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PSYCHO-SOCIO IMPACT OF CORONA VIRUS (COVID 19).

Dr. Prashant S. Dafar

Smt. Rajkamal Baburao Tidke Mahavidyalaya,
Mouda

Abstract : Today the whole world has been haunted by unsolved mystery of Corona virus disease (Covid19). The outbreak of Corona virus has affected the social, economic, political, religious scenario of the whole world. The world is made of nature as well as human beings and social, economic, political and religious worse effects can be proved a cause of psychological effect on human beings. The motif of this paper is to discuss psycho-socio impact of Corona virus (Covid 19).

Keywords: Corona virus, Psycho-socio impact, WHO, Threatening virus, Pandemic.

Introduction :

Our former President Late Abdul Kalam says,

You cannot change your future, but you can change your habits, and surely your habits will change your future. (Abdul Kalam)

Really, the nature is Almighty and the man is the supreme creation of the nature. The human beings often find themselves very eager to realize the mystery of the nature. But he remained yet unable to conquer this mystery. However, he has changed the whole tenor of life and has brought tremendous change in the modern technology through which emerged new inventions in all fields. The field of medicine does not remained exception to it. These inventions proved not only boon but curse to the human beings. Now a day, the whole world is at the edge of the chaos of the man invented virus i. e. the Coronavirus.

The Coronavirus (Covid 19) is a family of viruses with symptoms of pneumonia, fever, breathing complex and acute lung infections. These viruses are commonly found in the

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animals. The World Health Organization (WHO) named the disease as Novel Coronavirus 2019 or Covid 19. The disease emerged in Wuhan, Hubei Province, China in the beginning of December 2019 and there was outbreak of the Covid 19 Pandemic. Gradually, the disease spread in 19 countries till 31st January 2020. The WHO declared it An International Public Health Emergency and Universal Pandemic. Within span of two months, the disease wrapped up the whole world in its clutch.

Nature of Covid 19 : The Covid 19 is a transmitted disease spreading from one person to another through sneezing, coughing and spitting. Except symptoms of pneumonia, fever, breathing complex, and lung infection, with spread, some more symptoms are appeared: they inculcate high fever, cough, fatigue, headache, diarrhea, hemoptysis and dyspnea. The scientists of medicines are, throughout the world, searching to invent a vaccine or proper medicine on Covid 19 but yet not reached to the succession. Keeping in view prevention is better than cure, some preventive measures like wearing mask, hand hygiene practices, avoiding public contact, case detection, contact tracing and quarantine have been indicated by the WHO in order to minimize the infection of the disease.

Covid 19 in India : The human beings in the whole world have been victims of Covid 19 outbreak. The outbreak has been proved threatening to the human beings. The first patient of Covid 19 in India, with prior travel history from China, is found on 30 January 2020 in Kerala, Tamilnadu State. Gradually, the threatening disease spread in the whole country very soon. Mostly, the big and metropolitan and densely populated cities in India have been occupied by the disease. Especially, the state Maharashtra has been the hotspot of Coronavirus. The highest patients of Covid 19 in the country have been recorded in Mumbai which is known as an economic capital of the country.

Psycho-Socio Impact of Covid 19 : In order to avoid transmission of the disease, the government of India announced lockdown on 25 Mar. 2020. As the result has been worse and the numbers of patients have been mounting up, the government has extended the same from 16 April to 3 May and further 3 May to 31 May and then till 30 June 2020. In the period of lockdown, all the big cities, densely populated areas are kept motionless. To wander anywhere has been banned and the police and administrative workers have compelled the people to follow the rules of lockdown with threaten of government action against law. All



the markets, transporting vehicles, railways, air services and all the administrative services, except the necessary services, have been remained closed throughout the period. The work of sanitization has been carried at national level. It is necessary in order to make the mass aware of the spread of the disease. Here it is to be reminded that in 1898, when Plague was broken out in Calcutta, Swami Vivekananda's 'Plague Manifesto' had an announcement that

Come; let us give up this false fear and, having faith in the infinite compassion of God, gird our loins and enter the field of action. Let us live pure and clean lives. Disease, fear of an epidemic, etc., will vanish into thin air by His grace.
(Swami Vivekanand)

Presently, this call of Swami Vivekanand, which had been followed by the crowd, can encourage the mass to live clean life.

