



Impact of Psychological Behaviour and Social effects of COVID-19 Lockdown

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Author's contribution

The sole author designed, analyzed, interpreted and prepared the manuscript.

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ABSTRACT

The world is facing a difficult situation, which is a pandemic caused by the Novel Corona virus, which first appeared in China's Wuhan Province in December 2019. One of the main problems in this difficult and crucial situation is coping with pregnant women all over the world. The COVID-19 pandemic is wreaking havoc on society in a variety of ways, the most serious of which is mental health. This outbreak began as a result of a laboratory accident in Wuhan, China. People are suffering from mental problems as a result of disruptions in many aspects of society, the most critical of which is "socializing." The government's sudden decision to put the country on lockdown has caused significant social rifts. Their psychosocial thinking is directly impacted by this social distancing. People have begun to overthink everyday problems that have not been fully addressed as a result of the lockdown. The many issues associated with this quarantine have now been illustrated as a result of the rise in time and alienation from society.

Keywords: COVID-19; SARS; psychological behaviour; socializing.

1. INTRODUCTION

No one can deny the fact that the world has changed dramatically in just a matter of few months due to spread of Novel Corona Virus, COVID-19. This COVID-19 is a member of SARS family CoV- 2 Virus and was identified in Wuhan, China in December 2019 and has rapidly spread across the world. India being the second most populous country after China, the presence of this virus in a patient was first detected on 30 January 2020 in Kerala. Being an agronomical (agricultural-based economy) country, the majority of population stays in rural areas and access to health care facilities is difficult. To restrict the spread of the virus in India, a series of lockdown were instituted and as on 8 July 2020 there are 7,46,506 cases and India is ranked 3rd in the world as far as the number of cases are concerned. As the number suggests a diffuse spread of this disease in India, Maharashtra and Tamil Nadu are amongst the worst affected states with both of them nearly contributing around 50% of total cases.

India's healthcare system is fragile and fragmented. Considering this type of healthcare system during the pandemic caused by Corona Virus, and the population of the country, the government is in immense pressure to take crucial steps to have control on the health of the population thus minimizing the fatal results of the ongoing deadly pandemic, by implementing lockdown in the country from time-to-time analysis of the spread of the coronavirus in the various parts of the country. The first group of people in the population are children from kindergarten to eighth grade. Children of a young age are more likely to have neighborhood friends with whom they spend time on a daily basis. From a young age, children's psychological and social development is influenced. Children are not exposed to the world, which leads to a lack of interest and competitiveness, rendering them psychologically vulnerable and, in the long run, creating a lack of sustenance in society. The second group consists of children in their early adolescent years, ranging from 9th to 12th grades. The lockdown has made it difficult for them to take their exams. This will result in students being promoted to the next grade without having to take an examination, which will have a detrimental effect on their academic approach and will not allow their knowledge to be checked. They haven't mastered their fundamentals as a result of their elevation to the next tier, and as a result, they won't be able to

compete effectively in the long run. The third group is made up of undergraduates from different colleges who have been accepted to schools outside of their hometown. These students are unaware of the coping approaches that will be needed to deal with the problems that will arise during their professional careers. They don't even know their teachers and batchmates, limiting their opportunities for social contact and limiting their co-curricular exposure and talent search. Working-class people make up the fourth group. They are thought to be at a higher risk of being infected by the virus since they are required to leave their homes, whether for work or to meet household needs. As a result of the exposure and transmission to other family members, you may become infected. These people's pay has been drastically decreased. This is putting certain families in a financial bind. For such individuals, financial insecurity poses a significant risk to their social and mental health. The elderly makes up the fifth category of people. One or more comorbid factors, such as diabetes, hypertension, heart attack, and so on, are commonly found in this population, contributing to the rising number of cases. The lockdown has also affected these people's social lives. These people tend to regularly congregate in local gathering places to catch up with friends and relatives. Owing to a lack of expertise and knowledge, they are unable to use their digital devices and the internet for social networking. As a result, these individuals are irritated, resentful, and irritable. The elderly are the most vulnerable group in society, and they are therefore a major concern because fatal cases are most likely to occur in this age group [1].

METHODOLOGY

The COVID-19 lockdown is having a variety of effects on various areas of society. The nationwide lockdown is having a major impact on the social interaction and social well-being of an individual. Due to this lockdown, people are stuck in their homes within the four walls and a set of small number of people for more than one year so far. It is showing effects on the economy, education, health problems such as obesity, stress, frustration, anger issues, etc. Various age groups of the society face various respective issues throughout the process [2].

The first group of individuals of the society are the kids from playschool to the 8th grade. Kids who are young tend to have friends in the neighborhood with whom they spend time on

everyday basis. It has been observed from a very long time that children in their early years of life learn from their surroundings [3]. They learn new things, skills and abilities by looking and observing kids of similar age group. These kids grow together helping each other. This helps in creating a healthy and competitive behavior in the children helping them evolve. This also helps in social interaction of the kids building their personality. Knowledge sharing and group discussions and explorative studies are seen in these age groups which have a tendency of expressing curiosity and a positive, healthy approach to the world. On the other hand, this coronavirus pandemic has led the country in a lockdown situation blocking these social interactions. This is affecting the psychological and social growth of the children from a very young age. The children do not have exposure to the environment leading to lack of curiosity and competition making them mentally weak and causing lack of sustenance in the society in the long run [4].

