



Social Impacts of Covid-19: A Review

Dhanbanti Chanchal

Assistant Professor Department of Sociology, Govt. (PG) College Fatehabad, Agra

ABSTRACT

World Health Organization (WHO) announced Corona Virus which is also referred as COVID-19 as a disease on 11th February 2020. 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. 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. 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.

Keywords: COVID-19, social, Mental health, Coronavirus vaccine, Global Pandemic; SARS-CoV-2.

I. INTRODUCTION

The emergence of Corona Virus disease (COVID-19) has led the world to an unprecedented public health crisis. Emergency protocols were implemented in India to control the spread of the virus which resulted in restrictions on all non-essential public movements. Cities are home to most of the world population and are centers of economic growth and innovation. However, the high concentration of people and activities in cities make them vulnerable to various stressors such as natural and man-made disasters.(Millard, 2020) Understanding this, over the past few decades, a vast body of research has been published on the impacts of a wide range of disasters on cities, and necessary planning, recovery, and adaptation measures that need to be taken to deal with those disasters. However, while this is not the first time in the human history that pandemics affect cities, limited literature related to cities and pandemics existed before the emergence of the COVID-19 pandemic. (Saji, Babu and Sebastian, 2020)Urban research related to previous pandemics is mainly focused on issues such as inequalities that make poor and marginalized groups more vulnerable to pandemics. The recent pandemic has brought to the fore the issue of urban vulnerability to pandemics and has resurrected interest in this topic.

As we are in the middle of a pandemic outbreak, it is very difficult to estimate its long-term effects. Although society has been hit by several pandemics in the past, it is difficult to estimate the long-term economic, behavioral, or societal consequences as these aspects have not been studied to a great extent in the past. Our lives, as humans in a modern society, seem to be more centered on convenience than around worrying about what might happen in the future. (Pietro, Costa and Karpiński, 2020)

During the early stages of the pandemic in India, this study was focused mainly to assess its social impact. The lives of people were drastically affected with lock-down and fear related to the disease's potential effects and transmission.(Subhro Basu, Arijeet Karmakar, Vanshika Bidhan, Hrithik Kumar, Kousheen Brar, 2020) The fear due to the contraction of COVID -19 is on the rise because of the death tolls and global spread. Hence, this study attempted to find the initial social impact of COVID-19 among general public.



Figure: Different communication channels during the time of pandemic

Impact on Social Health and Relations

Social distancing involves staying away from people to avoid the spreading and catching the virus. It is a new emerging terminology which means to avoid the crowd. This has forced people to work from home and avoid social gatherings and contacting even their near ones.

Man is a social animal and social relations and the social interactions are integral to human civilization, but, due to the rapid pandemic spread of the virus and the increase of social distancing measures, this web of relationships was severely impacted. From the human existence, these social connections and relations have become integral into way of life. So, if there is absence of such deep meaningful connections it leads to stressful states of anxiety both in body and in mind. Loneliness, anxiety drives, depression, panic states, mental disorders, health hazards, and many other issues impact the life of the individual and the society as a whole.

WHO Updated measures to protect the mental health of people which includes:

- Avoid watching reading and listening to news which creates a sense of fear.
- Everyone to seek relevant information from relevant sources to protect themselves and their near and dear ones
- Take break from social media and the things which trigger your anxiety and fear.

II. LITERATURE REVIEW

Studies of pandemics faced over time, such as SARS, Ebola, H1N1, Equine Flu, and the current COVID-19, show that the psychological effect of contagion and quarantine is not limited on the fear of contracting the virus. There are some elements related to the pandemic that affect more the population, such as separation from loved ones, loss of freedom, uncertainty about the advancement of the disease, and the feeling of helplessness. Several studies conducted by researchers are mentioned in this literature review section:

(Subhro Basu, Arijeet Karmakar, Vanshika Bidhan, Hrithik Kumar, Kousheen Brar, 2020) suggested that the emergence of COVID -19 pandemic has severely impacted individuals from all walks of life. The rapid spread of the disease to nearly all parts of the country has posed enormous health, economic, environmental



and social challenges to the entire human population. In the absence of any effective drugs and vaccines for treatment, social distancing and other preventive measures are the only alternatives. 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. The present study attempts to highlight the impact of imposed nationwide lockdown on society and environment alike along with analysis of lifestyle changes. The study was based on an online survey using a structured questionnaire with over 1000 responders across the country. The pandemic situation demands a certain way of shaping the society to reduce virus spread and safeguard oneself. In this study, the changes that the society has undergone during lockdown to mitigate the spreading of the infection are 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 also addressed.

