

# IMPACT OF COVID -19 PANDEMIC ON HUMAN SOCIAL LIFE

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## ABSTRACT

*This paper examines the impact of COVID -19 pandemic on the human social life with particular focus on the socio-psychological dimensions. Since 1918 – 2020, the world has witnessed various outbreaks of infectious diseases and pandemics that have greatly affected the sensibility of every sane individual across the globe. The impact of COVID -19 pandemic especially on the aged and the youths had been grievously devastated globally. Premised on projections and analysis based on experiential knowledge of facts on ground, this paper analyzes the COVID -19 pandemic crises within the frustration-aggression theory and argue that frustration is the bane of the various outburst of people all over the world against the period of lockdown and quarantine exercises. Through the paper an attempt is made to highlight the socio-psychological impacts of the pandemic on human life. The paper recommends that humans should follow the WHO stipulated rules to prevent the spread of the virus and concludes that corona virus has come to stay with humans just like other infectious diseases.*

**Keyword:** COVID -19, pandemic, social impacts, frustration-aggression theory.

## INTRODUCTION

COVID-19 is an infectious disease caused by newly discovered corona virus. World Health Organization (WHO) characterized it as a health crisis as well as a human economic and social crisis which is also called pandemic. COVID -19 disease is defined as an illness caused by a novel corona virus now called severe acute, respiratory syndrome corona virus 2 (SARS - COV - 2, formally called 2019 - n - COV), which was first identified amid an outbreak of respiratory illness cases in Wuhan city, Hubei province in China (Cennimo & Bronze, 2020).

COVID -19 was first reported to the WHO on December 31, 2019 and on the 30<sup>th</sup> January 2020, WHO declared the COVID -19 outbreak a global health emergency (Bronze & Cennimo, 2020). On march 11, 2020 WHO declared COVID -19 a global pandemic and its first such designation since declaring HINI influenza a pandemic in 2009.

The illness caused by SARS - COV-2 was termed COVID – 19 by WHO, the acronym derived from “corona virus disease 2019”. The name was chosen to avoid stigmatizing the virus origins in terms of populations, geography, or animal associations (Cennimo & Bronze, 2020). The virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.

The pandemic affected every aspect of human life around the globe in education, social, politics and religion and different hypotheses have been put forward for future life. Efforts to stem as social - distancing and self - isolation have prompted the widespread of closure of primary, secondary and tertiary schools all over 100 countries (UNESCO, 2020). Previous outbreaks of infectious diseases have prompted widespread school closures with varying levels of effectiveness (Frieden, 2020; Jackson, Mangtans, Hawker, Olowokiwe & Vyanyeky, 2014).

Corona virus pandemic has not only affected human health and socio-psychological dimensions but has changed other important areas of human life. According to UNESCO on 25 march, 2020 report, data released showed that 165 countries closed due to COVID -19. This affects over 1.5 billion students globally accounting for 87% of enrolled students.

### **RESEARCH METHODOLOGY**

This paper is a qualitative study which is based on secondary data. The study was carried out through the meta - analysis reports on COVID -19 pandemic on Nigeria and across the globe. Extant and relevant literature on COVID -19 pandemic impacts were reviewed which led to insight exciting study.

### **THEORETICAL FRAMEWORK**

Frustration - aggression Theory and the COVID -19 Pandemic.

The frustration - aggression theory is associated with the works of Dollard, Doob, Mower and Shears (1939), the core assumption of which is that “aggression is always a consequence of frustration” (Dollard et al, 1939:1). Dollard and his associates argued that individuals are motivated to achieve life ambitions and fulfill destiny, but when these expectations are thwarted, frustration sets in. In their thoughts the occurrence of aggressive behaviour presupposes the existence of frustration and also that the “existence of frustration always leads to some form of aggression” (1939:1).

However, we know that many a times the existence of frustration does not always lead to aggression, given that frustration may have other consequences other than aggression. On this note therefore, the argument may have failed to differentiate between instigation to aggression and the real incidence of aggression, but this paper acknowledges that frustration generates inquiries to various kinds of consequences which may include instigation to certain types of aggression. By this way, aggression may develop as a consequence of having been exposed to extreme frustrating conditions sufficient to provoking the experiences of hopelessness.

