

IMPACTS OF COVID-19-POSITIVE, NEGATIVE AND COPING STRATEGIES

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ABSTRACT

Background-Covid-19 Pandemic has disrupted the lives of people throughout the world. It has adversely affected all the aspects of our lives but the one way to deal with this pandemic is to build resilience and accept the challenge. For building resilience we need to focus on the positive impacts of Covid-19 and at the same time acknowledge its negative impacts too. It will help us to accept the situation clearly and think positively. **Aim and Objective-** Keeping this in mind it becomes imperative to study the impacts of Covid-19- positive, negative and coping strategies. **Methodology-**A purposive sample of 1107 participants was collected randomly by online survey which was developed on Google Form. The statistical analysis was done. **Findings-** It can be said COVID-19 pandemic has both positive and negative impacts. By being panic about this current situation won't help, only the calm thoughts and positive strategies can handle this situation. We all need to allow space for new and informative ideas and a conscious shift to growth mindset to notice some silver linings at this time. Collective efforts, determination and psychological resilience at government, non-government community and individual level will definitely help us to combat this war like situation and win.

Keywords: Resilience, Positive impacts, Negative impacts, Strategies.

INTRODUCTION

"Can we install 2020" this message is getting viral on social media".

Corona virus disease-19 or COVID-19 has been declared officially a pandemic on March 11,2020 (World Health Organisation, 2020). The countries and cities all over the world are experiencing the impact of COVID-19. Due to this pandemic people, cities and countries have faced severe challenges in the last six months. The lockdown, the physical distancing for survival, the unsheltered and homeless people (40 millions on internal migrant's livelihood in India are badly affected and 50,000-60,000 moved from urban centres to rural areas of origin within few days(Economic Times, April, 2020), manifold increase in mental health problems (Wang, et.al., 2020) 53.8% rated the psychological impact of outbreak as moderate to severe, 16.5% agreed that moderate to severe depressive symptoms, 28.8% reported moderate to severe anxiety symptoms, ever increasing death rate (globally till 7th July 2020 confirmed corona cases 11, 500302, deaths 535,759 (World Health Organisation, July, 2020). The economic, social and educational crisis (more than 91% students are out of school at least in 188 countries and India is going to be highest as far as dropout rate is concerned (Karsan, June, 2020), the domestic violence between March 20-31, the CHILDLINE 1098 helpline in India received over 92,000 SOS calls from across the country and the National Commission for Women, India (NCW) received 315 complaints in April (Suri, May 2020) have brought our country, the world and the lives of people to standstill.

It is quite natural to feel disheartened and to lose hope and think of negatives especially when we are dealing with a pandemic. As every coin has two sides, this pandemic also has two sides – low and high.

Like every pandemic this too shall pass. If we manage to focus on the positive impacts, it will be easier for us to build resilience and work on negative impacts of COVID-19. Looking and thinking about positives will help the world to see the ray of hope and a silver lining in dark clouds.

There are few positive impacts of COVID-19 that the world will be remembering for years to come such as building strong and genuine family ties, moving to practice better hygiene (Bhat, BA, Khan, S, Manzoor, S, et.al., 2020), innovative ideas to feel connected such as online breath and meditation workshop, live global meditation by Sri Sri Ravishankar, founder of Art of Living organization and many more, opened doors to new online tools and software, remote working is becoming in thing, e learning and teaching, many e resources have been launched by government of India such as NPTEL, Digital Library Inflightnet, DIKSHA, SWAYAM etc, better environment conditions. While COVID-19 pandemic is tragically affecting health of the people, their lives and livelihood, it has shown positive impact on environment in just few months. It has resulted in cleaner air, reduced carbon emissions and less noise, reduced criminal rates and rejuvenation of wild life and the undying spirit of human race to be together and fight back. When we focus on positives, it gives us zeal and energy to cope up and many coping strategies have already been adopted and many are coming up to deal with the negative impacts of COVID-19. We may see a paradigm shift in people concerned about their mental well being and adopting counselling as a coping strategy (Awasthi, 2020), launch of Aarogya Setu app is a step forward for the people to become alert and cope up with COVID-19 pandemic. The awareness campaign "Main Surkshit, Hum Surakshit, Bharat Surakshit"

(April, 2020) is required in the present scenario. Another campaign “Vocalfor Local, Made in India” and AatmaNirbhar Bharat Abhiyan (May, 2020) is bound to make a powerful impact. Keeping in mind the positive and negative psychological impact of COVID-19 and the coping strategies being adopted, the present survey was framed to study and know the opinion of general public regarding positive and negative impacts and how much the coping strategies are going to help us in our fight against COVID-19 pandemic.