The second group comes the children from 9th grade to the 12th grade who are in the initial teenage of their life. Pupils of this particular age group attain major changes in various aspects of their life in terms of education and social interaction in the broad spectrum. This is their developmental stage in terms of physical, social and mental well-being along with maturity and competitive behavior and compatible approach towards the society [5]. Children belonging to this group often have the tendency to get attracted to the harmful resources available out there in the surroundings without any guidance or limitations. This may lead to drug abuse, under aged adultery, alcoholism, etc. This is often seen as a result of the digital resources available along with lots of free time during this lockdown. Due to lockdown, the schools and coaching classes have been suspended and shifted to online teaching. This has led to increase in the amount of time spent by a student on the internet and their digital resources ultimately. It is practically impossible for any parent to monitor their child throughout the day. The students of this age group are most likely to appear for their board exams. These exams are important to identify their talent, ability and skills with respect to their interests in various subjects so as to make it a decision for their academic and professional future [6]. Lockdown has caused a disturbance in getting their examinations taken. This may lead to promotion of the students to the next grade without an examination which will have a

negative impact on their academic approach and their knowledge is not tested. They would not even know where they stand in the competition or what are they capable of doing in the future. This is the decision-making timeline of every student in the society. This also counts for preparations for their competitive examinations for their admissions to undergraduate courses of different fields [7]. They do not have their basics clear due to their promotion to the next class and so lack in competing well in the long run. They will ultimately lack knowledge and may create blunders in the future. They will also lack competitive approach in the society leading to stagnant growth [8].

The third group consist of the undergraduates of various colleges who have got their admissions away from their hometown. They get admissions in different colleges and universities on the basis of their competitive examinations [9]. This results in change of the group of people they shared their academic, cultural and social life with, since their childhood. With their joining to the new colleges, these students are required to have interaction with the people they have started their new journey with. This lockdown has made a very serious change in their life. This pandemic has resulted in online classes keeping the students back home. This affects their social and academic life as well [10]. Such students would lack practical knowledge which is a key ingredient of every undergraduate program so far. These people do not have social and cultural interaction with their batchmates. They do not even know the people in their surroundings. These students do not have exposure to what type of psychological ways are required to tackle with the upcoming issues in their professional career. It is difficult for such students to develop a professional attitude towards their career. They do not even know their teachers and colleagues, thereby, limiting the exposure of social interaction and restricting the co-curricular exposure and talent hunt of these people. This will ultimately result in low quality professionals in the near future in almost every sector of every industry [11].

The fourth group consists of working-class people. They are considered to be at higher risk as they can get infected through the virus because they are needed to go out of their homes, whether be it for their work or to fulfill household needs. This may result in getting infected due to exposure and transmission to other members of the family [12]. Working class

people mostly have to travel due to professional requirements, so the chance of getting the infection is high in most of the cases. Most of the offices of majority of the companies are working at 50% work force [13]. Salaries of these people have been reduced dramatically. This is causing huge financial issue among such families who are solely dependent on the young working person in the family. India being a country with major population of middle-class, this is seen in large number. People of this age group are most likely to have to pay the loans and the respective bills in their household. Financial instability to such people is a great risk to their social and mental health [14]. Business is shutting down due to lack of opportunities, lack of work force, lockdown is not permitting their work to be done as it comes under 'non-essential', which is leading to economic crisis that is causing psychological disorders in individual as a result of anger management, stress, etc. Daily wage workers have to roam around to find job as there is so much unemployment due to spread of the virus. Except for the people involved in selling essential items, rest all the others had to shut their business down. This led to huge financial crisis. And eventually cases of suicide increased. Due to lack of education and unawareness these people tend to catch the virus faster than the educated generation [15]. They are exposed and at more high risk due to their low immunity strength too [16].

The fifth group of individuals account for the elderly. This group is generally observed to have one or more comorbid factors such as diabetes, hypertension, heart attack, etc. add to the increasing number of cases. Even a slight exposure can lead an elderly to get affected by COVID-19. They have weak immune system which makes it even more difficult for them to fight the virus. Elderly people having serious health conditions are required to have timely hospital visits for their long lying disease and also to monitor their health due to ageing. Hospitals these days are filled with COVID-19 patients. These places are the major hotspots for disease transmission. Elderly are the most vulnerable group in the society, and is also of a serious concern due to fatal cases are most likely seen in this group of people. Lockdown has also caused issues in social life of these individuals. These people tend to go out in nearby gathering places and have timely meets with their friends and family. They lack the ability and knowledge of making use of their digital gadgets and the internet for social interaction. This is resulting in

frustration and anger issues along with irritability in these people. Young generation can still cop up with the digitalism in the COVID-19 pandemic. But at the same time, lockdown has a negative and a serious effect in the old generation making them isolated and feel left out in the modern-day pandemic hit digital world [17].

