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PSYCHOLOGICAL IMPACT OF CORONA VIRUS LOCKDOWN

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**1.1 Abstract:** The Covid-19 which emerged at the end of 2019 started compromising the wellbeing and lives of thousands of individuals in following a month. Extremely infectious with the chance of causing serious respiratory ailment, it has immediately affected governments and general well being's frameworks. Not only in health but also in the field of medicines, it becomes the national as well as global concern. Around Millions of lives have been altogether affected and got disturbed, and a worldwide it has affected psychology of people and they are not suffering physically but also get exhausted mentally and psychologically.

**1.2 Introduction:**

Corona Virus is contagious and horrible in nature. In few weeks, it spread drastically and has taken more than hundred countries in its control. Whether it has affected thousands physically but it has breakdown millions or billions mentally; people are terrified, feeling stressed and few are getting panic attacks also. Before going into its psychological aspect, let's discuss about its nature and origin.

Corona virus disease (COVID-19) is an infectious disease caused by a newfound corona virus. Many people contaminated with the COVID-19 infection will encounter mellow to direct respiratory disease and recuperate without requiring special treatment. Older community, Children and particularly those who have serious medical conditions such as cardiovascular sickness, diabetes, continual respiratory infection and cancer are bound to create genuine sickness.

COVID-19 started from China on December 31, 2019 and since then it infecting millions of people. World Health Organization has declared it a pandemic on March 11, 2020 and issued notifications to prevent it advising social distancing but maximum of people are still showing casual approach and only because of their negligence it converted into pandemic as it started from town to city and then spreading from states to countries which have taken almost 35,000 lives till 30<sup>th</sup> April 2020 and millions are in its influence who are just hoping and praying to get its Vaccine and treatment. It's common symptoms are dry cough and fever and its acute symptoms shown after 10-15 days so make it almost difficult to find who is actual affected with this or not.

Thanks to present Amenities and technologies which have made our World “A Global village”. Mankind has always been dependent on other countries from food to travelling, IT Services to Medical Services and Airlines task is appreciable who has actually made our life and travelling such a cake walk that so many people use this facility on every second or third day for their personal or professional commitments. So, this is how Corona Virus traveled from country to country and has taken so many lives in just ignorance because till that time, health department and governments were not aware about its symptoms. After few researches and Experiments WHO (World Health Organization) has released notification to prevent citizens from this disease just by maintaining social distance so that infected one could not come in contact with healthy one. But just because of the Negligence of people, it has become pandemic from epidemic and Outcomes are in front of us. In India numbers of infections are increasing day by day and same with the death tolls. Prevention is always considered to be better than Cure. It is always said that society suffer not because of illiteracy but because of the stupidity of Literate citizens and in Corona Virus case, facts are proving it right.

### **1.2 Significance of Study:**

This study is significant to know about the Psychological impact of this deadly disease on people. They are encountering anxiety, Stress, some kind of depression and panic while they are lockdown in their homes. Some of them are following rules imposed by government while others are showing continuous negligence during this period.

For the better results, personal + Telephonic Interviews of various persons, who are active or inactive to check any kind of stress or psychological breakdown if they are experiencing, have been conducted.

1. Person working in media Industry: 2 (1 Male + 1 Female)
2. Housewife: 1
3. Radio Professional : 1
4. Regional Cluster Manager from Marketing Company: 1
5. Make Up Artist: 1
6. International Chef (Working in Canada): 1
7. Entrepreneur: 1
8. Maid who still working in early morning shift: 1
9. International Students: 2 (1 Male from Italy, Female from Nepal)
10. Lawyer from Australia: 1

11. Employee from Infosys: 1
12. Singer: 2 (1 Male from Australia + 1 Male from Chandigarh)
13. Promo producer from Madhya Pradesh : 1
14. Defense Officer from Mumbai naval dockyard: 1
15. Doctor: 1
16. Milkman: 1
17. Educational Trainer: 1

### **1.3 Objectives:**

1. To find out anxiety, Stress or any psychological breakdown they experiencing.
2. To check and analyze how people performing their duties.
3. To understand the psychological effects of Covid-19 on various sectors of Society.

