# LITERATURE REVIEW: PSYCHOLOGICAL FACTORS AFFECTING ONLINE SHOPPING BEHAVIOR DURING THE COVID-19 PANDEMIC

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## Abstract

The COVID-19 pandemic can be defined as more than just a health crisis as it has a strong impact on society and the economy. The COVID-19 outbreak has dramatically changed shopping behavior, which was originally visiting and buying offline, now became online. Several studies indicate that new habits formed now will endure beyond this crisis, permanently changing what we value, how and where we shop; The purpose of this study is to identify psychological factors that may promote and influence online shopping behavior during the COVID-19 pandemic. The method used is a literature review where the author collects 23 journals from the digital library and Google Scholar and then concludes the results of the related topics. The results showed that there are five psychological factors, including (1) positive perceptions of the use of web online shopping; (2) online shopping self-efficacy; (3) negative emotion factors and fear of COVID-19; (4) motivation to adapt; and (5) social influence. This research can be useful for sellers or producers to get good business by paying attention to the psychological side of consumers in online buying and selling transactions during the pandemic.

Keywords : COVID-19; Online shopping behavior; Pandemic; Psychological factors

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## **INTRODUCTION**

The Coronavirus disease (COVID-19) pandemic has triggered a strong global increase in the adoption of online activities that are replacing face-to-face activities (Eurofound, 2020; Nguyen et.al, 2020; Pierce, Perrin, Tyler, McKee, & Watson, 2021; Wijesooriya, Mishra, Brand, & Rubin, 2020). During the current COVID-19 pandemic, governments and citizens have changed their behavior to prevent the spread of COVID-19 or reduce its severity (Geiger 2007; Gul & Guneri 2015; Shiwakoti, Sarvi & Rose, 2008). Global lockdowns, social distancing, and other measures introduced to limit the spread of the COVID-19 pandemic have urged consumers to buy more in online marketplaces (Alessa, Alotaibie, Elmoez, & Alhamad, 2021).

The fear of the pandemic has notably influenced consumer perceptions of the economic and environmental benefits of e-commerce platforms (Tran, 2021), so non-cash payments via smartphones were gaining popularity (Andrieu, 2001) since WHO has suggested using digital money wherever possible, as physical money can be a medium for the virus if touched by an infected person (Brown, 2020). Due to the effect of this

pandemic, consumers switch to making purchases with low contact (online) (Hohtoulas, Phan, Mheen, & Kwan, et al., 2020), such as using online for food delivery, isolating individuals more than in the past, and switching to less sharing food, clothing, and any items that could transmit the virus (Zwanka & Buff, 2020). In addition, consumers may be motivated to shop online because of its usefulness and enthusiasm (Nguyen, et al., 2020).

From these data, it can be seen that the COVID-19 pandemic can be defined as more than just a health crisis as it has had a strong impact on society and the economy. The COVID-19 outbreak has dramatically changed the way we work, communicate, and shop, more than any other distraction this decade (Despin, 2020). Consumer behavior and marketing have also changed significantly (Beaunoyer et al., 2020; Zhao & Bacao, 2020; Mason, Brown, Mason, & Narcum, 2021). In particular, shopping preferences and behaviors may vary according to different circumstances, trends and emerging situations, such as holiday seasons, online shopping festivals, nuclear accidents, resilience, and earthquakes (Hoang, 2017).

The COVID-19 crisis differently affects people's willingness to buy necessities (i.e., utilitarian shopping) and non-necessities (i.e., hedonic shopping) products (Larson & Shin, 2018). Although public priorities have been more focused on meeting basic needs, consumers have embraced new behaviors and behaviors to overcome uncertainty such as digital transformation and low-touch operations, including grocery delivery ordering (Accenture, 2020), there are significant improvements sales for non-necessities categories like entertainment products (Degli, Mortara, & Roberti, 2021). Products that bring comfort and coziness to living spaces are attracting more attention than usual (Abid & Jie, 2021).

The purpose of this study is to identify psychological factors that may promote and influence online shopping behavior during the COVID-19 pandemic. This research can be useful for sellers or producers to get good business by paying attention to the psychological side of consumers in online buying and selling transactions during the pandemic. Researchers hope that this research can provide insight and literature review on the development of science, especially in the field of economic psychology related to online shopping behavior during the pandemic. Therefore, we conducted a literature study to explain especially what psychological factors can affect online shopping behavior during the COVID-19 pandemic.

