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Shashi Prabha
Department of Psychology,
J.P. University, Chapra,
Bihar, India

Lockdown: A new perspective of social life and wellbeing of people

Shashi Prabha

Abstract

The Pandemic of COVID-19 severely affected people worldwide including India. Subsequently nationwide lockdown announces by Indian Government. As the lockdown closed all non-essential business, that impacts economy, labor market, social life, student life, and people wellbeing significantly. Almost every group of people was affected severely, which does long lasting impact on social life and wellbeing of people. There is a great amount of uncertainty about the COVID-19 pandemic, where peoples were feeling isolated, unsettled and unsafe. This can cause us to become worried and increasingly anxious in all group of population. During COVID-19 lockdown, social isolation measures a profound impact on the psychological, social life and well-being of people of individuals across the society. This review shed light on the perceptions and experiences of Indian people during and after of the lockdown. This review further suggest that authorities must take into account not only the economic effects, but the social and mental wellbeing impact on the community, by implementing appropriate measures at community level to quickly overcome the impact.

Keywords: Lockdown, COVID-19, well being, social life, resilience

Introduction

A pandemic (COVID-19) would become a global and cause millions of illness as well as deaths of all over the world. Gradually it's reached to India via other countries. Where the Indian were not yet able to understand its nature and seriousness, the government realizing it and declared the complete lockdown in a country suddenly. Initially people faced lots of difficulties followed by people gradually adopted to live their life in Lockdown situation. As time gets passed, we are learning to live in lockdown situation with limited resources, many restrictions and adapt that change as a new normal. Government lockdown is over now, but pandemic still with us. So, it is necessary for all to not go out without any obvious reason. But staying home can boring and even anxious many time. There are some situation arises during lockdown does long lasting impact on social life and well-being of people such as separation from loved ones, loss of freedom, uncertainty about the advancement of the disease, and the feeling of helplessness has been reported by various studies (Li and Wang, 2020; Cao et al., 2020) [3]. The isolation to society and fear of COVID-19 are gradually increases nervousness among many people. Moreover, social distancing and consciousness about hygiene is advised by Govt. of India and other agencies to reduce the chance of infection and spread of COVID-19. In that situation many people were struggling with new level of loneliness, fear and helplessness. In these circumstances it was difficult to stay hopeful and positive for any one that manifest in their regular routine and behavior. Now days it has been observed in people activity like; panics, short temper, feeling uncertainty about future are very common after lockdown.

After long time uncertainty, people move into fight or flight responses, our bodies move to the second stage of the general adaptation syndrome, adaptation to changing circumstances. Now we move to the third stage, resistance. Resistance is what we call resilience nowadays. To begin thinking about resilience, it's helpful to think about where you currently are in these three stages. Despite of many negative and panic things, there is so many positive and insight full perspectives were also being observed. During lockdown we experienced to get time for ourselves and family, now we are more technically sound and psychological services now available online beyond the geographical boundary. The aim of this article/review is to show how society changes and to adapt the new habit and point of view toward life.

Corresponding Author:
Shashi Prabha
Department of Psychology,
J.P. University, Chapra,
Bihar, India

Impact of lockdown on psychological well being

Human is a social animal, for every action human needs justification and appreciation of his/her society. Due to lockdown peoples are get stuck in their homes. Social distancing seems to be irritating and anxious; there is agitating in spite of phonic and social media connectivity. Social distancing is impacts on psychological problem like; an increase in levels of anxiety, stress, aggression, depression, and forgetfulness etc. As time went and we learn new normal, we understand all we need is physical distancing not social distancing. If you're not proactive about taking care of your mind and emotions during this time, you may notice a decline in psychological wellbeing.

Impact on Personal and Social Behavior

Lockdown is a time when we stopped sudden and it was gave us time to think about ourselves and our loved ones. It was a time to think, feel and observe that what we want out of our lives. Spending time at home only was the option that compelled us to think about our core values and how we can live our lives in line with these. That was not so easy, but it was an opportunity to cultivate ourselves. During lockdown somebody taken as an advantage to cultivate themselves positively, where as other one felt disturbed their psychological wellbeing. As we know, after Long-term lockdowns, it is difficult to bring everything is back to normal and bring personal and social upheavals. Large gathering, outside hangout, go for shopping is rare now and technical things increased as in; work from home through internet, google meet, zoom and many more social sites are new hangout places. Now we are more technologically sound. Adapting to the new, fast-changing, technologically sound context is one of the major challenges of our times (Prensky, 2012, 64) ^[6]. Social support from family, friends, and a special caring loved were observed greater support for all of us. Ultimately one of the biggest advantages of lockdown is now people start realizing the value of relationship and families particularly in Indian scenario.

Recovery and resilience

It is the one of the good tendency of Human life that even in the most extreme forms of stress, there is a space for growth and resilience. Rebuilding one's life and identity and restoring the things that you used to valued. Further we also adopting new habits, practices that have learned during those periods can have a positive impact on life. The ability to withstand setbacks, adapt positively, and bounce back from adversity is described as "resilience" (Luthar and Cicchetti, 2001) ^[4]. You can build resilience in how you cope and turn moments of despair and anxiety into moments of hope and strength. We can do this by transforming how you think, accepting radically that you are living within a set of restrictions. We can also understand the problems of others; maintain perspective by staying grounded in the present, and reaching out to others when needed.

We may feel we are having to re-think how we spend our days and re-evaluate our priorities in life, putting us on the steepen learning curve we've been on for years. Living under the uncertainty of how long lockdown and social distancing will go on, it's more important than ever that we build our resilience, and ability to manage stress. If we build this resilience, then lockdown can be an opportunity to take stock of where we are in our lives and plans for the future. It is important to follow healthy habits and lead a healthy

lifestyle. It is important to take a balance healthy diet, adequate sleep, minimal workout and being connected to your family, friends and society to stay yourself healthy and positive. Setting realistic goal and practicing mindfulness is a tool to stay calm and happy. Post-lockdown, the virus is still among us and it cares nothing about race, caste, class or borders. It is important to work on practicing a simpler, yet gratifying way of life where equal and fair future for all. We are all together can find the new way to live life with corona virus. Never has it become more necessary to do this -- to give time for humanity and the earth to heal.

Finally, ask yourself what you are learning from the situation at hand. How has it changed or transformed you? How has it reshaped your sense of purpose? Has it brought you closer to others? What has it taught you about life as you know it? While the answers to these questions will evolve into a unique journey for each of you, let's reflect on them.

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