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Covid: Torment For Country

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INTRODUCTION

Covid-19 has emerged as an epidemic in China and has spread like a wildfire in the whole world. The Novel coronavirus disease (COVID-19) is caused by SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2) (Li et al.). The global economy is moving towards recession (Fernandes). Nearly half of the planet is under some form of a lockdown. India has also been the witness of the biggest lockdown. In accordance with the data, 1.3 billion people were in homes as it was exigent. This will have a long lasting impact not only on the economic conditions but also on the social and mental health of the people (Nicola 185). Under this, study is taken to understand the impact of Covid-19 on the psychology of people and the way they are dealing with this pandemic. When the second phase of lockdown ended, it was found that some of the situations were under control; the same was also claimed by the government officials. The coronavirus is a torment for the whole world with devastating impacts.

REVIEW OF LITERATURE

Wenjun Cao, et.al (2020) discussed that because of Covid-19, 24.9% of students from colleges experienced anxiety. There are many risk factors which may cause stress among them. They concluded that some stressors are positively related with the level of anxiety symptoms and some are negatively related.

Sijia Li, Yilin Wang, Jia Xue, Nan Zhao and Tingshao Zhu (2020) discussed the situations after and before January 20, in which it was found that there is an increase in the stress level of the people and they are having more negative emotions like anxiety, depression etc whereas the positive emotions found to be decreasing. People are paying more heed towards the health and family.

Cyrus SH Ho, Cornelia YI Chee and Roger CM Ho (2020) discussed about the strategies used to combat with the mental health problems (Rajkumar). They suggested different strategies to the government of Singapore and other countries so as to ensure some improvements in the current situation.

Peterson Ozili and Thankom Arun (2020) discussed the effect of Covid-19 on the economy and have also discussed various measures like monetary policy measure, fiscal policy measure and public health measures adopted during the period. They have also undertaken a study to examine the impact of social distancing on the economy and stock market (Singh et al.). It was found that because of the restrictions on the trade, economic activities got affected but the increase in the number of cases of coronavirus patients do not have any significant impact on the economic activities.

OBJECTIVE: Objective is to study the impact of Covid-19 on the economy of the country and how the physical and mental health of the people got affected.

PSYCHOLOGICAL IMPACT

The coronavirus has not only spread the infectious disease but also has an overpowering effect on the mental health of the people. Generalized Anxiety Disorder Scale (GAD-7) instrument is used for the detection and screening of anxiety disorders (Cao, Wenjun et al.). When the National Health Commission Classified Covid-19 as B type infection, it was found to be ferocious. It not only impacts the physical health but also the mental health of the people particularly in terms of emotions and cognition. This negativity curbs the functioning of immune system and also demolishes their normal physiological system balance (Qiu et al). The people who work in the emergency departments, hospitals, isolation wards are more prone to have adverse psychological impacts other than those who work in other departments. This also increases the miscarriages of women who are going to be mothers soon, as the fear of this virus has a devastating impact on their mental health.

Final year students were anxious about their jobs. Due to Covid-19 no placements were undertaken.

Therefore there is an urgent need that the government should come up with innovative ideas to fight this battle.

ECONOMICAL IMPACTS

It has been found that with an increase in the number of days of lockdown, there are many restrictions imposed on the economic activity which hinders the growth of economy severely. Social distancing is being followed to restrain the spread of this virus. The restrictions of lockdown has cost in terms of downfall of economy. With the implementation of social distancing, many workplaces were shut down; there was lurking fear in the minds of employees regarding loss of their jobs. Demand of many sectors like restaurants, hotels, malls etc shows a declining trend. It is uncertain when this social distancing comes to an end. There is an urgent need of some measures to be taken, in order to mitigate the negative consequences of Covid-19.

Earlier in 2019, the concern was of US – China trade war impacts, Presidential elections of US and also the Brexit on the world economy on the basis of which the global growth prediction of 3.4 % was predicted. And now after covid-19 outbreak, IMF expected the global recession which would be worst and whose recovery will be in 2021. Covid-19 has its affect on the tourism industry as well. Over \$200bn was not received due to cancellations in booking of hotels, flights and international events.