## LITERATURE REVIEW

Adopting social learning theory, which highlights the importance of individuals' perceived locus of control (Rotter, 1966). Consumers' locus of control indirectly affects the way they shop during the pandemic. In particular, consumers' internal (external) locus-of-control drives higher (lower) online shopping and greater (lower) social distancing behavior. In turn, consumers' online shopping behavior was found to increase during the pandemic, with their corresponding intent to continue this behavior in the future.

The concept of locus of control was first put forward by Rotter in 1966 who is a social learning theorist (Feist & Feist, 2010). Locus of control refers to a belief that a person can control a life event with his own abilities (Strauser, Ketz & Keim, 2002). In other words, locus of control can be defined as one of a person's thoughts that power or forces outside his own control are very influential in positive or negative situations that occur during his life (Sardogan, 2006). According to Brownell (1982) locus of control is the degree to which a person accepts personal responsibility for what happens to them. Locus of control is also defined as a person's perception of the source of his destiny (Robbins & Judge, 2008).

The locus of control is divided into two types, internal and external locus of control (Kreitner & Kinicki, 2001). Internal locus of control refers to the perception that events, both positive and negative, occur as a consequence of one's own actions or actions and are under self-control (Robbins & Judge, 2008) such as choices or behavior (Rotter, 1990), while external locus of control refers to the belief that an event does not have a direct relationship with one's actions by himself and beyond his control (Lefcourt, Martin, Fick, & Saleh, 1982). The internal (vs. external) locus of control over people is expected to be a decisive factor in the response to certain events, including those triggered by COVID-19 (Itani & Hollebeek, 2021).

Based on the explanation above, it can be concluded that locus of control is a concept that shows an individual's beliefs about events that occur in his life. In the context of a pandemic and online shopping, individuals are said to have an internal locus of control because they believe that the current covid pandemic is under their control. This means that they can face the COVID-19 pandemic as challenges and threats that arise from the environment and try to solve problems with online shopping so as to reduce the spread of the COVID-19 virus. While individuals who have external locus of control are individuals who believe that external factors or the COVID-19 pandemic have an influence that controls themselves on what happens in life so that it is easier to feel threatened, give up and helpless when facing the COVID-19 pandemic. Such individuals will see difficult problems as a threat to themselves.

## **RESEARCH METHOD**

#### Procedure

This study uses a literature review method with a narrative review approach. Journals obtained by researchers comes from Cogent Business Management database; Journal of Internet Commerce; De Economist; Travel Behavior and Society; Technological Forecasting & Social Change; PLoS ONE; ABC Research Alert; Procedia Computer Science; Journal of Theoretical and Applied; Electronic Commerce Research and Applications; Journal of Retailing and Consumer Services; Global Business Review; Food Control; Sustainable Cities and Society; Publishing Research Quarterly; Psychoidea; Clothing and Textile Research Journal; Journal of Public Health; and Journal of International Consumer Marketing. In total there are 30 articles that match COVID-19, online shopping behavior, pandemic and psychological factors keyword with the criteria of original research, academic journal, publication year from 2020 to 2022 and has a complete structure of journal number, journal volume and journal publisher. And we selected 23 articles based on inclusion criteria.

## **Analyzed Data Criteria**

Data on this study were analyzed by content analysis. The results of the literature show that online shopping behavior is influenced by various psychological factors, so that each individual's online shopping behavior is different during the pandemic. From the various factors found, we classified similar inclusion data according to the measured results to answer the objectives of this study.

## **RESULTS AND DISCUSSION**

From some of the literature that we have reviewed, it was found that there are several factors that can affect online shopping behavior during the pandemic, which we present in the Table 1 below.

