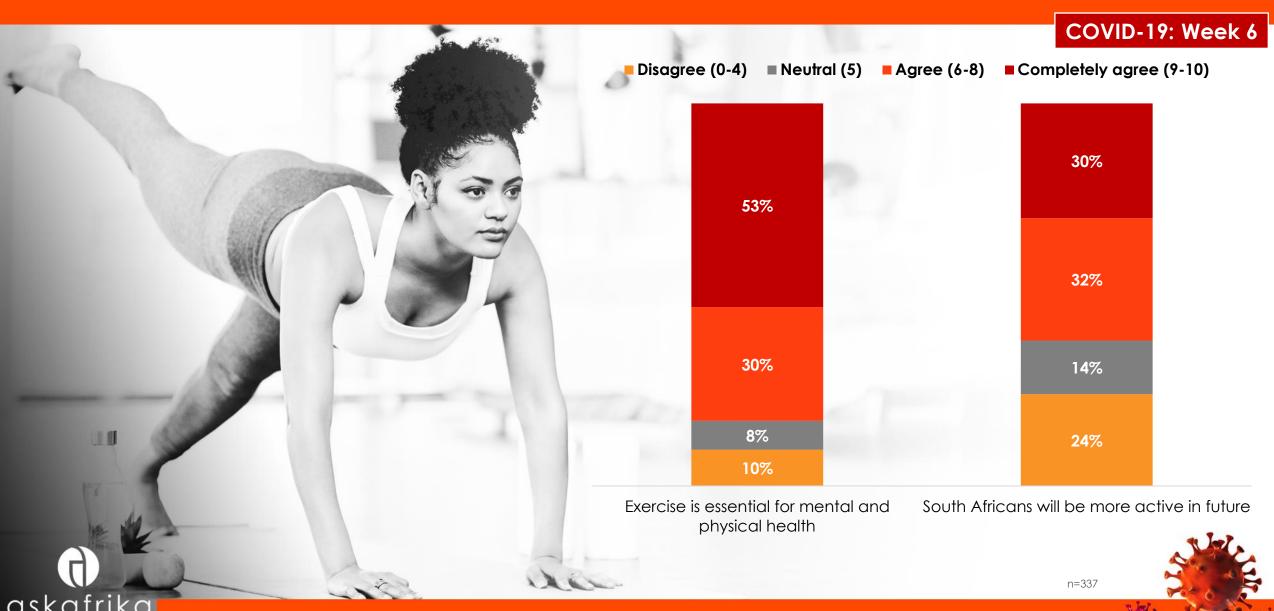
Contact Mariette Croukamp, mariette@askafrika.co.za or 082 853 8919

Nearly two-thirds of parents think that the 2020 academic year should be repeated

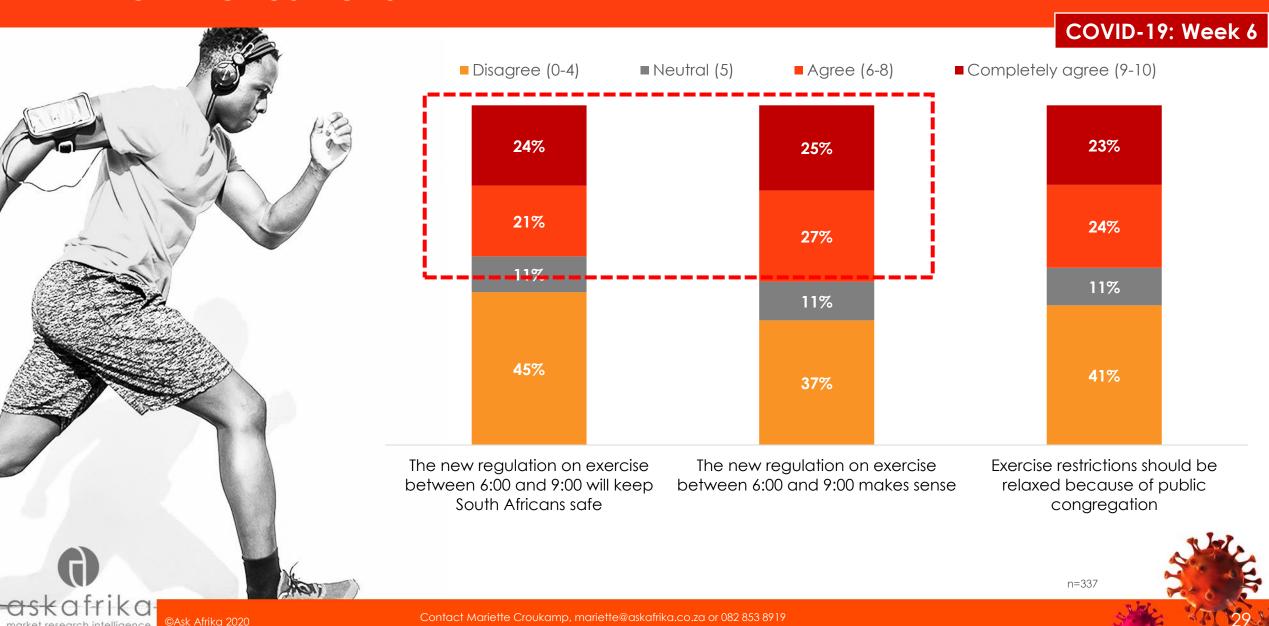
academic year should be repeated COVID-19: Week 6 Disagree (0 - 4) ■ Neutral (5) ■ Agree (6 - 8) ■ Completely Agree (9 - 10) I think we/ the children will lose too much time in 2020 due to the pandemic and the school 21% 14% 26% 38% year must be repeated in 2021 I am more worried about my child(ren)'s 21% 46% education due to the pandemic When the school's or tertiary education facilities reopen, I am confident that there will be 42% 14% 20% 23% enough masks and sanitation equipment available to keep safe and healthy