Sports industry was also got affected because of coronavirus. Football matches and Turkish Super League were put on hold. Monaco Grand Prix was cancelled. Many games like Tokyo Summer Olympic and Paralympics were given a break. All this was followed by loss of revenue to the sponsors and the organizers (Ozili et al.).

According to CMIE (Centre for Monitoring Indian Economy) data unemployment rate was 23.48% in May, 2020. With the meagre income it was difficult for the people of India to manage their livelihood and fall in consumption expenditure. (Dev, S. Mahendra, and Rajeswari Sengupta)

According to International Monetary Fund's Managing Director Kristalina Georgieva, "Given the necessary containment measures to slow the spread of the virus, the world economy is taking a substantial hit. This is especially true for retail, hospitality, transport, and tourism. In most countries, the majority of workers are either self-employed or employed by small and medium-sized enterprises. These businesses and workers are especially exposed."

This pandemic has also its impact on the banking sector to a large extent. Non Performing Loans showed a rising trend and on the other hand declining trend was found in the banking transactions, followed by less use of ATM machines. All this had a negative effect on the profits of banks. Due to lockdown more emphasis was given to online services (Ozili et al.)

SOCIAL IMPACTS

The whole world is under the captivity of Covid-19, and India is also bearing the brunt. WHO (World Health Organisation) declared it as a pandemic. In order to mitigate the effect of this virus, the government came up with the social distancing and also lockdown to minimize social contact. From March 22 the whole country is under the captivity of 'lockdown'. The activities were stopped which lead to less human interaction. Border whether internal or external were sealed. The masses also supported lockdown but there are some exceptions which poses challenge for the country. This also has a negative effect on the society.

People were confined to their homes, which increases stress and depression among them. They were dependent on technology to have conversations with their dear ones. Excessive use of technology gives birth to new health related issues among them.

Several instances of attacks on doctors and police have also been reported. The biggest irony that arises is that "there is threat of lives of those who are live savers."

Another instance of migrant workers posed a challenge for the government. "The workers were protesting against extension of the lockdown, saying they do not have access to food and other essentials," said a western railway official who was present outside the railway station.

Thackeray said, "The migrant workers wanted to go back to their hometowns and many were refusing to eat and stay in labour camps."

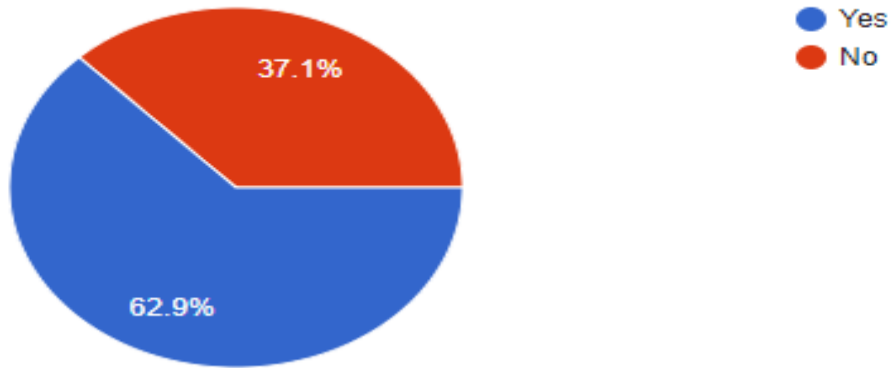
Many institutions came up with their selfless service to provide food and shelter to the migrant workers and to help the needy. Organizations like ISKON, RADHA SOAMI SATSANG BEAS etc. On July 5, 2020 world's largest Covid care centre was inaugurated in Delhi. It was built on the campus of Radha Soami Satsang Beas in Chhatarpur.

PM Modi's effort was also appreciated by WHO, who said 'India can do it'.