Table 1. Selected findings from literature		
Authors (year)	Significant findings	
Aji, Berakon & Husin (2020) p.4	In general, perceived trust and risk might be the key factors determining mobile payment adoption	
Akar (2021) p.392	We found the significant impact of customers' pandemic-related concerns on their intentions, attitudes, perceived behavioral control, and subjective norms.	
Alhaimer(2021) p. 19	Such compelling factors trigger fear among people, and this fear has proved to be a decisive factor in altering people's attitude and behavior. In practical terms, people do not question the level of ease relevant to online shopping but do their best to avoid the virus or being penalized by the government for ignoring the lockdown rules.	
Al-hattami (2021) p.11	The study determined and confirmed the significant influence of perceived usefulness, satisfaction, perceived TTF, and trust on the continuance usage intention of online shopping during COVID-19. In other words, the obtained results imply that the higher level of perceived usefulness, satisfaction, perceived TTF, and trust in online shopping under COVID-19 help continue retaining existing consumers and attract new and potential ones.	
Baarsma & Groenewegen (2021) p.418 Bezirgani & Lachapelle (2021) p.140	This implies that for the COVID-19 period at least, a significant behavioral change has taken place. More generally, and in the longer run, a shift to online shopping generates significant additional consumer surplus. Online Grocery Shopping can successfully replace grocery trips as mobility declines. The recent COVID-19 related surges in forced Online Grocery Shopping might trigger wider longer-term adoption in this population segment. Driving cessation programs should consider integrating Online Grocery Shopping training to replace grocery trips prior to mobility loss.	
Chopdar, Paul & Prodanova (2022) p.9	One more major finding of this research is the significant role of social influence as a moderator on m-shopping frequency.	
Di Crosta et.al (2021) p.2	The COVID-19 pandemic has had a huge impact on consumer behavior. There are several psychological factors that predict changes in consumer behavior, including fear, anxiety, stress, depression, self-justifications, personality traits, and perceived economic stability in influencing consumer behavior.	
Fatema & Siddiqui(2021) p.67	Concerning the influence of these factors on customers, the study finds that features and quality, performance and durability, trust and reliability, e-service quality, ease of use and time factors influence the customers' online buying behavior during the pandemic in Bangladesh.	
Fernando (2021) p.3419	Respondents try to cope with the pandemic situation and also avoid the negative consequences, which were created as a result of the COVID-19 pandemic situation by using their mobile phone apps to do online shopping transactions more often than before the COVID-19 pandemic.	
Gu, et.al (2021) p.2267 Guthtrie, Fosso- Wamba, & Arnaud (2021) p.1	Psychological factors influence in their purchasing behavior is purchase motives, product perception, and attitude to the product. We found that online consumers react, cope with, and then adapt to such stressful life events, thus validating the usefulness of the react-cope-adapt framework of constrained consumer behaviour in an online environment.	
Hartono, et.al (2021) p.4	The first factor is price-sensitive. The second factor is e-shop shifting. The third factor is health and society consciousness. The fourth factor is termed reduce and consumption shifting. The last factor is labelled as panic buying;	