As a result of curfew, the massive people have been unable to go to their homes from their business places. They remain as if the prisoners in the open cities. The whole society has been isolated. The people have forgotten their bindings between man and man. They deny social relationship as their psychology has turned to be pessimistic and sensitive. They have been living a free life without any freedom that they are unable even to meet their loving ones. No doubt, it has been necessity of the hour to remain isolated because living an isolated life is better than not at all. Everybody has been under the shadow of death. People have been concerned more about their health and family than friend, relatives and enjoyment. For, the religious institutes have been banned. The marriage ceremony even cannot take place. The parents are crying for their children who are far away from them, and the children longing to meet their parents. It has been a challenge for the government and administrative people to combat Covid 19. The people have lost their passions and commitment of brotherhood to each other. It has been an hour of trial by ordeal. The socio- politico-economic track has been deformed.

Not only socio-politico-economic deformity has disturbed the society but the personal and professional lives also have been disordered. As indicated by the WHO, the strategies of isolation, quarantine and social distancing have been applied. There led a gap between

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relations and borders. These strategies have been applied not only in India but at the international level in the big countries like America, France, Italy, Russia and China also.

An instance of migrating quarantine people can explicate the panic of pandemic. In the mid of February, 13 passengers were voyaging in Diamond Princes Cruise ship. When the ship reached Nebraska, the American passengers were ordered to be isolated at Nebraska Medical Centre for two weeks. David Gates, a psychologist and behavioral health consultant, was treating and providing food and other things to them. David Gates quotes his experience,

What we were doing was giving them so much control their lives and environment as possible.

He adds,

If the story is ended there, it would have been great. Instead we are in a global pandemic and now we have to take care of everybody. ----- It is not easy, but it is something we must endure until we have in place other measures to suppress this disease.

Although this is an instance not from our country, it is enough to prove the psychology of the massive people.

In fact, according to media, an Indian mother has travelled, with prior permission of the administration; by bike more than 1200 kilometers to fetch her son back at home. How drastic effects of the pandemic have been!

Moreover, the hospitals have been flooded with the people for testing and treatment of Covid 19. Mostly, the people have been haunted by health anxiety, sleep disturbance, panic attacks, depression, home sickness and loneliness. The base of the life has been stirred as the routine of the people remains as the prisoners. The plight of handy-work labour is beyond description. Thousands of labours from all fronts of India are remained at their resting places without any work. No work-no money- no food has been the picture. Gradually, what the money they had, have been spent, and haunted by health care and self-protection. Without any mean of transportation, how can they rush back to their villages, to their own loving people? However, it is a passion of human beings to be with their loving ones which causes

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them to walk their ways thousands miles away from the cities. It has been an hour of their endurance. They have been marching, without food, water, including women and little children being carried in the lap of their mothers or in the arms of men. The scene evokes pathos which makes the tears rolling down from the eyes. Some of them have been looted and victims of either accidents or hunger death on the way.

The people, who have kept themselves aloof to follow social distance, suffer panic of loneliness. Many of them assaulted police and administrative servants. Although our country has been called developed one, there are large number of people who are ignorant and illiterate and they do not comprehend their individual and social responsibilities, having the sense of vulnerability and anxieties of their family or friends and so suffer inconvenience. Moreover, they face fear factor of losing their jobs and the most crucial fear of being infected by the disease. They have been unable to make their minds free from trauma of insecure life and future. They are victims of phobia that the people may put stigma and discriminate them of being patient of Corona although there may be symptoms of flu. In addition, the psychological panic has been expanded, to some extent, by the messages or news in social media. For, the rumors through social media can be epidemic causing the psychological disorder. The doctors, nurses and health-care workers have been under the shadow of being affected by the disease. Although the mortality rate due to corona virus is very low, self-protection becomes the part of everyday life.

Conclusion : Always the pandemic is erratic whenever it is emerged. Thousands of researchers in the world are endeavoring to disclose the mystery of the virus. Non-availability of vaccine or drugs enforces to use the drugs on Malaria, Flu, T. B., Swine Flu etc. There is a ray of hope for life and the social and economic trauma may be recovered very soon. However, the human beings should break the chain of Covid 19 and not the chain of love between human beings. The human beings must not forget the message of Mahatam Gandhi that

Love is the strongest force that the world possesses. (M. Gandhi)

While the man is fighting the deadly Coronavirus, he must encourage himself with the lesson of M. Gandhi:

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It's the quality of your life that matters not the speed with which you live: We have been leading our lives like a machine at its highest speed, this is the time for us to sit back and enjoy what we have today, relish things we forgot existed. Create memories with our loved ones; follow a passion you left behind. So stop cribbing and focus on the quality of your life. (M Gandhi)

The world is united with one virus and separated human beings. The whole world is endeavoring to be escaped from the threatening virus. We must believe a Russian writer, Leo Tolstoy's words,

We are divided by borders, but united by the world.

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