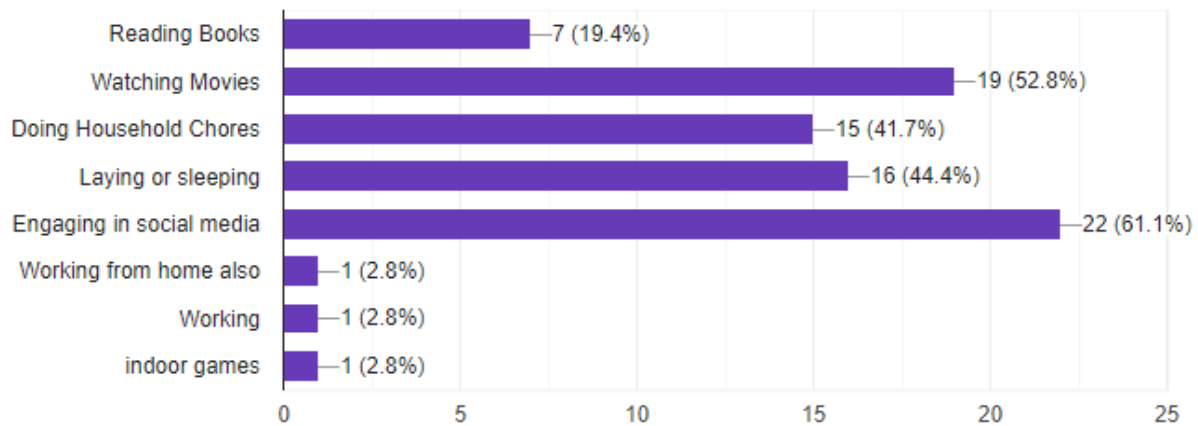
There is an urgent call to act responsibly by fulfilling our duties and support each other to cope up with his situation.

RESULTS AND FINDINGS

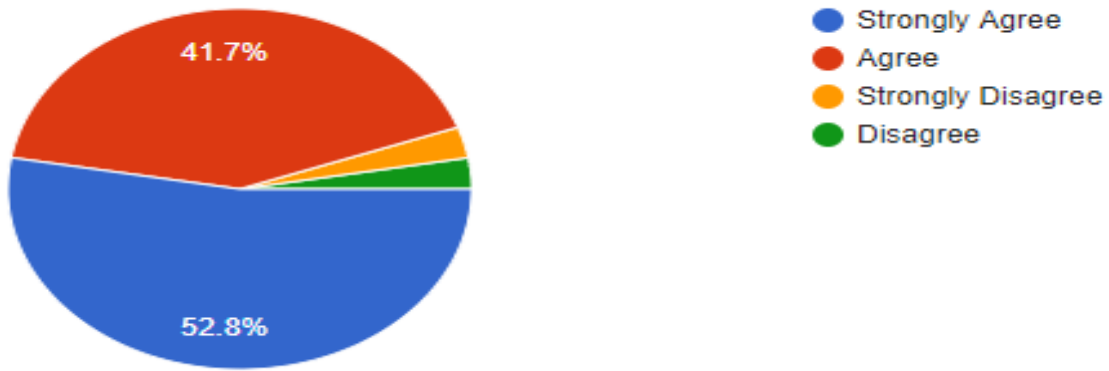
Self administered questionnaire was prepared to study the economic and psychological impact of Covid-19. The survey was taken on small scale. In which following are the findings:



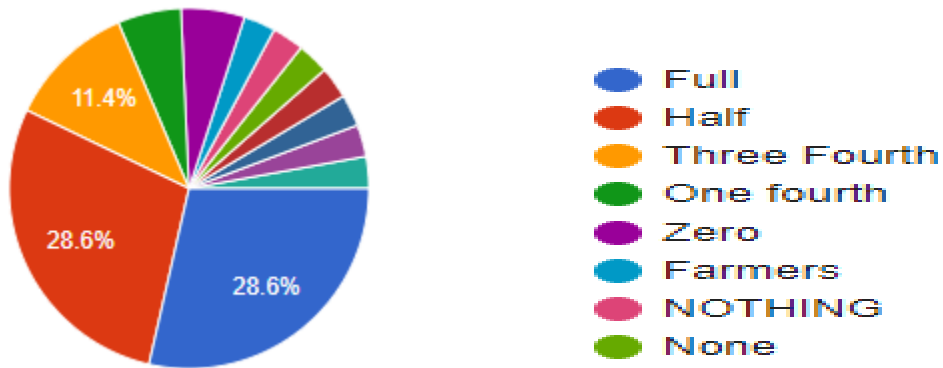
Only 62.9% of the people received salary during the lockdown period because of Covid-19.