(Saladino, Algeri and Auriemma, 2020) analyzed that the recent Covid-19 pandemic had significant psychological and social effects on the population worldwide. 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. From this perspective, telepsychology and technological devices assume important roles to decrease the negative effects of the pandemic. These tools present benefits that could improve psychological treatment of patients online, such as the possibility to meet from home or from the workplace, saving money and time and maintaining the relationship between therapists and patients. The aim of this paper is to show empirical data from recent studies on the effect of the pandemic and reflect on possible interventions based on technological tools.

(Singh, 2020) According to author, 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.

(Ravšelj and Tomaževiĉ, 2020) presents the most comprehensive and large-scale study to date on how students perceive the impacts of the first wave of COVID-19 crisis in early 2020 on various aspects of their lives on a global level. With a sample of 30,383 students from 62 countries, the study reveals that amid the worldwide lockdown and transition to online learning students were most satisfied with the support provided by teaching staff and their universities' public relations. Still, deficient computer skills and the perception of a higher workload prevented them from perceiving their own improved performance in the

new teaching environment. Students were mainly concerned about issues to do with their future professional career and studies, and experienced boredom, anxiety, and frustration. The pandemic has led to the adoption of particular hygienic behaviours (e.g., wearing masks, washing hands) and discouraged certain daily practices (e.g., leaving home, shaking hands). Students were also more satisfied with the role played by hospitals and universities during the epidemic compared to the governments and banks. The findings also show that students with certain socio-demographic characteristics (male, part-time, first-level, applied sciences, a lower living standard, from Africa or Asia) were significantly less satisfied with their academic work/life during the crisis, whereas female, full-time, first-level students and students faced with financial problems were generally affected more by the pandemic in terms of their emotional life and personal circumstances. Key factors influencing students' satisfaction with the role of their university are also identified. Policymakers and higher education institutions around the world may benefit from these findings while formulating policy recommendations and strategies to support students during this and any future pandemics.

(Chaturvedi, Vishwakarma and Singh, 2021) exclaimed that 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 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.

(Shari and Khavarian-garmsir, 2020) suggested that since the early days of the COVID-19 crisis the scientific community has constantly been striving to shed light on various issues such as the mechanisms driving the spread of the virus, its environmental and socio-economic impacts, and necessary recovery and adaptation plans and policies. Given the high concentration of population and economic activities in cities, they are often hotspots of COVID-19 infections. Accordingly, many researchers are struggling to explore the dynamics of the pandemic in urban areas to understand impacts of COVID-19 on cities. In this study we seek to provide an overview of COVID-19 research related to cities by reviewing literature published during the first eight months after the first confirmed cases were reported in Wuhan, China. The main aims are to understand impacts of the pandemic on cities and to highlight major lessons that can be learned for post-COVID urban planning and design. Results show that, in terms of thematic focus, early research on the impacts of COVID-19 on cities is mainly related to four major themes, namely, (1) environmental quality, (2) socio-economic impacts, (3) management and governance, and (4) transportation and urban design. While this indicates a diverse research agenda, the first theme that covers issues related to air quality, meteorological parameters, and water quality is dominant, and the others are still relatively underexplored. Improvements in air and water quality in cities during lockdown periods highlight the significant environmental impacts of anthropogenic activities and provide a wake-up call to adopt environmentally friendly development pathways. The paper also provides other recommendations related to the socio-economic factors, urban management and governance, and transportation and urban design that can be used for post-COVID urban planning and design. Overall, existing knowledge shows that the

COVID-19 crisis entails an excellent opportunity for planners and policy makers to take transformative actions towards creating cities that are more just, resilient, and sustainable.

(Donthu, 2020) evaluated that the COVID-19 outbreak is a sharp reminder that pandemics, like other rarely occurring catastrophes, have happened in the past and will continue to happen in the future. Even if we cannot prevent dangerous viruses from emerging, we should prepare to dampen their effects on society. The current outbreak has had severe economic consequences across the globe, and it does not look like any country will be unaffected. This not only has consequences for the economy; all of society is affected, which has led to dramatic changes in how businesses act and consumers behave. This special issue is a global effort to address some of the pandemic-related issues affecting society. In total, there are 13 papers that cover different industry sectors (e.g., tourism, retail, higher education), changes in consumer behavior and businesses, ethical issues, and aspects related to employees and leadership.

