



Psychological and Social Impact of Lockdown due to Covid-19

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ABSTRACT

The recent Covid-19 pandemic has had significant psychological and social effects on the population. Research has highlighted the impact on psychological well-being of the most exposed groups, including children, college students, and health workers, who are more likely to develop post-traumatic, stress disorder, anxiety, depression, and other symptoms of distress. The social distance and the security measures have affected the relationship among people and their perception of empathy toward others. Lockdown is among one of the options suggested by WHO to reduce spread of the virus. India was quick to close its international borders and enforce the world's largest COVID lockdown on March 22, 2020. In this study, the changes that the society has undergone during lockdown to mitigate the spreading of the infection are also analyzed. The changes that have become part of our lives during lockdown – hygiene and health consciousness, work from home (WFM), online teaching, digital shopping, changing internet habits and societal changes are addressed by the author.

Keywords: COVID-19, empathy, psychological disease, psychotherapy, social distancing, Work from home.

I. INTRODUCTION

The Covid-19 pandemic led to a prolonged exposure to stress. As a consequence, researchers showed an increased interest in measuring social and community uneasiness in order to psychologically support the population.(Nendissa, Wahib and Astuti, 2020) This increased attention might help in managing the current situation and other possible epidemics and pandemics. The security measures adopted in managing the pandemic had different consequences on individuals, according to the social role invested. Some segments of the population seem to be more exposed to the risk of anxious, depressive, and post-traumatic symptoms because they are more sensitive to stress.(Jayalakshmi, Suganya and B, 2020)

To control the spread of this highly contagious disease, the majority of countries worldwide including India imposed quarantine and social isolation. Quarantine and social isolation can be major stressors that can contribute to widespread change in the lifestyle of the population. As a result, amplification in the symptoms of anxiety, frustration, panic attacks, loss or sudden increase in appetite, insomnia and depression have been reported during the coronavirus lockdown.(Kumar, 2020) Recent study showed that people under aggressive self-isolation were more vulnerable to mental health issues, experiencing trauma triggers and anger. Indefinite isolation, social distancing, self-quarantine, capsized travel plans and panic over scarce resources and information overload are also likely to affect mental health adversely. Positive changes have also been brought about as a result of Lockdown, in the day-to-day activities of the community.(Naser *et al.*, 2020) Lockdown has given a golden opportunity for people who hardly got time to spend with their families. The lockdown led to people working from home and spending more time with their parents, spouse, and children.



Younger Adults are More Likely to Report Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic

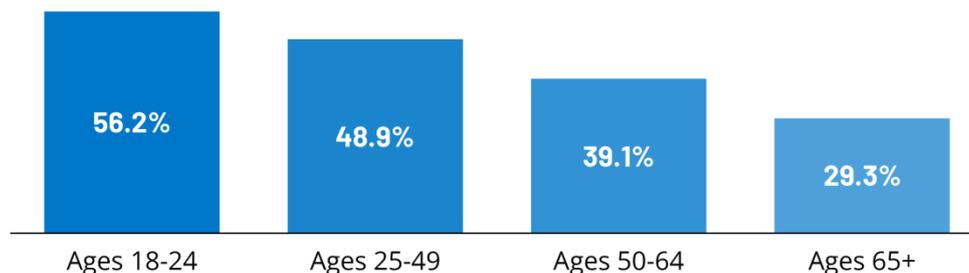


Figure: Implication of Covid-19 for mental health

COVID-19 has rapidly affected our day to day life, businesses, disrupted the world trade and movements. Identification of the disease at an early stage is vital to control the spread of the virus because it very rapidly spreads from person to person. Most of the countries have slowed down their manufacturing of the products. (Chaturvedi and Vishwakarma, 2020)The various industries and sectors are affected by the cause of this disease; these include the pharmaceuticals industry, solar power sector, tourism, Information and electronics industry. This virus creates significant knock-on effects on the daily life of citizens, as well as about the global economy.

These unprecedented times are certainly tough, and it is crucial to maintain a healthy lifestyle especially, among people with predisposed health conditions and the elderly. Several literature reviews are studied by the author that is mentioned in the section given below.

