



Impact Of Covid-19 Pandemic On Social Relations And Mental Health

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Abstract

The aim of this study is to understand the effects of covid-19 on social relationships and mental health. The pandemic was an unacceptable development in people's lives throughout the globe. The pandemic had a major impact on the social behavior of the people. This study explores the social relationship and mental health domain of individuals and how it changed after the pandemic. The impact of being isolated from the world. And social interactions will also be explored in this paper. The study shows that the world will never be the same after the pandemic and that the lockdown has changed people emotionally and mentally.

Keywords: COVID-19, Mental health, social relations, Society, Human health, impact.

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Impact of Pandemic on Social Relations and Mental Health

In 2019 the world had recently defeated the menace called ISIS and India had recently conducted the Lok-Sabha elections. We were looking forward to a wonderful year of development and advancement. However, nobody had anticipated that the lives of everyone living on this planet were going to be changed forever. In December 2019, a virus outbreak happened in Wuhan, China. This Virus named Covid-19 swept across the world within a year. Every country, every continent felt its effects. This results in thousands of deaths, joblessness, and hunger. On 21 March 2020, PM Modi called for a nationwide lockdown of 21 days (about 3 weeks). This was to control the spread of the virus, countries like the countries like Philippines and Italy also restricted their citizens to their homes.

Everything changed for everyone, 21 days (about 3 weeks) turned into months of Lockdown. The death toll was rising, and everyone was panicking. People did not know what to do. We were also used to interacting with people and going out that it was difficult for them to suddenly change their lifestyle.

People were contracting the disease at an alarming rate; hospitals were out of beds and oxygen cylinders became extremely difficult to arrange.

The World Was Not Ready for Covid-19

Humans of the 21st century thought that they are historically most advanced society and there was nothing that could challenge this modern world. Electric cars, nuclear Bombs, Space tourism, nothing comes close to this historically.

While this may have been partly true the entire modern world came crumbling down once the virus started to engulf the world. No country was safe. No billionaire, no politician could guarantee that he was going to survive. The problem was not that we did not have resources or that our intelligence was lacking but the problem was that we were not ready for something like Covid-19. The tales of the Spanish flu had long been forgotten and Zika and Ebola had been controlled to a fair extent. We thought that covid-19 is just like these diseases and will go away a couple in of Months. Well, we all saw what happens when a virus decides to stick around for a while.

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The Fault lines of our society have been exposed. Unprecedented number of deaths occurred, people Lost their family friend's and people that knew. According to WHO 14.9 million deaths are associated with the virus. People were confined to Their homes and sometimes to their rooms. Work from home became a new thing, colleges and Schools turned to online modes of education.

How Loneliness Affects People

Loneliness according to most definitions is a state, a state of being alone however loneliness is a Feeling a feeling of being alone. A person might be surrounded by friends or family all the time and he may still feel lonely. According to a survey conducted under the lead author Mareike Ernst, PHD of Johannes Gutenberg-university Mainz in Germany, the pandemic has increased loneliness. This study that was published in the journal American Psychologist received 34 studies from Four continents, primarily in North American Europe, involving more than 200,000 total Participants. This study explored the depth of loneliness before and during the pandemic. They Found out a significant increase in loneliness during the pandemic, about 5% increase in the Prevalence of loneliness across individuals. Loneliness changes people in many ways. Lonely people are often sad and may suffer from depression overall.

Gaining weight, spending enormous hours on social media and Pornographic sites are some of the direct effects of being alone. Para social interaction is the term used to describe the type of psychological connection that Audiences have with performers they interact with through the mass media, particularly on Television and online. Despite having little no engagement with media which figures, viewers, or Listener's start to think of them as friends. PSI is referred to as an illusionary experience in which consumers engage with personalities {such as talk show hosts, streamers, fictional characters, and social media influencers} as if they are in a mutually beneficial relationship with them.

According to research published in the Journal of Social and Personal relationships, Para-social bonds became stronger. There are cases where people become so indulged in these Para social relations that they think virtual life is easy and neglect their friends. Rather than socializing

with people in real life, some people think it is much easiest to form a Para social relationship with a social media personality. Lockdown saw an enormous rise in the number of Streamers and content creators. Family members and on the other hand some people feel that they have become closer to their Family and some feel that they have become estranged from their family.

Result and discussion:

On a wide range of mental health and well-being variables during the COVID-19 lockdown, they assessed the relationship status and relationship quality. Regarding relationship quality and relationship status across all assessed scales, we discovered clinically significant variations. Better mental health was demonstrated by those in good relationships compared to those in bad Relationships or no relationships. Additionally, all mental health scales showed a significant decline in performance for those with poor relationship quality. The tests were made to examine how family relationships changed due to the COVID-19 pandemic. We can more clearly analyze how changes vary between individuals by focusing on the specific Relationship. The results of the questionnaire confirmed the notion that quarantine had A negative impact onfamily relationships. This study evaluates the current State and quality of the contemporary family. People spend less time with their families in today's Fast-paced culture than they did in the past. They get an opportunity to evaluate and test the Limits of their proximity during this protracted confinement. There may be flaws and problems that were not previously apparent. Only via prolonged conversation can problems be completely Revealed. Due to the reduction of secrets and more openness, close interactions may lead to Greater closeness. Additionally, some people would hide their true emotions, which would drive Them further away from their family. In this study we have prepared two questionnaires one for adolescent group and one for married People through this we can see how they must have felt during the covid period and how theyHad relationships with family, peer groups, relatives through which we can see what kind of Phase they went through the first questionnaire has a total of 13 items. 18-20 age group is the largest audience who filled the form total 100