### **1.4 Research Methodology:**

Research is a scientific and systematic search for pertinent information on a specific topic. It is an art of scientific investigation. Research methodology is an approach to give solution to research problem or issue in a systematic and deliberate way. According to Creswell, "Research is a process of steps used to collect and analyze information to increase our understanding of a topic or issue".

Tool used for research is Telephonic + personal interview which have open ended questions to check their actual fears and feelings. 20 professionals have been taken from various work fields to check out the limitations and stress levels they are going through and how they try to perform their tasks in such dread situation. Their age is from 20 years to 50 years.

### **1.5 Data Interpretation:**

#### **Question 1, 2, 3:**

<b>NAME</b>	<b>GENDER</b>	<b>AGE</b>	<b>PROFESSION</b>	<b>PLACE</b>
K P Singh	Male	38	Broadcast Journalist (Electronic Media)	Chandigarh, India
Kusum Sonia	Female	29	News Anchor	Jalandhar, India
Garima	Female	29	Radio Professional	Delhi, India
Avneet Singh	Male	33	Cluster Manager in Finance	Patiala, India
Michael	Male	29	Make-up Artist	Chandigarh, India

Nirmal Sire	Male	36	Chef	Toronto, Canada
Roubel Sharma	Female	32	Entrepreneur	Banga, India
Kulwinder K	Female	56	Housewife	Jalandhar, India
Rama	Female	25	International Student	Nepal
Gagandeep Singh	Male	33	Lawyer	Australia
Hardeep Singh	Male	29	Singer	Chandigarh, India
Simranjit Singh	Male	21	Student	Cremona, Italy
Dinesh Yadav	Male	28	Promo Producer	Dewas, Madhya Pradesh
Nikhil Dhulia	Male	31	Air Force Officer	Mumbai naval dockyard
Ishleen Kaur	Female	24	Dentist	Chandigarh, India
Puneet	Male	25	Infosys employee	Bangalore, India
Gagan Kokhri	Male	32	Singer	Canberra, Australia
Hina	Female	30	Ielts Trainer	Mohali, India
Rajni	Female	45	Maid	Patiala, India
Darshan Singh	Male	50	Milkman	Patiala, India

***Question 4: How you feel after reading about the Novel Corona virus spread in the Society?***

In Research, All respondents have mentioned their horrifying feeling which they have started encountering immediately after reading or watching about this. This is a new kind of case for a present generation so they have mixed types of feelings but also as a responsible citizens they have started following the rules and regulations specially Lockdown and Curfew imposed by governments. In Research, few of them said that at initial stage they haven't taken news seriously as they believed it as a chain of rumors spreading over various mediums and misleading people as usual. Even they have a strong belief that Chinese government would take this epidemic under control and there countries won't get affected but when increasing number of cases came into limelight then they encountered nervous

tension. Regular reports from World Health Organization provided them authenticity about this first kind of pandemic they are encountering otherwise most of the news spreading over digital media is giving fake information only. In Research, one Student from Italy informed about their present yet worst situation they are facing from last 3 Months is very frightening as they still have no idea when this thing can get into control. Even the data researcher found that people are scared because till now no country has found vaccination and the way few of irresponsible Indians behaving can lead to a worrisome situation.

***Question 5: Have you ever experienced such situation in your lifetime or heard from anyone?***

In this personal interview, Researcher have found 70% of the interviewees haven't heard about any epidemic or pandemic but few of them have read and heard about few incidents happened in history of Mankind such as

- a) Spanish Flu in 1918 which infected 500million people a quarter of the world population,
- b) 1984 riots when government imposed curfew but Situation wasn't as horrible as now and
- c) About the outbreak of one of its type called SARS which occurred in China in 2003 but that was curable and with much lower mortality rate.