II. LITERATURE REVIEW

(Singh, 2021) suggested that World Health Organization (WHO) announced Corona Virus which is also referred as COVID-19 as a disease on 11th February 2020. It is a respiratory disease which impacts the health of the individual as a whole. The first case of COVID -19 was first reported in China in December 2019. The WHO declared the novel Corona Virus as a Pandemic disease in March, 2020, which means that the new virus is spreading rapidly across the countries around the world. The symptoms of this virus include, fever, and cough, sore throat and difficulty in breathing. Man is a social animal and social relations and interactions are necessary to his existence. The novel Corona virus and the containment measures posed a challenge to the interpersonal and community interactions that with the social distancing measures and isolation, these social relations became severely impacted. From the human existence, these social connections, interactions and relations have become integral into our life. So, if there is an absence of such connection, definitely leads to stressful states of loneliness, anxiety, depression, mental disorders, health hazards, and many other issues which impact the life of the individual and the collective society as a whole. This paper is a Reviewed paper which is based on



secondary information collected from various sources such as published and unpublished Journal Articles, Newspapers, Books, and Reports of various Government Organizations, Non-Governmental Organizations and Commission. In this reviewed paper, the author has tried to analyze the impact of the COVID- 19 in the life of the individual as a whole.

(Chaturvedi, Vishwakarma and Singh, 2021) According to the study conducted by author, it was analyzed that the lockdown had serious implications on mental health which resulted in psychological problems such as frustration, stress, and depression. In order to explore the impacts of this pandemic on the lives of students, we conducted a survey of a total of 1182 individuals of different age groups from various educational institutes in Delhi - National Capital Region (NCR), India. The article identified the following as the impact of COVID-19 on the students of different age groups: time spent on online classes and self-study, medium used for learning, sleeping habits, daily fitness routine, and the subsequent effects on weight, social life, and mental health. Moreover, our research found that in order to deal with stress and anxiety, participants adopted different coping mechanisms and also sought help from their near ones. Further, the research examined the student's engagement on social media platforms among different age categories. This study suggests that public authorities should take all the necessary measures to enhance the learning experience by mitigating the negative impacts caused due to the COVID-19 outbreak.

(Dwivedi and Rana, 2020) presented a study that the Ministry of Health and Family Welfare of India has raised awareness about the recent outbreak and has taken necessary actions to control the spread of COVID-19. The central and state governments are taking several measures and formulating several wartime protocols to achieve this goal. Moreover, the Indian government implemented a 55-days lockdown throughout the country that to reduce the transmission of the virus. This outbreak is inextricably linked to the economy of the nation, as it has dramatically impeded industrial sectors because people worldwide are currently cautious about engaging in business in the affected regions. It has also sparked fears of an impending economic and Health crisis. In contrast, the needs for medical supplies and revival package have significantly increased. In response to this global outbreak, summaries the socio-economic and Health effects of COVID- 19 on individual aspects of the Indian economy.

(Jena, 2020) examined that the spread of pandemic Covid-19 has drastically disrupted every aspects of human life including education. It has created an unprecedented test on education. In many educational institutions around the world, campuses are closed and teaching-learning has moved online. Internationalization has slowed down considerably. In India, about 32 crores learners stopped to move schools/colleges and all educational activities brought to an end. Despite of all these challenges, the Higher Education Institutions (HEIs) have reacted positively and managed to ensure the continuity of teaching-learning, research and service to the society with some tools and techniques during the pandemic. This article highlights on major impacts of Covid-19 on HEIs in India. Some measures taken by HEIs and educational authorities of India to provide seamless educational services during the crisis are discussed. Due to Covid-19 pandemic, many new modes of learning, new perspectives, new trends are emerged and the same may continue as we go ahead to a new tomorrow. So, some of the post Covid-19 trends which may allow imagining new ways of teaching learning of higher education in India are outlined. Some fruitful suggestions are also pointed to carry out educational activities during the pandemic situation.



(Haleem, Javaid and Vaishya, 2020) observed that COVID-19 (Coronavirus) has affected day to day life and is slowing down the global economy. This pandemic has affected thousands of peoples, who are either sick or are being killed due to the spread of this disease. The most common symptoms of this viral infection are fever, cold, cough, bone pain and breathing problems, and ultimately leading to pneumonia. This, being a new viral dis- eases affecting humans for the first time; vaccines are not yet available. Thus, the emphasis is on taking extensive precautions such as extensive hygiene protocol (e.g., regularly washing of hands, avoidance of face to face interaction etc.), social distancing, and wearing of masks, and so on. This virus is spreading exponentially region wise. Countries are banning gatherings of people to the spread and break the exponential curve. Many countries are locking their population and enforcing strict quarantine to control the spread of the havoc of this highly communicable disease.