N=407

## 83% agree that exercise is essential for mental & physical health



## Exercise restrictions make sense to 52% of citizens, whilst 45% agree with the time restriction



## The physically active citizens have more than doubled during lockdown, from 20% before to the current 50%

59%

agree that people follow the guidelines as set out by Government (incl. wearing a mask, not exercising in groups, following the set times)

Suburb/ Metro area 52% | Township/Informal | settlement 63%



exercised outside of home since the lockdown regulations have been relaxed

Suburb/ Metro area 46% | Township/Informal settlement 53%

48%

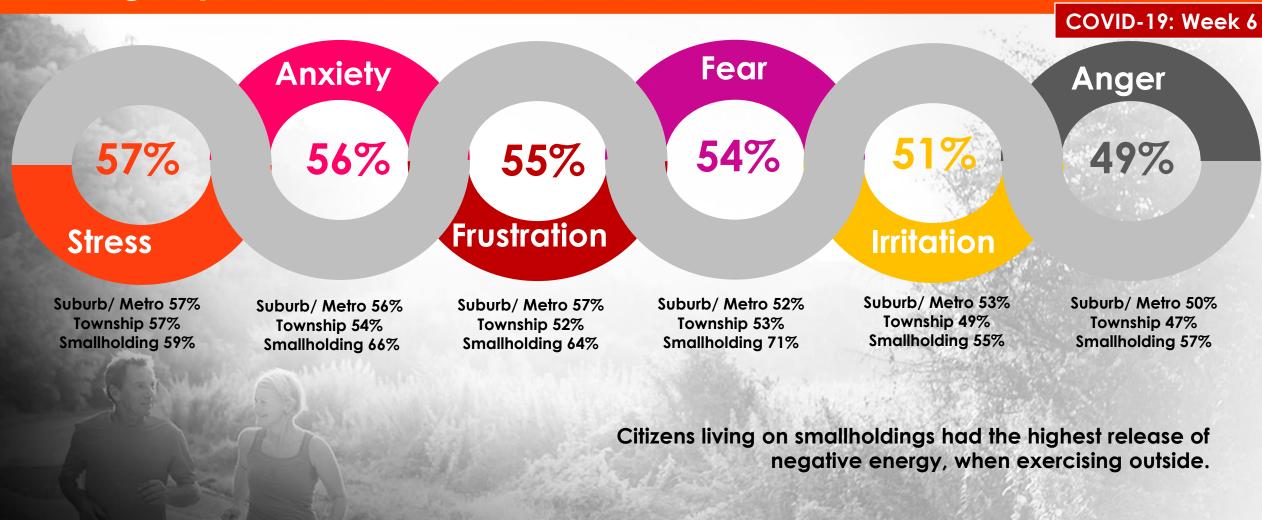
observed high levels of congregation in public spaces from 6:00-9:00

Suburb/ Metro area 43% | Township/Informal settlement 51%



Single mention n=337

## Exercising outside of the home significantly reduces negative feelings by more than half.



## Great opportunities present itself during and post-COVID-19



There are decades when nothing happens and there are weeks when decades happen and to a large extent that is kind of what we are living in.

- Vladimir Lenin, Founder of the Soviet Union



# 3. About this survey

## Tracking the significant social change effected by this pandemic

## **PULSE**

- CATI & online
- 400 interviews weekly
- Core fractals measured

## **PASSAGEWAYS**

- Videographic journals of
   10 individual respondents
- Across psychographics & provinces

The goal of forecasting is not to predict the future. But to tell you what you need to know to take meaningful action in the present.

- PAUL SAFFO



## Methodological approach

The main aim of the research is to understand the socio-economic impact that the Coronavirus, lockdown and gradual reopening of the economy has on South Africans.