Table 1. Selected findings from literature	
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Table 1. Selected findings from literature (cont.)		
Authors (year)	Significant findings	
Klingbeil,	COVID-19 pandemic has resulted in significant changes in food shopping	
Osalili, Al-	food handling, and hygiene practices of the surveyed subjects in Lebanon	
Nabulsi, Jemni,	Jordan, and Tunisia. The study sample showed a significant rise in their	
& Todd (2021)	adoption of precautions and hygiene measures for the coronavirus such a	
p.8	disposing of food packages as well as RTE food and grocery shopping bag	
h.o	and disinfecting food packages before storing at home	
Mouratidis &	This study has provided new evidence on changes in a range of online	
Popagiannakis	activities due to COVID-19 that replaced physical participation in activitie	
10	and contributed to changes in mobility. The importance of online shopping	
(2021) p.9	increased but to a lesser degree. Telehealth and online shopping modestly	
Nouvon	increased during COVID-19 The COVID 10 rendemic situation has a positive and significant impact of	
Nguyen	The COVID-19 pandemic situation has a positive and significant impact of	
et.al(2022)	consumer intention toward online book shopping. Furthermore, while	
p.442	utilitarian motivation exerts a strong effect on consumer intention to	
	purchase books online, the relationship between hedonic motivation and	
	online purchase intention is positive but insignificant.	
Pham, Thi &	Online shopping is an optimal alternative during this epidemic crisi	
Le (2020) p.6	because it helps customers maintain product consumption while helping to	
	prevent risks of spreading the virus. This called of Awareness of COVID	
<b>a</b> 1	19 affects the switch of customer behaviour in online shopping,	
Sumbaga	During the COVID-19 pandemic, the consumer community experienced	
(2021) p.218	changes in their behavior particularly in activities using the internet related	
	to the purchase of goods or services. A very influential factor is in terms o	
<b>T</b> : (2021)	time effectiveness.	
Trejo (2021)	ECMAW-PIC is a reliable and solid empirical framework to support and	
p.21	update the useless and gratifications theory (UGT)	
Wang (2022)	Fear appeals appear to weaken the relationship between Online Shopping	
p.5	Cart Abandonment (OSCA) and the decision to buy from a land-base	
	retailer. Due to the COVID-19 pandemic, numerous negative consequence	
	have impacted individuals' health and well-being, including fear, worry	
$\mathbf{V}_{\text{oup}}$ (2021)	and anxiety. The results showed that consumer assessments of perceived severity and	
Youn (2021)	The results showed that consumer assessments of perceived severity and alteristic form of COVID 10 and response officiency and calf officiency of	
p.1	altruistic fear of COVID-19 and response efficacy and self-efficacy of abannel switching increased their beliefs (i.e., attitude, perceived behavior	
	channel switching increased their beliefs (i.e., attitude, perceived behavio	
	control, subjective norm) and intentions to switch shopping channels to	
Zambori	online.	
Zamboni	However, the loss of control in online shopping and web navigation wa	
(2021) p.1	significantly correlated to the unpleasant emotional states of nervousness	
	fear and restlessness, whereas those who reported feeling strong and able to headle the situation experiment a lower loss of control in their we	
	handle the situation experienced a lower loss of control in their well	
	navigation. These correlations may suggest that these online behaviors may	
<b>7</b> 10	act as modulators of unpleasant emotional states.	
Zwanka &	The potential impact of the COVID-19 pandemic of 2020 on global	
Buff (2020) p.1	consumer traits, buying patterns, global interconnectedness and	
	psychographic behavior, and other marketing activities. In this sense, it i	
	conceivable the COVID-19 cohort will return to the practice of pantry	
	loading and maintaining an inventory of medical supplies and shelf stable provisions.	
	DEOVISIONS	

 Table 1. Selected findings from literature (cont.)

Based on the exposure to studies from various scientific papers, it was later discovered that several psychological factors encourage and influence online shopping behavior during the COVID-19 pandemic. There are psychological factors that researchers found can be related to internal locus of control theory. Internal locus of control refers to the perception that events, both positive and negative, occur as a consequence of one's own actions or actions and are under self-control, such as choices or behavior. In this case, the negative event that occurred was the COVID-19 pandemic which made people experience changes in behavior related to online shopping.

The first internal factor is positive perceptions of the use of web online shopping (positive attitudes, perceptions of the web being easy to use, and trust in the web). When shopping online, there are several things that everyone should pay attention to, including the importance of convenience and trust in the shopping site they choose. This certainly affects the perception of ease to use measuring the extent to which consumers feel it is easier and more comfortable to use a particular technology or system because the convenience of online shopping has a positive effect on customer intentions to choose this online shopping (Sumbaga, 2021). Ease of use and user friendliness can influence customer attitudes towards online purchases (Qiu & Li 2008). The perceived ease of use was described as comprehensive e-service capabilities will help increase the value of services and bring more benefits to consumers (Pham et.al, 2020). Therefore, companies that offer easy-to-use websites and relevant advertisements about the usefulness of their products will attract more consumers on the internet (Alhaimer, 2021).

Second, online shopping self-efficacy. Bandura (1997) states that self-efficacy is a person's belief in the ability to organize and perform a series of actions needed to complete a given task. In the context of online shopping, self-efficacy is a consumer's evaluation of the ability to shop effectively while traveling (Compeau, Higgins & Huff, 1995). Good or bad evaluation depends on consumer confidence in the seller. This is because it has a positive impact on subsequent online shopping intentions (Chong, 2012). When faced with the COVID-19 condition, a person when going to shop for a necessity tends to make online shopping through a trusted place because it can increase confidence (attitude, control behavior that perceived and subjective norms) when purchasing the item (Youn, 2021).