(Agrawal and Ashraf, 2020) explored the impact of COVID-19 on the daily life of low-income households from surveys done across India. The brief presents the evidence from a panel survey conducted in three rounds by Dvara Research. Round 1 of the survey was held from April 23 to May 7, round 2 from May 15 to May 27, and round 3 from June 19 to July 6. The survey collects evidence from 347 microfinance borrower households from different parts of the country on (i) visible signs of distress, (ii) access to essential services and Government welfare schemes, and (iii) coping mechanisms. Further, the brief also sets out results from other related researches that are happening simultaneously to understand the gravity of the situation.

(Chaturvedi and Vishwakarma, 2020) studied the outbreak of COVID-19 affected the lives of all sections of society as people were asked to self-quarantine in their homes to prevent the spread of the virus. The lockdown had serious implications on mental health, resulting in psychological problems including frustration, stress, and depression. In order to explore the impacts of this pandemic on the lifestyle of students, we conducted a survey of a total of 1182 individuals of different age groups from various educational institutes in Delhi - National Capital Region (NCR), India. The article identified the following as the impact of COVID -19 on the students of different age groups: time spent on online classes and self-study, medium used for learning, sleeping habits, daily fitness routine, and the subsequent effects on weight, social life, and mental health. Moreover, our research found that in order to deal with stress and anxiety, participants adopted different coping mechanisms and also sought help from their near ones. Further, the research examined the student's engagement on social media platforms among different age categories. This study suggests that public authorities should take all the necessary measures to enhance the learning experience by mitigating the negative impacts caused due to the COVID -19 outbreak.

(Casero-ripollés, 2020) studied that Covid-19 is a phenomenon of enormous magnitude and relevance. Its impact has affected various social domains, including the media and journalism. Since the beginning of this health crisis, the news has become a valuable resource for citizens. Studying the dynamics of information consumption is highly relevant both for its ability to transform the media system and for its incidence in democracy. The objective of this research is to analyse the influence of the new coronavirus on news consumption, the credibility given by citizens to the media as well as their ability to detect fake news. To answer these questions, we have conducted an exploratory analysis based on the secondary data from the online surveys of the Pew Research Center's American Trends Panel in the United States, comparing data before and after the outbreak. The results confirm the impact of Covid-19 on the media system. The findings suggest the emergence of important developments such as the resurgence of the role of legacy media, especially television, and the fact that citizens who usually remain far from the



information have reconnected with the news. Therefore, the existing inequalities regarding news consumption among citizens have been reduced, in part. This generates potential benefits for democracy in terms of equality and accessibility concerning public affairs.

(Nendissa, Wahib and Astuti, 2020) Author analyzed that the Covid-19 pandemic that occurred in Indonesia had a major impact on all sectors of life, especially health and the economy, including the supply chain of chicken meat. This study aims to examine the socio-economic impacts caused by the Covid-19 pandemic on the chicken supply chain in Indonesia. This study was conducted using a qualitative approach. The economic impact due to the Covid-19 pandemic was in the form of over supply which led to a decrease in the price of chicken on the market. In addition to having a massive economic impact, the social impact of the spread of the Covid-19 virus on chicken farming has implications, especially for conventional breeders/farmers. This Covid-19 pandemic can be momentum for conventional breeders/farmers to make changes to more modern marketing strategies, but still comply with government policies to carry out social and physical distancing.

III. CONCLUSION

The Pandemic of Corona virus is severely impacting the life of the individuals on the whole. Everyone in the world is directly or indirectly facing the severe consequences of this disease. It has created an environment of fear, anxiety and stress among the developed and developing societies. WHO and all the member nations have issued advisories related to the impact of the Novel Corona Virus. But this disease due to its extreme isolation and lockdown measures creates several other issues including social anxiety, panic states due to uncertainty, economic recessions and extreme mental stress. After studying several reviews provided by different researchers it can be concluded that it is important to build public awareness towards social distancing, improving hygienic practices and also supportive towards the psychosocial interventions in the society.

The COVID-19 pandemic is negatively affecting social relationships, which could ultimately lead to negative health implications. Decision-makers are advised to provide educational campaigns that improve the sociological health of the general population. This is expected to lead to better social relationships and communication across the whole population, enabling people to cope better with the pandemic and to maintain societal well-being and productivity.

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