AIMS AND OBJECTIVES

To assess the positive impact of COVID-19 during lockdown

To assess the negative impact of COVID-19 during lockdown.

To assess the coping strategies being useful after the lockdown period of COVID -19.

METHODOLOGY

Sample

A purposive sample of 1107 participants was collected randomly by online survey which was developed on Google Form.

Procedure

An online five point scale was developed on Google Form. It was classified into three sub scales i.e. positive impact, negative impact and coping strategies. The intention of the research was described to the participants by taking their consent. The scale was forwarded through the social media (whatsapp). The data was tabulated in MS excel which was collected through the online survey and calculated and interpreted statistically.

RESULTS AND DISCUSSION

The aim of the study is to examine the positive and negative impacts and coping strategies during and after COVID-19 lockdown. To fulfil the purpose of the investigation the data was collected of 1107 participants and analysed. 22% males and 78% females were participants in this study. It is clearly depicting that females participated more in the study as compare to the males. The percentage of age group of 17-30 years is 68%, 31-44 age group is 19% and 45-58 age group 11% and 59-60 only 2%. It can be observed that the respondents of the age group of 17 - 30 were more and the least were from the age group of 59- 60. Around 64% respondents were urban and 46% respondents were from rural background.

The present investigation is intended to investigate the positive and negative impacts and coping strategies to overcome the negative impacts during COVID-19. Different occupations such as teachers, students and others were considered.

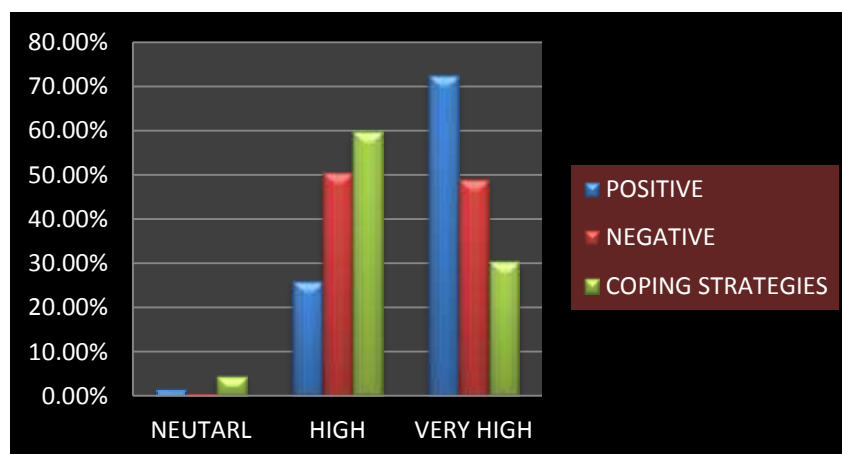


Figure 1.1: showing the percentage of teachers consent on positives, negatives and coping strategies.

Figure 1.1 shows that the 73% teachers reported very high and 26% reported high positive impacts. The 49% reported very high and 50% high negative impacts. As far as coping strategies are concerned 31% teachers agreed that these strategies will help in very high amount and 60% reported that it will help in high amount.

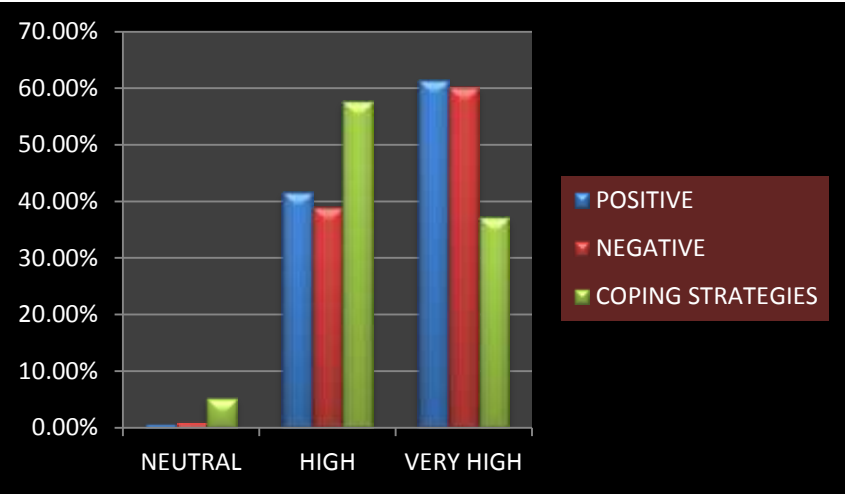


Figure 1.2: showing the percentage of students consent on positives, negatives and coping strategies.