Third, negative emotion factors such as anxiety and fear of COVID-19 and all related matters. The pandemic has affected people's health and well-being, including fear, worry, and anxiety (Ahorsu et al., 2020) that will influence consumer behavior (Pakpour et al., 2020). Fear and anxiety itself originated from perceived feelings of insecurity and instability, which are the factors driving these behavioral changes (Di Crosta et al., 2021). Wang (2022), states fear factors such as COVID-19 and government penalties for rule violations play an important role in determining consumer attitudes towards the use of certain technical services (ie, online behavior). The result of Addo et al. (2020) suggests that fear is a prerequisite for e-commerce loyalty, which promotes desired purchase behavior in online shopping. Therefore, changes in the consumer behavior can be described as a remedy to alleviate the fear and anxiety play an important role in predicting changes in consumer behavior related to necessities. From this perspective, fear and anxiety associated with COVID-19 can lead individuals to feel the need to purchase daily necessities that are useful in their daily lives (Di Crosta et al., 2021).

Fourth, motivation to adapt to survive in the midst of a pandemic by changing the way of shopping and developing a healthy life by minimizing the risk of contracting COVID-19, several studies show that consumers change their shopping habits during difficult and stressful times due to the economic crisis (Ang, 2001) and virus outbreak

(Baker, Farrokhnia, Meyer, Pagel, & Yannelis, 2020) in long-term behavioral shifts and changes in consumption lifestyles to adapt to new life circumstances (Mathur, Moschis & Euehun, 2003). During this outbreak, consumers may face serious risks in visiting physical shopping outlets (Alhaimer, 2021). Xie, Huang & Zhu (2020) evaluate why consumers must adopt online shopping to ensure safety and security and suggest that any sort of physical gathering would be a threat to the community. These situational factors, including all factors unrelated to the decision-maker as an individual (e.g. personality and physical characteristics) or decision alternatives, play an important role in training and reinforcing online shopping motivation (Nguyen et al., 2022). It could be said that online shopping is an optimal alternative during this epidemic crisis because it helps customers maintain product consumption while helping to prevent the risks of spreading the virus (Forster & Tang, 2005).

Fifth, social influence can also affect online shopping behavior. Social influence, also known as a subjective norm and social norm, in the context of online shopping is the degree to which users perceive that others (e.g. family and friends) believe they should use mobile shopping apps (Venkatesh, Morris, Davis & Davis, 2003). While social distancing has put a limit to face-to-face interaction, it has been observed that consumers perceive online shopping not only as an individual activity but also to connect and interact with other people as a form of social shopping (Fuentes & Svingstedt, 2017). Individuals have reached for their families, friends, and colleagues, not just for information, but likewise for communication and companionship, all through new technologies, devices, and tools (Drouin, McDaniel, Pater & Toscos, 2020). People tend to interact with each other through social media and other means and such interaction is a significant motivator for online shopping (Rohm & Swaminathan, 2004).

## **CONCLUSION AND SUGGESTION**

Based on the results of the study, it can be concluded that there are several psychological factors that can encourage and influence online shopping behavior during the COVID-19 pandemic. These psychological factors are internal locus of control including (1) positive perceptions of the use of web online shopping (positive attitudes, perceptions of the web being easy to use, and trust in the web), (2) self-efficacy shopping online, (3) negative emotion factors such as anxiety and fear of COVID-19 and all related matters, and (4) motivation to adapt to survive in the midst of a pandemic by changing the way of shopping and developing a healthy life by minimizing the risk of contracting COVID-19, and (5) social influence such as the influence of other people such as family and friends.

However, the combination of all these psychological factors may have created an aggregate bias that can obscure the specific role of each factor that influences consumer behavior. Therefore, future studies could adopt a more fine-grained approach to disentangle the role of each factor. Hence, future research is expected to be able to further examine each of the five psychological factors that can influence online shopping behavior and they should investigate other factors such as online shopping addiction caused by the COVID-19 pandemic and whether changes in public policy related to the development of the pandemic itself will affect online shopping behavior.

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