responses we get and there are 51% male audience and 49% female audience 52% of the audience are having a negative impact on their lives due to the Covid-19 pandemic and most of the people felt a change in their attitude and they felt fear of other people in their Mind which may be due to trust issues. According to the responses 57% of people live alone and find it difficult to bond with other people. We can also see that 60% people are disturbed due to Peace of mind and people have lost their loved ones due to covid-19. It is also a major factor that Affects the mental health of a person and causes many Psychological Disorders such as Anxiety, Depression on the other hand people also learned lessons from the pandemic such as the value of Family members and on the other hand some People feel that they have become closer to their Family and some feel that they have become Estranged from their family. The second questionnaire has 12 items. This questionnaire is designed for the couple to See how well they spend their time during the covid period. From the result we know that Most People find that they have a happy relationship with their partner during Covid pandemic Mostly Subject feel that they have been negatively affected and the pandemic affected their relationship in a negative way and most of the couples have quarrels during covid which has led to divorce. Out of the 50 participants it was reported that 32% people had trouble sleeping, 38% people were constantly under strain, 23% people were not able to live a quality life, 29% people were unhappy and depressed, 29% people had trouble overcoming difficulties, 25% people had lost their ability to concentrate, while 22%, 10% people wanted to lose confidence and lost total confidence in themselves, 17% of people were feeling more worthless than usual while 11.3% were feeling much more worthless than others, and 7.5-8% of people were unhappy in their lives.

Causes of Depression and Stress

Depression and stress have unclear root causes. It is unclear what causes this depressing attitude, lack of joy, and unpleasant feelings in a person. A complex interplay of genetic, biochemical, and psychological elements is to blame for this.

The following are a few often seen causes:

Physical Causes

Physical changes like weight increase and reduction were experienced by most subjects. These are some of the causes behind these kinds of changes:

Using overeating to alleviate emotional issue: The interruption of one's normal routine and freedom of mobility during a quarantine may cause mood swings like boredom or worry. The increased caloric intake and consumption of more macronutrients are linked to these emotional changes, which are also related to confinement, the downturn in the economy, the unpredictability of the situation, and an increase in physical inactivity. Spending more time at home leads to increased food consumption since eating is a response to both nutritive and non-nutritive signals in the body. A longer amount of time spent at home may lead to more eating, especially in obese individuals who frequently exhibit an excess sensitivity to non-nutritive signs (such as social, emotional, or conditioned cravings for foods) and a concomitant desensitization, primarily related to typical satiety processes. Although fear is a crucial survival mechanism that humans and other species have to have developed to deal with environmental difficulties, it can only be useful to individuals who believe they can fend off the risks specific to them.

Even while fear is a vital survival mechanism that humans and other species have developed to deal with environmental difficulties, it can only be of use to people who have confidence in their ability to handle the threats that are particular to them. When people feel they cannot manage these dangers, fear can lead to defensive reactions. The stigmatization and discrimination of persons who are COVID-infected or showing symptoms is also a negative effect of dread.

Loss of opportunities: The individuals' emotional problems were also frequently brought on by missed opportunities. Prior to the virus's emergence, most students engaged in a variety of co-curricular activities to advance their interests and hobbies.

Emotional Causes

The second most prevalent problem that people have identified in themselves is emotional problems. Following are a few causes of emotional problems: Unlike past



virus outbreaks in the twenty-first century, including SARS and MERS, which were mostly propagated in hospital environments, fear brought on by the spread of the virus-COVID-19 is uncommon in that it has gone well beyond the bounds of healthcare facilities. With the entire population in danger, the necessary limitations have created an unusual scenario that is characterized by fear and uncertainty. Although fear is a crucial survival mechanism that humans and other species have developed to deal with environmental difficulties, it can only be of use to individuals who believe they are capable of fending off the risks that are specific to them.

Even while fear is a vital survival mechanism that humans and other species have developed to deal with environmental difficulties, it can only be of use to people who have confidence in their ability to handle the threats that are particular to them. When people feel they can't manage these dangers, fear can lead to defensive reactions. The stigmatization and discrimination of persons who are COVID-infected or showing symptoms is also a negative effect of dread.

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Ideas for avoiding Mental Burnout

More emotional burdens than only despair frequently cause people with depression to struggle. Stress can also put your mental health at risk, and depression and anxiety frequently coexist.

Stress and anxiety can increase your depression symptoms and make them harder to manage when they become too high. You might be able to manage your sadness and relieve your stress and anxiety with the aid of some straightforward relaxation exercises.

- Take time to rest on your own
- Take breaks as necessary
- Find social assistance.
- Socialize with other people
- Maintain your regular routine.

Conclusion

There are answers through which we have come to know that people face problems in

their relationships with their family, friends, etc. Couples are not happy with their partner because they face many conflicts; these conflicts lead to stress, depression and many other psychological problems, and many relationships end due to epidemics. However, some people get closer to their family and partners. Students' psychological reactions to COVID-19 or other pandemics should be recognized and handled immediately and comprehensively. A crucial role is played in this by institutions of higher education and higher-level associated ministries. Higher education institutions might be a significant factor in assisting students in overcoming their concerns. A fresh form of treatment We require suggestions. In addition to other resources like text messages, forums, and photo conversations, universities might give priority to the creation of digital therapeutic interventions like applications and instructional programs.

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