Figure 1.2 illustrates that 61% of students reported very high and 41% reported high positive impacts. 60% of the students reported very high and 39% reported high negative impacts of COVID-19. The 37% of the students very highly and 58% highly believed that the coping strategies are going to help us to overcome the negative impacts.

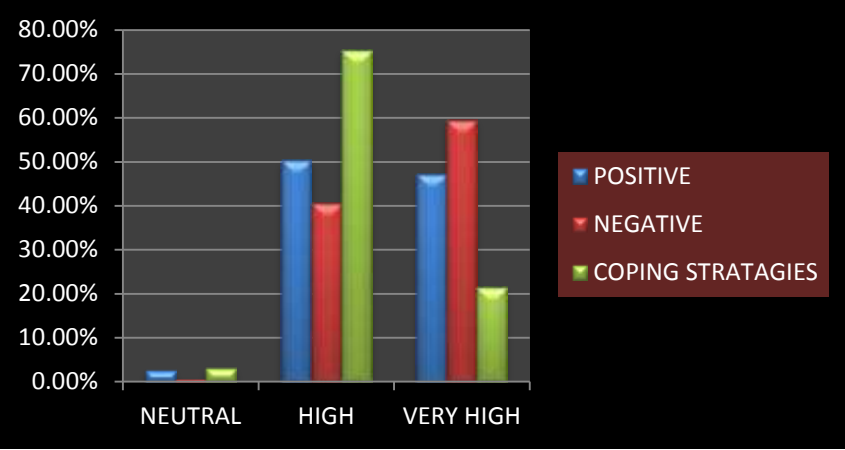


Figure 1.3: showing the percentage of other occupations consent on positives, negatives and coping strategies.

Figure 1.3 is showing that 47% people of other occupations reported very high positive impacts and 50% reported high. In the negative impacts 60% have reported very high and 40% reported high response. The 21% of participants of other occupations have reported their very high consent regarding coping strategies and 75% of them are of this view that coping strategies will help in high manner. So, it is quite evident that students, teachers and others all highly and very highly agree that COVID-19 has impacted our lives in both positive and negative manner and at the same time they are hopeful that if we adopt coping strategies we will overcome adverse affect of this pandemic.

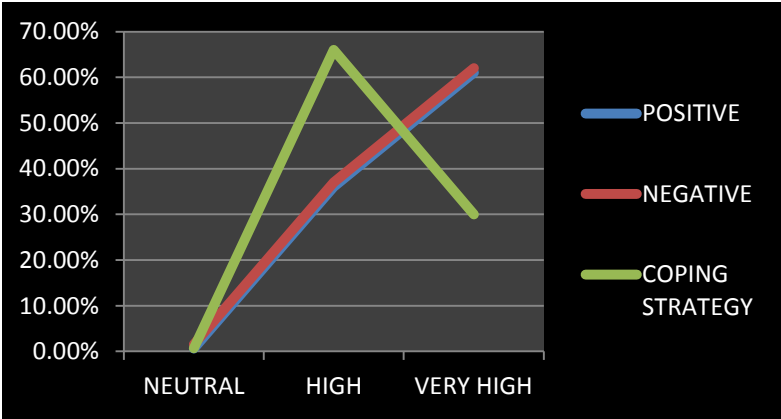


Figure 1.4: showing the percentage of urban participants consent on positives, negatives and coping strategies.

Figure 1.4 shows that 61% of urban participants responded on very high and 36% replied on high positive impact and 62% of participants responded on very high and 37% participants responded on high category on negative impacts. 30% of urban participants very highly agreed and 66% of participants highly agree that coping strategies will surely help to get rid of the negative impacts.