## Research design

Quantitative research design 10 minute questionnaire Administered in English

## Sampling

n=2446 interviews were conducted in the last 6 weeks

The quota structure aligns with the proportions of the general population

## Research methodology



Computer Aided Telephonic Interviews (CATI)

n = 976



Total interviews conducted to date: n=2446



## Weekly themes are rotated

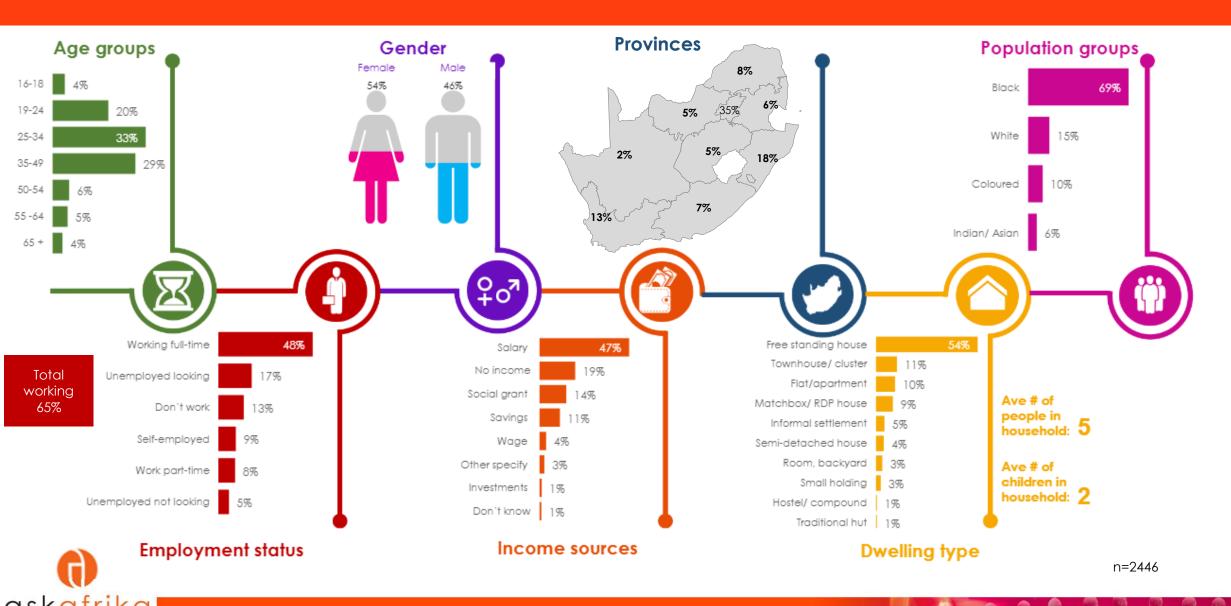
COVID-19 TRACKER: Themes and topics change weekly to understand relevant issues and provide an immediate statistic.

Week 1: 2 – 6 April	Week 5: 28 April – 02 May		
<ul><li>Communication</li><li>Economic impact of the lockdown</li></ul>	<ul><li>Communication</li><li>Shopping behaviour</li></ul>		
Week 2: 7 – 14 April	Week 6: 04 May – 10 May		
<ul> <li>Communities response to the outbreak</li> <li>Looting</li> </ul>	<ul><li>Exercise</li><li>Education</li><li>Communication</li></ul>		
Week 3: 15 – 21 April	Week 7: 11 – 17 May		
<ul> <li>Communication</li> <li>Economic impact of the lockdown</li> </ul>	<ul> <li>Government's response</li> <li>Communication</li> <li>Eating habits</li> </ul>		
Week 4: 22 – 28 April	Week 8: 18 – 24 May		
<ul> <li>Government's response to the outbreak</li> <li>Communication</li> <li>Impact on healthcare</li> <li>Commercial behaviour</li> </ul>	<ul> <li>Government's response</li> <li>Communication</li> </ul>		





## Respondent profile



## PASSAGEWAYS: Meet the qualitative respondents



### THE HUSTLER

**Shepard Muleya** 



Age

Gender Male

Province Limpopo

**Employ-**

ment status Self Employed

SEL 2



### **GRANDMOTHER**

Karen Burger



Age **57** 

Gender **Female** 

Province Eastern Cape

**Employ-**

ment status Retired

SEL



## **MOVIE JUNKIE**

**Boikie Gumede** 



Age 29

Male Gender

Province Mpumalanga

-volam3

ment status Contract

SEL



### PROUD WIFE

**Shepard Muleya** 



Age 35

Gender **Female** 

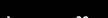
Province North West

**Employ-**

ment status Employed

SEL







Gender **Female** 

Province Gautena

**Employ-**

ment status Employed

SEL 2

## THE SINGLE MOM

### Phillile Manzi



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34

Gender **Female** 

Province KZN

Age

**Employ**ment status Self Employed

SEL

**ALL ROUNDER** Pati Moshodi



25 Age

Male Gender

Province Free State **Employed &** 

**Employ**part time ment status student



### **Brian Mkhono**



54

Gender Male

Province Gautena

**Employ-**

ment status Employed

SEL

## **FAMILY MAN**

### **Fernal Hector**



34

Gender Male

**Province** Western Cape

**Employ-**

ment status Self Employed

2 SEL

## THE URBAN YOGI

### Savanna Smullen



Gender **Female** 

Province Gautena

**Employ-**

ment status Employed

SEL 3