DISCUSSION

No one should argue that the climate has changed drastically in just a few months as a result of the spread of COVID-19, the Novel Corona Virus. The COVID-19 lockdown is having a wide range of consequences across society. The nationwide lockdown is having a significant effect on an individual's social interactions and social well-being. People have been trapped in their homes inside the four walls and a select group of people for more than a year as a result of the lockdown. It has an effect on the economy, education, and health concerns such as obesity, tension, dissatisfaction, and anger issues, among other things. Throughout the process, different age groups in society face different issues [18].

Children in kindergarten to eighth grade make up the first segment of the population. Children of a young age are more likely to have frequent interactions with their neighborhood peers. Children's psychological and social growth is affected from an early age. They pick up new skills, talents, and knowledge by watching and studying children of similar ages. These children mature as a group, assisting one another. This aids in the development of healthy and competitive behavior in children, allowing them to grow. This often aids in the development of the children's personalities through social interaction. Children are not exposed to the outside world, which leads to a lack of interest and ambition, making them socially insecure and, in the long run, causing a societal lack of sustenance [19].

Children in their early adolescent years, ranging from 9th to 12th grades, make up the second group. This is their stage of growth in terms of physical, social, and mental well-being, as well as maturity, competitive behavior, and a societally compatible approach. Children in this community have a proclivity to be drawn to the potentially dangerous opportunities that are available in their environment without any guidelines or limitations. This could lead to substance addiction, underage adultery, and alcoholism, among other things. This is often attributed to the abundance of digital tools and

free time available during the lockdown. Students will be advanced to the next grade without needing to take an examination, which will have a negative impact on their academic approach and prevent their knowledge from being tested. As a result of their promotion to the next tier, they haven't mastered their fundamentals, and as a result, they won't be able to perform successfully in the long run.

Undergraduates from various colleges who have been admitted to schools outside of their hometown make up the third party. As a result, the community of people with whom they have shared their education, cultural, and social lives since childhood have changed. Such students will be lacking in practical experience, which has been an important component of any undergraduate programme so far. These students are expected to engage with the people with whom they have begun their new journey as they register in new colleges. Their lives have been drastically altered as a result of the lockdown. These students are oblivious to the coping strategies that will be needed to cope with issues that will occur in their professional lives. They don't even know their teachers or classmates, which limits their social opportunities as well as their co-curricular exposure and talent quest. In the near future, this would result in low-quality professionals in almost every field of the economy [20].

The fourth party consists of people from the working class. Since they are forced to leave their homes, whether for work or to meet household needs, they are assumed to be at a higher risk of being infected by the virus. You may become infected as a result of the exposure and transmission to other family members. The majority of offices in the majority of corporations are operating at 50% capacity. These people's pay has been drastically decreased. This is causing serious financial problems for families that are solely reliant on the family's young working member. Businesses are closing due to a lack of opportunities, a lack of labour, and the lockdown is preventing them from doing their work because it is considered "non-essential," resulting in an economic crisis that is triggering psychological problems in individuals such as anger management, stress, and so on. Daily wage workers must look for jobs because there is so much unemployment as a result of the virus's spread. Many studies were reported on effects of lockdown during Covid-19 pandemic [21-23]. Spoorly et al. reported about mental

health problems faced by healthcare workers due to the COVID-19 Pandemic [24]. Kasturkar et al. [25], Vagga et al. [26], and Kolhe et al. [27] suggested different interesting activities during lockdown.

The elderly comprises the fifth group of citizens. This population has one or more comorbid factors, such as diabetes, hypertension, heart attack, and so on, all of which contribute to the increasing number of cases. Elderly people with severe health problems are expected to attend the hospital on a regular basis. COVID-19 patients are flooding hospitals these days. These areas are major disease transmission hotspots. The elderly is the most vulnerable group in society, and they are therefore a major concern because fatal cases are most likely to occur in this age group. These people's social lives have also been disrupted by the lockdown. These people appear to congregate in nearby meeting places and catch up with their friends and relatives on a regular basis [28,29]. They are unable to use their digital devices and the internet for social networking due to a lack of skill and awareness. As a consequence, these people experience irritation, resentment, and irritability. Lockdown, on the other hand, has a negative and serious impact on the older generation, isolating and making them feel left out in the modern-day pandemic-hit digital world.

3. CONCLUSION

During this pandemic, it is of utmost importance to be safe, stay indoors and follow healthy sanitary practices. Our society consists of people of different age groups belonging to different socio-economic backgrounds. This pandemic is causing issues in their life in different ways. Children of a very young age lack exposure to the surrounding restricting their developmental skills and abilities in various sectors of early growth. The turning point of one's life is the decision-making time of their career which require competitive attitude which is lost due to lack of exposure. Undergraduates would not gain professionalism in their way of working and tackling with life problems because of living a cocoon-type of life during their developmental stage. The working group has a overload of financial trouble leading to loss of confidence and thereby psychological trauma. Old age people have already a lot to worry with their increasing age and decreasing immune responses. This COVID-19 disease has created a much severe wave of worry in their life. This is an untimely and

most serious issue that need immediate and effective response considering all the group of individuals of the society.

COMPETING INTERESTS

Author has declared that no competing interests exist.

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