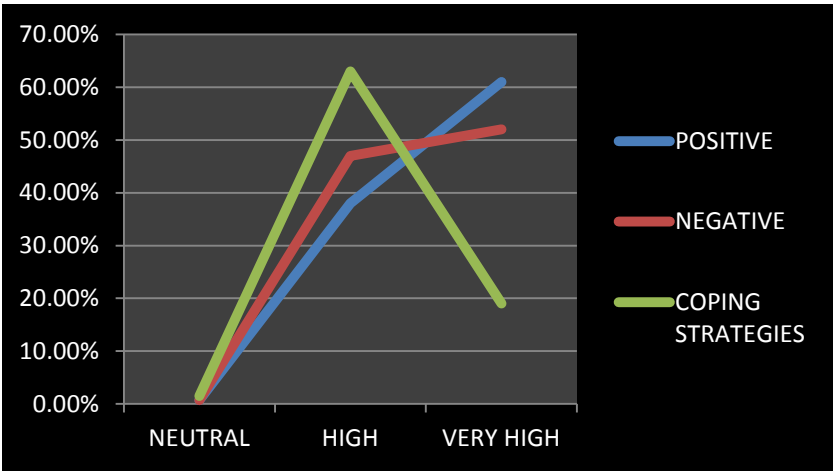


Figure 1.5: showing the percentage of rural participantsconsent on positives, negatives and coping strategies.

Figure1.5 showsthat 61% of rural participants reported very high and 38% of participants reported high on positive impacts and 52% of rural participants reported very high and 47% reported high impact of negative impacts. 19% of rural participants reported very highly and 63% highly reported that coping strategies can help us to overcome the negative impacts.

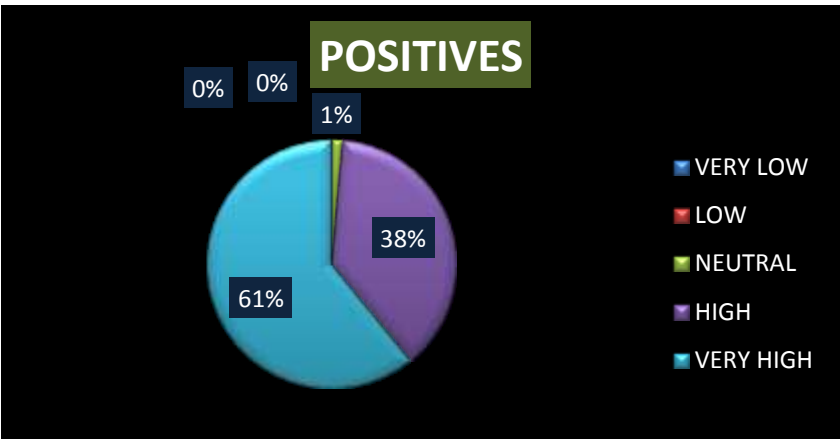


Figure1.6: shows percentage of positive impactsin COVID-19 pandemic

Figure 1.6 is depicting the positive impacts of the COVID-19 pandemic. It reveals that about 61% of participants very strongly and 38% strongly believed that due to this pandemic they are spending more quality time with the family members and AQI (Air Quality Index) is increasing and water is cleaner now.

Participants have agreed that crime rate is decreasing and they also reported that they are getting more opportunities to learn new techniques and skills. Participants have agreed that they have become health conscious, giving importance to physical fitness, hygiene, nutritious diet, yoga and meditation. Only 1% of participants are uncertain for the positive impacts. So, it can be assumed that people areacknowledging the positive changes in their surroundings.

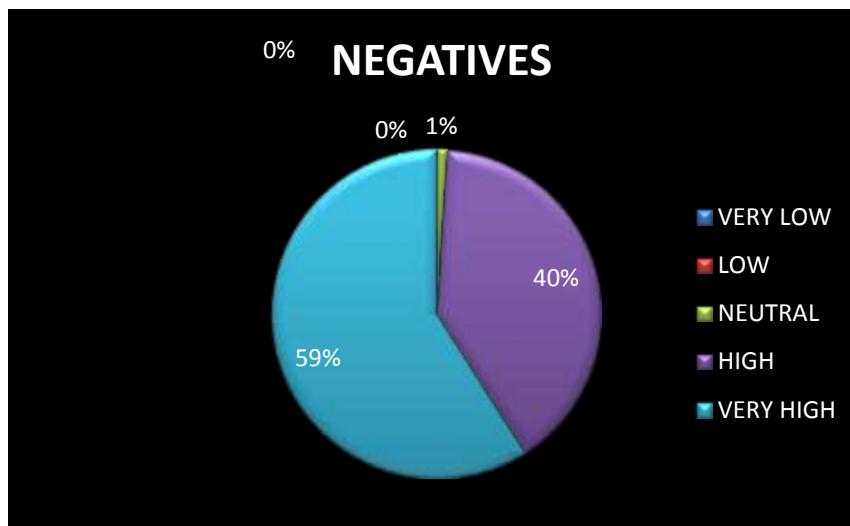


Figure 1.7: Shows percentage of negative impacts in COVID-19 pandemic.

