



A comprehensive study of changes in Human Values and Livelihood of Adults due to Covid-19

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Abstract

The emergence of Covid-19 in December 2019 prompted consternation in many parts of the world. Due to its fast dissemination, the World Health Organization declared a pandemic in March 2020. Aiming to contain the spread of the virus, leaders of many countries restrained social movement, targeting to flatten the curve of contamination with social distancing and social isolation. The main objective is to analyze how human values have changed throughout this period and its impact on their livelihoods. We also aim to approach the key components of the emotional reaction to the pandemic, how internal and external factors, such as personality traits, gender, the media, the economy, livelihood and the governmental response, influence the social perception of the pandemic and the psychological outcomes of the current scenario. Moreover, our study explored in depth the groups at increased risk of suffering mental health burden and the data gathered through comprehensive and systematic research focuses on several restricting measures that might minimize the emotional impact derived from this scenario. It is crucial that the health authorities, the government and the population articulate to assist the vulnerable groups and promote emotional and psychological support strategies.

Keywords: COVID-19, human values, livelihood, psychological outcomes, social isolation, restricting measures comprehensive, systematic research and mental health.

INTRODUCTION

The COVID-19 pandemic was undeniably the most serious sanitary crisis the world had known since the Great Influenza of 1918. When we are reminded about the great, destructive and long-term impact the Great Influenza has had on societies, not only in terms of fatalities, but also in regards to long-lasting political and financial consequences, the race for obtaining a solution to put an end to this pandemic is becoming increasingly urgent. Despite the long history of our interactions with pathogens, humans do not appear to be psychologically prepared to act in consequence.

MATERIALS AND METHODS

Study nature and data types

- This research is descriptive in nature. Secondary sources of data have been used for this study. A number of reports from news agencies, national and international sites, web blogs, web newsletters, different agriculture research organizations' reports, articles, and journals have been used to write this paper.
- Data were obtained independently by carrying out a comprehensive and non-systematic search in the PubMed, Cochrane, Scopus, SciELO, and Google Scholar Databases. Search strategies included terms as: COVID- 19, SARS-CoV-2, anxiety, depression, psychiatric disorders, social isolation, behavior changes, psychiatric patients, mental health, healthcare workers, elderly, domestic violence, sleep disorders, homeless, rural community.
- The search emphasized recent articles, published case series, consensus statements, guidelines, meta-analyses, systematic reviews and prospective cohort studies, critically reviewed and selected by the authors. Research has also been made in informative official website public domains and in the references contained in the previously data collected.

IMPACT OF COVID-19 ON HUMAN VALUES

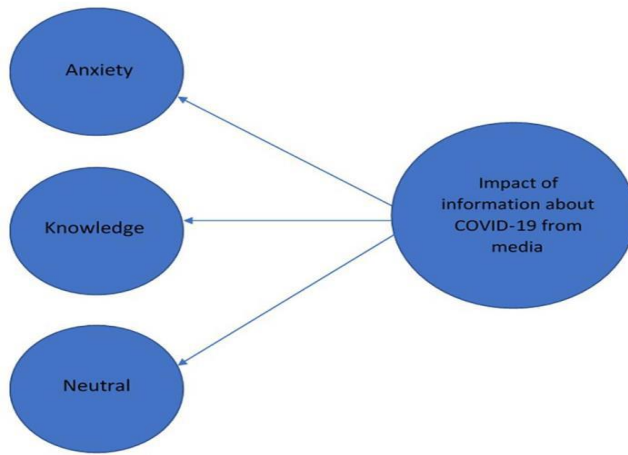
1. Restricting measures due to Pandemic

- Terminology like **Quarantine**, **Social Isolation**, and **Social Distancing** in the context of COVID-19 pandemic, have been used mostly as synonyms in the media, in communication with the public and even in scientific papers.
- “Quarantine” refers to extreme restrictions of movement of those exposed or potentially contaminated by the virus, in order minimize the spread of the pathogen.
- “Social isolation” refers to the restriction of social movement of those infected with the disease.
- “Social distancing” is a preventative measure recommended to the general population to flatten the curve of the contagious disease. In this scenario, people are advised to stay at home and use services as little as possible, as well as to avoid agglomerations, maintain the recommended distance of one meter from each other and take precautionary measures to avoid infection.
- Fear and Uncertainty Stressors
- From school closures to devastated industries and millions of jobs lost – the social and economic costs of the pandemic are many and varied.