***Question 6: Have you heard about any case nearby your area?***

Telephonic Interviews have been conducted in areas like Jalandhar, Patiala, Banga, Chandigarh, Delhi, Mumbai, Italy, Melbourne and even Brampton where researcher have found whether countries facing this issue on bigger level but there are still few cities which haven't encountered any single case till this date such as Patiala and Banga. In Jalandhar, Chandigarh and Mohali cases are increasing day by day and as precautionary measures police have sealed the whole area and quarantined some specific families who have paid any visit to foreign countries or who showing some visible symptoms of Covid-19.

***Question 7: What psychological impact are you going through at this time?***

Researcher has found that undoubtedly people are scared but still they all are acting very responsible. One out of 20 have said he is not much stressed as this situation can't be altered and the bigger relief is that he is living with his close ones but many of them are living distant from their families and older parents whom are much more worried about present situation. Chef who is living in Canada shared his concern that Isolation is a stressful period as it lacks freedom but he is much more petrified about economic downfall once everything will get over. Student from Italy has become tired with this as they are into lockdown situation from previous 3 months. It is also found that few of them are encountering some sort of depression and anxiousness because no one has idea about when will everything return back to normal as their resources can end as well which will lead to a

horrified situation. So this is the clear indication that this pandemic has a very strong impact on individuals and they are not responding it in a similar way. For some it is normal visible condition, which they coping up with the help of music or music instruments and they are putting their minds into creative things and for few it has become very overpowering. Everyone responds contrastingly to distressing circumstances.

***Question 8: Are you facing any scarcity to fulfill your basic necessities?***

Researcher have found that in spite of this tough situation, people are getting their daily needs fulfilled as governments have instructed shopkeepers to open their Grocery, Medical stores for particular hours; although things are in limited stock but still people managed to get it. Local Officers have shared the list of different stores which ought to deliver stuffs at home but they are charging too much. Some of people have complained about the same as vegetables, Fruits and even pulses/flours rate's have been raised tremendously which is horrifying laborers or lower class people how they would be able to buy their stuff. It has also found that people who are older are finding it difficult as they couldn't complete their household chores without the help of maids and even they can't do their groceries alone but they are following government's instructions so that everyone can stay safe and secure at their home place.

***Question 9: Any medical emergency you faced till now?***

It is found that everyone is at peace and by God's grace they are not facing any kind of medical emergency till now.

***Question 10: What has been the most difficult thing for you in this time period?***

In personal Interview, researcher have analyzed that Isolation is one of the difficult thing for all sectors as Human is a social animal and he cannot live alone (especially who got struck in pg, Hostels) Quarantined period is becoming stressful for them. Apart from this few other things which has been most difficult is mentioned as below:

1. Isolation or Solitude.
2. People who are living in pgs, Hostels, Foreign Countries or Far away from their families.
3. People from Italy has been into complete lockdown from last 90 days which is quite depressing as they have started getting signs of fatigue or depression.
4. Lack of physical Exercise and Movements.
5. Not able to meet Close ones/Friends.
6. Lack of amusement resources.
7. Boredom.

***Question 11: Are you feeling any sign of anxiety, stress or Depression?***

Researcher found that people have mixed emotions. Some have fear and they are worrying about their own and loved one's health. They are also getting sad, angry or sometime frustrating over petty issues. Even they have guilt about not performing their professional as well as personal duties as well. They experiencing some emotional and mental health related changes. People such as Milkman and Maids are very much worried about situations and they might get into depression by thinking about daily wages.

***Question 12: Do you have any job insecurity?***

Situation is getting worrisome day by day. Researcher have found that 80% person don't have any job insecurity as of now except Housewife who is taking tension about their children and Chef who is worried about job crunches in coming time. Whole world is facing the same situation and it's not job people insecure about, instead they are quite terrified about the recession which will eventually come in the future that could lead thousands or may be millions unemployed globally.