Along with the positive impacts, participants also admit that current situation is showing lots of negative impacts. Figure 1.7 is showing that 59% of participants have reported very high and 40% of participants reported high on negative impacts of COVID-19 pandemic. Only the 1% of respondents is there who are uncertain for the negative impact. Undoubtedly, participants believe that people are suffering from lots of anxiety, fear, uncertainty, domestic violence, unemployment, migrants and daily wagers have suffered a lot and the nation is going through the economic crisis. COVID-19 pandemic has raised numerous troubles where people are encountering countless difficulties in day today life. Along with the positive impacts, participants also admit that current situation is showing lots of negative impacts.

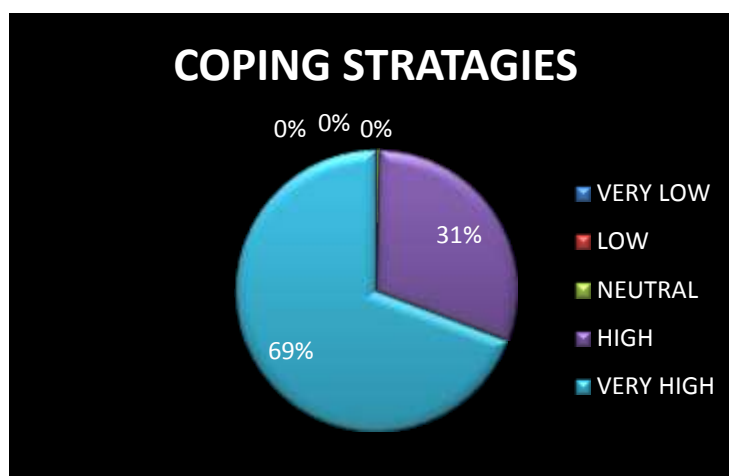


Figure1.8: showspercentage of consent on coping strategies in COVID-19 pandemic.

The results show that participants are agreeing in large number that both positive and negative impacts are there and coping strategies will help to overcome negatives. Figure 1.8 describes the percentage of coping strategies to deal with the negative impacts of COVID-19 pandemic. The 69% of participants have very high percentage and 31% of participants show high percentage on coping strategies. This depict that they have the faith that they can defeat any difficult situation with the combined efforts.

Respondents reported that together they can face any challenge at family, society and national level. Awareness programmes at national level can be fruitful for the people to come out of the misery. Upgrading the new skills and techniques can help everyone in this scenario and “Vocal for Local”/”Be Indian and Buy Indian” campaign will help the nation to improve the economy crisis.

In this survey, one open ended question was there, where participants were encouraged to give their suggestions to cope up with the negative impacts of COVID-19. Some valuable suggestions are that participants think that limit media time and check covid status only from reliableresources can help,adapt to new normal, work regularly on boasting immunity, reach out to people and give them hope and it has been emphasised that we should follow“one district one product production” policy and it can be a game changer. Protection and precaution is the only mantra to cope up. It is also important to keep in

our mind that recovery rate of COVID-19 is increasing day by day and that is really a ray of hope and silver lining in dark clouds.

CONCLUSION

It can be said COVID-19 pandemic has both positive and negative impacts. Most of the participants are also of this point of view and opinion. By being panic about this current situation won't help, only the calm thoughts and positive strategies can handle this situation. Everything that happens in this universe has positive and negative impacts and it is the time to take this time positively. It's the combined responsibility of individuals, communities and nations to help more and more, take responsibilities and do positive actions to conquer and vanquish this pandemic crisis.

SUGGESTIONS

Like every pandemic, this too shall pass, but at the same time we have to understand that it has disturbed psychological, mental and social well-being of many people. Countries are facing economic crisis and education related challenges too. The need of the hour is to calm ourselves, take positive energy from the positive impacts and be ready to deal with the stressors, anxieties, uncertainties and fear by adopting new strategies, measures and practices. We all need to allow space for new and informative ideas and a conscious shift to growth mindset to notice some silver linings at this time. Collective efforts, determination and psychological resilience at government, non-government community and individual level will definitely help us to combat this war like situation and win.

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