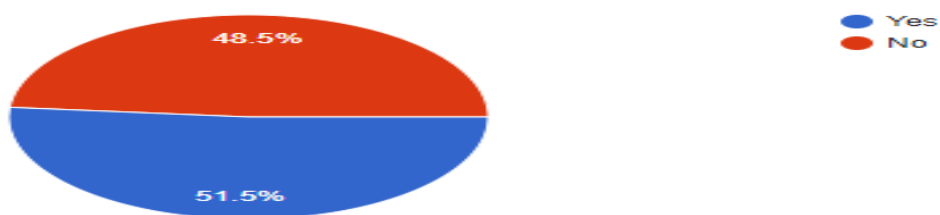
This diagram above shows how people utilize their leisure time during the period of lockdown.



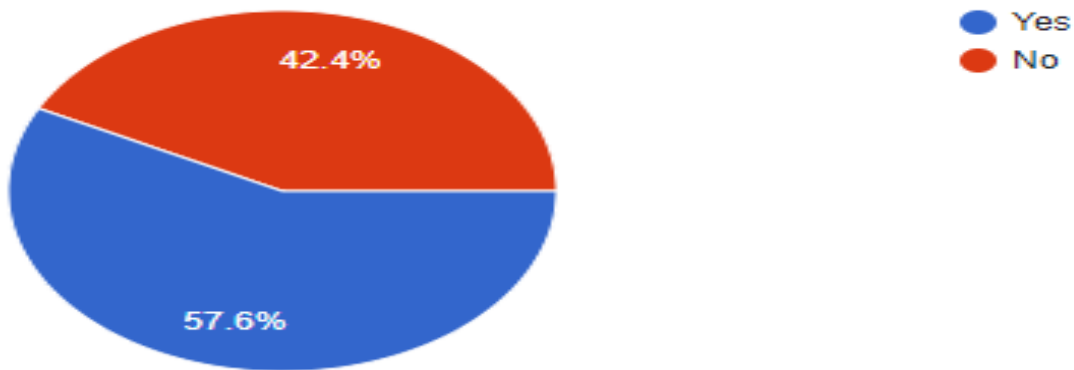
This above pie chart shows how strongly the people agree, disagree that social media has exaggerated the fear among people.



This pie chart indicates the portion of salary received by the people of different sections of the society.



51.5% of the people are depressed because of Covid-19.



This shows that 57.6% of the people have negative effects on their mental health due to Covid-19 and rest doesn't.

Therefore from the above, it can be said that many people are deprived of their salary during the lockdown period and hence faced many economic problems. Only 28.6% of the people received their full salary and greater section of the society got half salary. Nothing wrong to say that during the lockdown period, 61.6% of the people spent their leisure time on social media and this has increased their stress level, 52.8% of the people believe that social media has exaggerated the fear among them. Due to the fear of Covid-19, 57.6% of the people got negative effects on their health. Therefore this Covid-19 has a negative effect on the economy and also the psychology of the people.

CONCLUSION

On February 11, 2020 statement was given by WHO whereby it declared 'Covid-19' as the official name of coronavirus. Covid-19 has been declared as pandemic on March 11, 2020 by WHO. This has a long lasting impact not only on the economic conditions but also on the social and mental health of the people. Nearly half the population got depressed from the fear of the Covid-19. This has negative effects on the health of the people. Also people had faced many economic problems and they are unable to get food, lost their jobs etc. These problems are still faced by the people. Some organizations step forward to help the needy. Therefore to curb these impacts one needs to believe in positivity without losing hope. With this positive mindset we can explore innovative and creative ideas to mitigate the loss and also have a positive impact on the health of the people. Government is trying hard to bring the economy back and time to time it is bringing measures. It's our duty to help the people who are in dire need whether the help will be financially, mentally or physical. This quote "where there is a hope, there is a way" found its true meaning in today's era.

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