Simplistic analysis of the reasons for frustration to COVID - 19 pandemic crises, lockdown, quarantine and its effective socio-psychological dimensions resulted to severe illness, fear of death and death, distracted attention from other major killer diseases that causes mortality rates globally. It is true that the virus is deadly, killing, enmesh frustration occasioned as a result of a sense of despair and deprivation, environmental and health development issues that neglected the ethics of corporate social responsibilities over individuals health care are more like it. While this study recognizes that the spread of COVID -19 in the world had made people with an unprecedented history of the virus to find themselves under the influence of the pervasive disease, its impacts on human social affairs can be considered a factor. We argue that various

radical responses shown in the media by host countries to Nigerians resulted to violent, aggression and frustrations to sane individuals globally. At Nkpo- Onitsha in Anambra State, police response to violent mob who were demonstrating the lockdown duration resulted to an outburst of shutting that claimed lives. Humans were aggrieved and frustrated and so rioted to be allowed out to look for their daily bread since the government can not take care.

### **IMPACT OF CORONA VIRUS PANDEMIC (EDUCATION, POLITICS, GEO-ECONOMICS, RELIGION, PSYCHO-SOCIAL) ON HUMAN LIFE**

Educationally, COVID-19 affected the system world wide, leading to the widespread of closures of schools, universities and colleges (UNESCO, 2020). According to data released by UNESCO on 25 March 2020, schools and universities closed due to COVID-19 were implemented nationwide in 165 countries. School closures may be effective when enacted promptly. However, when there is minimal to moderate community transmission, social distancing strategies can be implemented such as postponing or cancelling fieldtrips, assemblies and other large gatherings such as physical education or choir classes or meals in cafeteria, increasing the space between desks, staggering arrival and dismissal times, limiting non essential visitors and using a separate health office location for children with flu-like symptoms

Most governments around the world temporarily closed educational institutions in an attempt to contain the spread of COVID-19 (UNESCO, 2020). As at 27 July 2020, approximately 1,725 billion learners are currently affected due to school closures in response to the pandemic. According to UNICEF monitoring, 106 countries are currently implementing nationwide closures and 55 are implementing local closures, impacting about 98.6% of the world's student population, 48 countries schools are currently open (UNESCO, 2020).

School closures impact not only students, teachers and families (Baw, Qu, Zhang, Hogan, 2020), but have far-reaching economic and societal consequences (UNESCO, 2020 & Lindzon, 2020). School closures in response to the pandemic have shed light on various social and economic issues including student debt (Jamerson and Mitchel, 2020), digital learning (UNESCO, 2020; Karp & McGowin, 2020), food insecurity (NPR.org, 2020) and homelessness (Sessoms, 2020 & Ngumbi, 2020), as well as access to childcare (Time, 2020), health care (Feuer, 2020), housing (Barrett, 2020), internet (Jordan, 2020) and disability services (NPR.org, 2020).

The impact was more severe for disadvantaged children and their families, causing interrupted learning, compounded nutrition, childcare problems and consequent economic cost to families who could not work (UNESCO, 2020). In response to school closures, UNESCO recommended the use of distance learning programmes and open educational applications and platforms that schools and teachers can use to reach learners remotely and limit the disruption of education (UNESCO, 2020).

The impact on politics was loudable. A number of provincial-level administrators of the communist party of China (CPC) were dismissed over their handling of the quarantine efforts in central China, a sign of discontent with the political establishment response to the outbreak in those regions. Additionally, Hong Kong protesters in the special administrative region have strengthened due to fears of immigration from mainland China (CAN, 2020). According to Bostock (2020) this is a move to protect communist party general secretary XI Jinping from

people's anger over the corona virus pandemic. Some commentators like Yu (2020) suggested that the out cry over the disease could be a rare protest against the party of China (CPC). A number of countries used the outbreak to show their support to China example is the visit of Cambodia Prime Minister Hun Sen who made a special visit to China in fighting the out break of the epidemic (Tiezzi, 2020).

The president of United States of America Donard Trump was criticized for his response to the pandemic (Smith, 2020 and Collinson, 2020). Trump was accused of making several misleading or false claims of failing to provide adequate information and of down playing the pandemic significance (Burns, 2020). Trump was also criticized for having closed down the global health security unit of the US national council, which was founded to prepare government for potential pandemics.

In the Islamic Republic of Iran, Cunningham and Bennett (2020) reported that the government was heavily affected by the virus because two dozen members (approximately 20%) of the Iranian legislature were affected as well as 15 other current former government officials, including the vice president. Advisers to Ali Khamenei and Mohammad Javad Zarif died of the disease (Agencies of Iran, 2020). The spread of virus has raised questions about the future survival of the regime. In Nigeria also the adviser to the president Mohamadu Buhari died of the virus and that led to the closure of the government house for months.

The geo-economics and country risk- experts emphasized the potential erosion of political and economic sovereignty that may affect some already-enfeeble countries like Italy. For instance, Edward Luttwak in an interview with La 7 TV, called COVID-19 "the virus of truth" while M. Nicolar Firzil, director of world pensions council (WFC) and advisory board member at the world bank global infrastructure facility (GIF) refers to the pandemic as "the greater financial crises", that will "bring to the surface pent-up financial and geopolitical disfunctions. Many nutritional economics will suffer as a result, and the political sovereignty itself may be severely eroded (Weltman, 2020).

