

Impact of COVID-19 on everyday life

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ABSTRACT

Since this coronavirus have been declared as pandemic, every other country has only solution through which they can stop the widespread of disease, and only solution to the problem is to stay at home, maintain social distancing as these were the steps which were taken by the countries to stop the widespread they also had to stop every other work they were doing at that moment, due to this every economic activity had to be stopped and people were made to sit at home. On one hand due to stoppage of economic activity nature was reviving but at the same time, since no activity was going on, countries started facing economic losses but with economic losses, psychological losses were also reported as this pandemic had created huge fear in the mind of people.

Keywords: Covid-19, Life

Covid-19 or coronavirus has led to a hue and cry everywhere, at the present moment the situation is very critical around the world because not one country is affected by the diseases but every other country, even the country with the biggest economy got distressed since the outbreak of this diseases. Although various guidelines have been issued by the World Health Organization (WHO) so that there is no panic created among the public. Since, this disease is a kind of communicable disease that is commutated from individual to individual whoever comes into contact with a person having symptoms of particular disease, World Health Organization (WHO) directed various measures that need to be taken and these measures are- by maintaining social distancing, washing hands if an individual come from outside or come in contact with anyone and Don't touch eyes and wear mask while going out. So, considering all this measures what government of every country did is they took a step of lockdown as the country took the same steps from where the origin of the disease was seen. As breaking the chain was very important for the countries so they thought of not allowing people to move from one place to another, this stopped all the international and domestic flights. This side, travelling of people stopped, the other side government ordered the public don't have the gathering because even the small gathering can lead to huge number of deaths. Among all these things have been happening around the world a lot of losses is been faced by the countries, among these losses two major are Economic and Psychological loss.

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But the main cause is the psychological loss which all of us are facing right now, why psychological loss is being considered important over here because humans beings are social animals they like to gather and want to live life freely, so this made difficult for them to stay at one place for a longer period of time, and staying at home would somehow going to affect their mental health also. Another loss which is leading the countries to think what to do for, is the economic loss.

Economic Loss

Since, the outbreak of this virus more than 550,000 people has been infected by this disease and the numbers are still increasing. Due its widespread it has left the business around the world counting costs. Starting with the share market where the shares of the company are bought and sold, here a big shift was seen due to this pandemic because people were afraid that coronavirus will destroy the economic growth and the government won't be able to take required steps if there is no proper intervention by them. On one hand stock market was falling because of the fear around people, the other industry which was very much affected by this was the Travel industry, because it was the first time that all the airlines and railway line have been stopped, so that there is decrease in the spread of disease. As government around the world had taken the decision for lockdown, this industry is the most affected industry for now all over the world. Specially, in India these months May and June, are the months of cherishing because travel and tourism industry gets highest earning from these months only, according to one newspaper the Hindu business line the Centre for Asia pacific Aviation India (CAPA India) in a report had said that Indian aviation industry, excluding Air India would incur losses of around \$500-600 million in quarter Four of financial year2020 due to pandemic. CAPA warned that if government intervention is not there, several Indian airlines would shut operations by May or June due to crash or crunch. As India being a developing country, it would take time to come at its pace as compared to other countries. According to Forbes, Indian economy will slump by 1% GDP. As Indian GDP is shrinking due to coronavirus, United Nation had talked about how the other nation's economy will be acting due to this pandemic, this pandemic has disrupted the supply chain and international trade, due to this disruptions, millions of workers are losing jobs and this downturn in economy would lead to plunge in the global economy into deep recession and in the worst case the economy would fell down by 0.9%.This is the economic loss which around the world is facing including India but this economic loss it somehow impacting the person's state of mind that is the psychological imbalances the individual is facing due to the coronavirus.

Psychological Loss

Since, this pandemic sweep across the world, it is causing widespread concern of fear and stress which is considered as a natural reaction, as there is an uncertain change in situations. But this uncertain change in situations leads to Anxiety among people. It was seen that there was sudden increase in number of cases of anxiety since the outbreak of this pandemic. People fear of getting coronavirus has gone to that extent that they started feeling that even if they breathe it would make them ill, these types of case were reported by the psychiatrist in Bangalore (National institute of Mental Health and Neuro- Sciences) NIMHANS. Even if people are getting infected with normal flue, they have the feeling that they got infected by coronavirus. Anxiety has reached to this level that a person who used to see regular videos on coronavirus, he got infected with the normal flue, he started telling people to stay away from him and if anyone tried to come close to him, he would pelt stones at them. According to one local newspaper cases of depression, anxiety and domestic violence rising, in Assam due to lockdown and emergence of psychological distress, depression, anger and posttraumatic stress disorder, the type of cases have been reported since this lock down came into effect. As

all these anxiety related issues have been happening with people who have quarantined but in all these cases what about those daily migrated workers, at this point there mental health have been affected worst and they just want to go their home because they don't have any idea how they are going to survive without food some of the worker went to depression and some due to stress take steps which cost their life.

CONCLUSION

As numbers of cases and deaths are rising day by day and many people are not serious about it and they are the one who don't follow or obey the restrictions imposed by the government. The only solution to this is: firstly, spreading as much as awareness about this pandemic and most importantly to make the people realize the gravity of this pandemic and also tell them not to panic if they are following the guided instructions. Secondly, to implement the lockdown strictly and punish the people who are violating the lockdown?

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Conflict of Interest

The author declared no conflict of interest.

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