(Mofijur, 2020) observed that COVID-19 has heightened human suffering, undermined the economy, turned the lives of billions of people around the globe upside down, and significantly affected the health, economic, environmental and social domains. This study aims to provide a comprehensive analysis of the impact of the COVID-19 outbreak on the ecological domain, the energy sector, society and the economy and investigate the global preventive measures taken to reduce the transmission of COVID-19. This analysis unpacks the key responses to COVID-19, the efficacy of current initiatives, and summarises the lessons learnt as an update on the information available to authorities, business and industry. This review found that a 72-hour delay in the collection and disposal of waste from infected households and quarantine facilities is crucial to controlling the spread of the virus. Broad sector by sector plans for socio-economic growth as well as a robust entrepreneurship-friendly economy is needed for the business to be sustainable at the peak of the pandemic. The socio-economic crisis has reshaped investment in energy and affected the energy sector significantly with most investment activity facing disruption due to mobility restrictions. Delays in energy projects are expected to create uncertainty in the years ahead. This report will benefit governments, leaders, energy firms and customers in addressing a pandemic-like situation in the future.

(Nendissa, Wahib and Astuti, 2020) studied 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 data used are statistical data obtained from the Central Bureau of Statistics in the form of secondary data from March 2019–July 2020 and supported by literature studies. Data analysis techniques use descriptive statistics. The results of the study found that the spread of Covid-19 had a major economic and social impact on the sustainability of businesses in the livestock sector especially attacking the logistics system as a means of providing food for the community.

(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.

III. CONCLUSION

In view of the rapid spread of COVID-19 epidemic, containment of spread and treatment of the infected individuals are the priority concerns at present. Little attention has been given to the social impact of this disease which was evident by the fewer number of studies in this regard. This COVID-19 has affected the sources of supply and affects the global economy. There are restrictions of travelling from one country to another country. During travelling, numbers of cases are identified positive when tested, especially when they are taking international visits.⁵ All governments, health organisations and other authorities are continuously focusing on identifying the cases affected by the COVID-19. Immediate relief measures need to be implemented and adjusted for those that may fall through the cracks. Medium and longer term planning is needed to re-balance and re-energise the economy, health and social following this crisis. Further studies need to be conducted on a larger scale to assess the psycho-behavioural impact of COVID-19 on the wider population.

REFERENCES

- Chaturvedi, K., Vishwakarma, D. K. and Singh, N. (2021) 'Children and Youth Services Review COVID-19 and its impact on education , social life and mental health of students : A survey', *Children and Youth Services Review*. Elsevier Ltd, 121(December 2020), p. 105866. doi: 10.1016/j.childyouth.2020.105866.
- Donthu, N. (2020) 'Effects of COVID-19 on business and research', 117(June), pp. 284–289. doi: 10.1016/j.jbusres.2020.06.008.
- Millard, J. (2020) 'Impacts of COVID-19 on social development and implications for the just transition to sustainable development', (August), pp. 1–10.
- Mofijur, M. (2020) 'School of Information Systems and Modelling , Faculty of Engineering and Information Dr Md Mofijur Rahman , Email : MdMofijur.Rahman@uts.edu.au ', *Sustainable Production and Consumption*. Elsevier B.V. doi: 10.1016/j.spc.2020.10.016.
- Nendissa, D. R., Wahib, M. A. and Astuti, M. H. (2020) 'Socio-economic impact of the Covid-19 pandemic : Empirical study on the supply of chicken meat in Indonesia', 6(September), pp. 65–81. doi: 10.3934/agrfood.2021005.
- Pietro, D., Costa, P. and Karpiński, Z. (2020) *The likely impact of COVID-19 on education : Reflections based on the existing literature and recent international datasets*. doi: 10.2760/126686.
- Ravšelj, D. and Tomaževič, N. (2020) 'Impacts of the COVID-19 Pandemic on Life of Higher Education Students : A Global Perspective', (January), pp. 1–34.
- Saji, J. A., Babu, B. P. and Sebastian, S. R. (2020) 'Social influence of COVID - 19 : An on everyday life in Kerala from a community perspective', pp. 8–11. doi: 10.4103/jehp.jehp.



Saladino, V., Algeri, D. and Auriemma, V. (2020) 'The Psychological and Social Impact of Covid-19 : New Perspectives of', 11(October). doi: 10.3389/fpsyg.2020.577684.

Shari, A. and Khavarian-garmsir, A. R. (2020) 'Science of the Total Environment The COVID-19 pandemic : Impacts on cities and major lessons for urban planning , design , and management', 749, pp. 1–3. doi: 10.1016/j.scitotenv.2020.142391.

Singh, J. (2020) 'COVID-19 and Its Impact on Society by', 2(I), pp. 168–172.

Singh, J. (2021) 'COVID - 19 ' s Impact on the Society', (April 2020).

Subhro Basu#, Arijeet Karmakar#, Vanshika Bidhan#, Hrithik Kumar#, Kousheen Brar#, M. P. and N. L. (2020) 'Impact of lockdown due to COVID-19 outbreak: Lifestyle changes and Public Health Concerns in India Subhro', (June). doi: 10.20944/preprints202006.0129.v1.