In civil and democracy, Iran, Jordan, Morroco, Oman and Yemen banned the printing and distribution of newspapers. Also the parliament of Hungary granted prime minister Viktor Orban the power to rule by decree for an indefinite period in march 30<sup>th</sup>, 2020.

In religion, corona virus affected it on various ways including the cancellation of the worship services of various faiths, the closure of Sunday services, Sunday schools as well as pilgrimages surrounding observances and festivals (Burke, 2020). Many churches, synagogues, mosques and temples offered worship through livestream amidst the pandemic (Park, 2020). In the United States, Trump designated 15<sup>th</sup> march, 2020 as national day of prayer for "God's healing hand to be placed on them" (Parke, 2020).

Psychologically, the impacts of COVID-19 pandemic have made a catastrophic future worldwide. On the 18<sup>th</sup> of march 2020, WHO issued a report related to mental health and psychosocial issues by addressing instructions and some social considerations due to COVID-19 outbreak. The pandemic caused every individual without exception to be lockdown and stay indoors for mouths thus, making people to keep social-distancing and self isolation. This

psychosocial effects frustrated the aged groups globally especially among the Africans that depends mainly on social relationships from their children and relations. Older people who needed special attention, due to the COVID-19 crisis lost their voices, opinions and concerns that are important in formulating responses. Countries with fewest older people in the world have the fewest health resources, limited experience caring for older patients, less institutional care for older persons and fewer NGO support structures for outbreak screening and community based care of older persons. Older persons who live alone therefore face barriers to obtaining accurate health information, food, medication and other essentials during the lockdown and therefore get frustrated and face death aggressively.

During the 1918-1919 influenza pandemic in the United States and in other parts of the world including Africa caused closure of human activities including public gatherings which was associated with lower total mortality rates (Frieden, 2020). Cities that implemented such interventions earlier had greater delays in reaching peak mortality rates (Markel, Lipman, Navarro, Sloan, and Michalsen, 2013 and Chin, Foley, Doto, Gravelle and Weston, 1960). Personal gatherings are banned due to experts advises and stay- at-home orders enforced to prevent gatherings of any size. Such gatherings therefore are replaced by teleconferencing or in some cases with unconventional attempts to maintain social distancing with activities such as a balcony sing- along for a concert (Ryan, 2020).

Many countries reported increase in domestic violence and intimate partner violence attributed to lockdown amid the COVID-19 pandemic (Johnson, 2000). Financial insecurity, stress and uncertainty led to increased aggression at home, with abuses able to control large amounts of their victims daily life. Low income persons die from the pandemic because they are disproportionately hit by the disease. Hypotheses for why this is so include that poorer families are more likely to live in crowded housing and work in the low skill jobs like supermarket, restaurants and elder care homes which are deemed essential due to the crises (Buchanan, Patel, Rosenthal and Singhvic 2020). In the United States report show that many low income workers lost their jobs, have become unemployed, and their jobs lost and have also lost their health insurance thereby becoming vulnerable to uninsured and under insured for medical services.

## **RECOMMENDATION**

The paper recommends that humans should do what the WHO recommend to prevent the spread of COVID-19 infection and also show its transmission since there is no specific vaccines or treatments for the virus.

1. Wash your hands regularly with soap and water or clean them with alcohol – base sanitizer.
2. Maintain at least one meter distance between you and people coughing or sneezing
3. Avoid touching your face
4. Cover our mouth and nose when coughing or sneezing
5. Stay home if you feel unwell
6. Refrain from smoking and other activities that weaken the lungs
7. Practice physical distancing by avoiding unnecessary travel and staying away from larger groups of people.

## CONCLUSION

Corona virus disease is a global health crisis that is killing people, spreading human suffering, frustrating and upending people's lives. It is an economic, human and social crisis which is attacking societies at their care. People without access to running water, refugees, migrants or displaced persons also stand to suffer disproportionately both from the pandemic and its aftermath. However, if COVID -19 is not properly addressed by policy, the social crisis created may also increase inequality, exclusion discrimination and global unemployment in the medium and long term.

COVID-19 affects all segments of the world population and particularly detrimental to members of those social groups in the most vulnerable situations, it continues to affect populations including people living in poverty situations, older persons with disabilities, youth and indigenous peoples. The health and economic impacts are being borne disproportionately by poor people like homeless persons because they may be unable to safely shelter in place and therefore highly exposed to danger of the virus and those people that have underlying illnesses.

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