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COVID 19 IMPACT ON HUMAN BEHAVIOR- THE GLIMPSE OF SCENARIO

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INTRODUCTION
Covid 19 is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV2). Coronaviruses got their name from the way that they look under a microscope. The virus consists of a core of genetic material surrounded by an envelope with protein spikes. This gives it the appearance of a crown. The word Corona means "crown" in Latin. The outbreak of this virus first comes to light in Wuhan city of china. It is a pandemic now. There are no vaccines or specific antiviral treatments for Covid-19 till date.

Covid-19 is the biggest global event and challenge for everyone. The virus that causes COVID-19 infects people of all ages. However, two groups of people are at a higher risk of getting severe COVID-19 disease.

- Older people (people over 70 years of age)
- People with serious chronic illnesses such as:
  - Diabetes
  - Cardiovascular disease
  - Chronic respiratory disease
  - Cancer
  - Hypertension
  - Chronic liver disease

The WHO has issued and published advice for these high-risk groups and community support. Mostly countries resorted to lockdown to "flatten the curve" of infection. It influences the human behavior directly or indirectly around the globe and brings lot of change in the attitude and behavior of humans.

OBJECTIVE OF THE STUDY
The primary objective of this research is to understand the changing behavior and attitude of humans due to Covid 19.
The secondary objective is to provide some suggestions and measures to avoid negative stress and bring out some positivity.

RESEARCH METHODOLOGY
The data is collected for the present study is secondary data available through different sources.
Lack of information or fake information available on different sites and on social media is the main limitation.

IMPACT ON HUMAN BEHAVIOR

Firstly we have to understand what is human behavior? Human Behavior is the response of individuals or groups of humans to internal & external stimuli.

Personality is another important trait in human behavior. Also, human behavior change in situations which are beyond control. And any human can sacrifice his principles and ethics for his survival.

NOW THE IMPACT

POSITIVE IMPACT

- First and most positive outcome of this virus is people spend lots and lots of quality time with family because of lockdown. Father's also take responsibilities of children which bring positive outcomes and change in their outlook.
- During the lockdown period people give preference to their hobbies for which they don't have time before.
- More focus on fitness. People doing yoga in their homes, it seems like cycling is the new passion of people.
- Pollution levels come very down and one can feel freshness in the air quality.
- More priority to home cooked food which is good for health and hygienically safe.
- Wildlife is rejuvenating. Number of migrating birds are returning to lakes and bird sanctuaries they had once abandoned due to heavy pollution and public intervention.

NEGATIVE IMPACT

- Large number of world population affected from this virus. Huge number of deaths, people lost their loved ones. Around 7,995,877 people are affected with corona virus and around 435,593 deaths.
- Large number of people lost their jobs. Unemployment rate is high. According to the International Labor Organization around 1.6 billion workers struggling for job.
- People do not have food to eat or shelter to live in. some very disturbing pictures or videos are uploaded on social media or in news channels which create panic situation and stress in mind.
- Fear of virus and death in the mind of humans brings more negativity and stress. People feel helpless. Number of peoples not able to get proper treatment. Many private hospitals set packages or charge higher fees from patients which can't be afford by all.
- Shopkeepers charge higher price for the product. Also there is shortage of supply of goods. There is some particular time for the shops opening. Also, people buy goods or groceries and stock them in their houses because of this some people who really need some basic necessities did not able to purchase due to shortage.
- People have to wear mask and gloves every time they visited the market and have to sanitize everything once they come back home which is an irritating process.

- Employees and children spend more time on watching screens, as classes are online now; employees have to attend meeting through different apps. All this increased screen dependency which creates different types of stress in children and employees.
- Fake messages through whtsapp and social media platforms create panic situation among the localities.

SOME TIPS TO REDUCE NEGATIVITY AND STRESS

- **Keep informed**: it means that instead of rumors one should follow instructions and recommendations from national and local trusted authorities.
- **Boost your immunity**: try to boost your immunity as much as you can. There are number of ayurvedic kadha or things like tulsi, haldi, tejpata available easily at our homes are also great immunity boosters.
- **Have a routine**: keep up daily routines like get up and go to bed on time, do yoga and meditation daily, eat healthy meals at regular time, minimize screen time, and make time to doing things you enjoy or for your hobbies.
- **Social contact:** movement is restricted but phone calls and video calls not. Try to be in touch with your loved ones, talk them and share your thoughts.
- **Use of alcohol and drugs**: try to minimize your alcohol consumption or avoid it totally. Alcohol or drugs are not the solution to deal with stress, anxiety and boredom.
- **Limit the newsfeed:** try to minimize your newsfeed as it creates stress and fear. Just be aware and follow the instructions given by some trusted authority. Also don't spread unnecessary messages through social platforms without knowing there authenticity.
- **Screen time**: check your screen time and take some rest in between screen activities.
- **Social media**: try to use your social media account to share some positive stories instead of creating fear and stress.
- **Help others**: if possible try to help others to cope up with the situation. Try to help with food and clothing or medical kits, sanitizer, masks etc.
- **Discrimination**: don't discriminate on the basis of caste and community or people who fight with corona. Instead of this motivate them that he or she can fight with this deadly virus and can lead normal life with their loved ones after that.
- **Support health workers**: respect and support our saviors. If possible provide them some help. Follow their instructions as by not following the instructions of doctors and police you may create problem for yourself and also for others.

- **Government support**: large number of workers migrates from one state to another which creates more chances of spread of virus. In this situation govt. can tie-ups with builders or big real estate owners who have many large scale projects which are under construction. As under constructed buildings have lots of works to do like painting of walls, bricklaying, setting of tiles etc. so these workers or labors can stayed in these under constructed buildings and do these task for which they get food and shelter, social distancing is maintained as these buildings have lot of spac and also feasible for owner because their work is not stopped in lockdown also.

- **Opportunity for small scale industries**: there are large number of small scale unit who do not have task or don't have right platform to sell their products. Even Prime Minister Mr. Modi urged people "vocal for local" and announce 20 lakh cr. Package for "AATAMNIRBHAR BHARAT ABHIYAN" The economic package will help cottage industries, home industry, small-scale industries, MSMEs, which are the means of livelihood for crores of people. This package is also for farmers, who toil in different weather conditions and for the middle class who pay their taxes on time.

CONCLUSION

It is concluded that when things back to normal and we can able to buy things normally, able to meet people normally, travel is possible then also this so called "NORMALLY" is not normal. Covid-19 has forever changed the experience of people or humans the way they think, the way they react on different situations. Now people hacks new ways to live.

Stay Home Stay Safe.

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