***Question 13: Is local government providing any facility during this lockdown?***

Researcher has found that Government's performance is been quite appreciable during this lockdown as they helping people by providing basic necessities. They have been very active and continuously serving the society and needy people. Even officials have given relaxation in timings so that stores of Groceries and Medical facilities can open at particular time period. Local authorities are disseminating the ration and eatables to the needy ones.

***Question 14: How you feel about the actions or steps taken by government till now?***

It has been found that few people are satisfied by the steps taken by officials but they have delayed few things such as curfew and restrictions on International flights and even they have imposed regulations little bit late that could cause bad effects in coming time. Some have appreciate the government task as compare to other countries but still India lack sources, Test labs, Isolation Wards, Hospital Beds, medical Kits and Ventilators which is the biggest drawback.

***Question 15: Give your views on the work of administration and police.***

People have given their views as below:

1. Need to divide the entire area in sector equally for rural and urban one. Make teams accessible to these areas to spread awareness and for regular supply so that no panic should be there in people's mind.
2. One has appreciated the government stand and policemen's efforts as they are feeding poor people and providing them rations.
3. Strict rules should be introduced for Lockdown's offender which terrorizing the health and well being of public. They should be charged with case for non-bailable offence.
4. Police is being overly strict. Message given by them got misunderstood by some people which may cause a chaos.

5. Commendable, still have to do a lot as the situation will get worst and even we lack modern infrastructure such as Isolation Wards with facilities and Ventilators.
6. Police is doing commendable job by not allowing people to step out because their strictness is required the most at this time but administration's role is little vague as sanitization of all the areas has not yet been done properly.

***Question 16: What is your reaction when you heard about 21 days lockdown period?***

Researcher has found that people were ok with the 21 day's lockdown period because they understand it well that this is for their safety and Well being. Some were happy that government is trying to curb the situation as maximum countries haven't taken initial steps to cure this so this step was much needed and unavoidable for India. Student from Italy and lawyer, chef from Australia and Canada were happy for India as they are facing same situation and it is the mandate step which has to taken for the betterment. For Indians, It's quite easy at least they can sit in their balconies but in country like Italy they are not allowed to do so. They are just locked in their home.

***Question 17: Are you ready for the extension more than 21 days if situation doesn't get into control? What Preparations you are doing?***

People are co-operating with government and they are ready for extended curfew time. It has been found in study that for the safety of various sections, people are ready for the things government planning to do in future because control of this situation is quite necessary. It would be very difficult for India if the situation gets out of control. They are feeling stressed though but they will extend their co-operation to government.

***Question 19: what are the Rules for Curfew, according to you?***

People have mentioned as below:

1. Don't go outside until or unless some unavoidable condition is there. Even then use curfew pass.
2. To fulfill the regulations imposed by government and Stay indoor till the time situations are not getting good.
3. Nobody can move out of home.
4. Stay home and appreciate the people who are helping you to be safe in amid situation.
5. Just don't go outside as much as possible.
6. Curfew means not going out at all and everything will be shut down.
7. We can't go out for any random reason. We must have something which is unavoidable and we have permission to go out.
8. Trying to adapt to it mentally to some extent because that is of utmost importance right now.

**1.6 Findings & Conclusion:**

Psychologists are giving cautionary signs that the social Connections we are losing in day to day life would come with some mental health related costs. In light of the



quicken pandemic, a developing number of states have restricted every single unnecessary movement and requested that inhabitants remain at home. Nation wise School, Colleges, universities and even workplaces have gone completely in the web form.

Psychological wellness is naturally connected to social, political and ecological elements and consequently it does not shock anyone that the pandemic and its results are not at all helpful for mental prosperity. This novel emergency has changed the course of our standard lives, psychological health. There is a fear encompassing the prosperity of friends and family, vulnerability about budgetary futures and what a post-Covid 19 world may even resemble. Pre-accessible mental conditions may badly damaged by this Pandemic. Initially, people were in shock but now they are coping up with the situations and even guiding others for the same. This is the tough time but eventually it will pass so everyone is praying the same.

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