2. Exposure to Information About COVID-19 Presented by Media

Based on the responses that were received from the subjects, the impact of COVID-19 information presented by media on the social psychology in India can be classified into three themes—

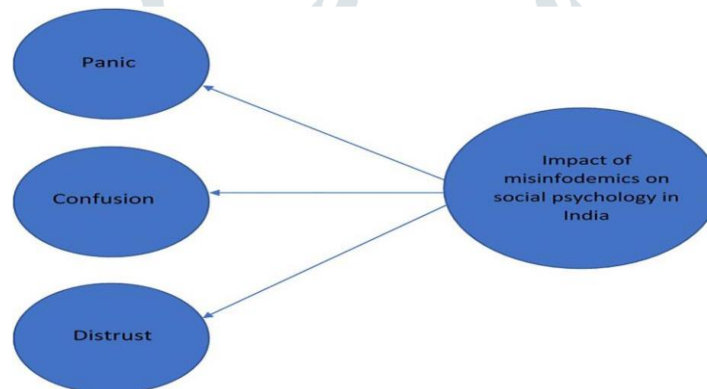
(a) anxiety; (b) knowledge; and (c) neutral.



3. Misinfodemics

Misinfodemics refers to the spread of false information during a pandemic with or without any maleficent intention. While the information is reliable for the most part, it can be inaccurate at times. The spread of misinformation worsens the impact of the pathogen and creates a feeling of uncertainty amongst individuals. Furthermore, the uncertainty generates ambiguity and creates a situation of:

- (a) panic, (b) confusion, or (c) distrust among masses.



4. Impact of Quarantine and Isolation on the Social Psychology

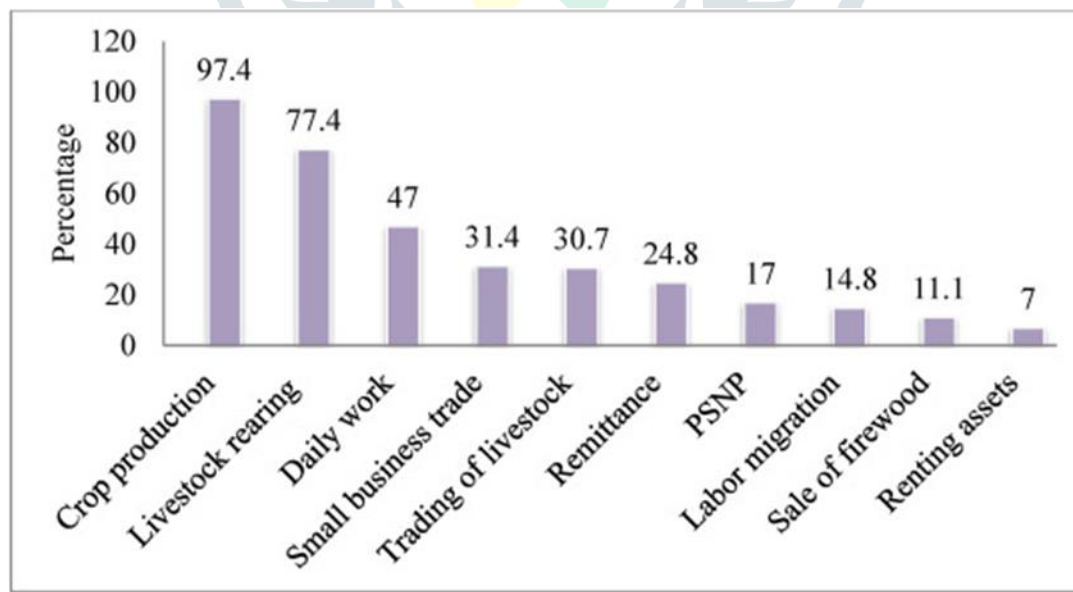
Our findings reveal that quarantine and isolation are causing:

- (a) cognitive dissonance or (b) adaptability in Indians. Amidst the pandemic, individuals are experiencing swelling of health, economic, and humanitarian crisis through every dimension of their social fabric. The way people bounce back from the state of cognitive dissonance to the state of adaptability as a result of the pandemic and restrictions resulting from the pandemic suggests that the society is moving toward a new normal life. In the wake of the closures of their universities and labs, psychological scientists around the world are experiencing new demands on their time as they adjust to teaching remotely, overseeing dispersed labs, and managing family caregiving. At the same time, many have found themselves on the front lines of exploring the psychological factors that can help the public understand the impact of COVID-19.

EFFECT OF COVID-19 ON LIVELIHOOD OF ADULTS IN INDIA



- About four-fifths of respondents said that their households were majorly impacted. They completely lost their income/no employment and/or major reduction in their income due to the COVID-19 lockdown.
- Daily wage workers and those involved in private jobs, contractual jobs and own personal businesses were the ones largely impacted by the lockdown.
- To reduce economic vulnerabilities at the household level, social protection coverage must be saturated among the most marginalised households (e.g. low income, and those whose members lost jobs/income).
- The national lockdown from 25 March 2020 has severely affected lives and livelihoods across rural India. Agriculture and allied sectors employ more than half of the workforce in the country.
- A majority of India's farmers (85%) are small and marginal farmers with less than two hectares of land.
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- More than nine million active fishers directly depend on fisheries for their livelihood, 80% of which are small scale fishers; the sector as a whole employs over 14 million people.
- The *rabi* crop stood ready for harvest in many fields when the COVID-19 crisis brought everything to a halt; this is also the time for harvest of plantation crops like pepper, coffee,

banana. In the aftermath of the lockdown, harvest of the *rabi* crops has been delayed due to non-availability of labour, machinery (harvesters, threshers, tractors), transport facilities and restrictions on movement;

- The farmers of perishable commodities like fruits, vegetables, and flowers in particular have been incurring losses. This is the peak flowering season when the demand is also high.
- Many small farmers in Tamil Nadu who cultivate flowers as a cash crop in their farming system, have incurred loss in what would otherwise have been the period of peak earning from sale of flowers.
- Harvest of plantation crops in Kerala and Tamil Nadu has been similarly delayed, affecting the cash flow of farmers and farm labour.
- Agriculture labourers are not able to go to work due to lack of transport. Labour work under the Mahatma Gandhi National Rural Employment Guarantee Scheme(MNREGS)has stopped.
- Egg prices crashed to an all time low of INR 1.95/egg and poultry farmers in Namakkal — the poultry hub of India, were left with huge stock of unsold eggs.
- Small dairy and poultry farmers engaged in contract farming in Tamil Nadu have faced a major loss with many private contract firms refusing to lift the produce.
- Fishers haven't been able to go out to sea since end of March and are subsequently worried about the 45-day annual fishing ban in line with the fish breeding season, coming into force along the east coast from mid-April. Both brackish and fresh water aquaculture farmers have also been affected with harvest delayed due to labour non-availability, market closure and movement restrictions.
- Exports of shrimps to Europe and the US has stopped and local fish prices have fallen leading to loss of income.
- Tribal communities are amongst the most vulnerable in terms of food and nutrition security as seen in national statistics. In addition to farm based activities, the collection and sale of non-timber forest produce like *kendu* leaves and *mahua* flowers by tribal communities in Odisha has been badly affected by the lockdown, with no collection agents coming and markets closed.
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- **Working Remotely**

Those who work primarily away from the office may face isolation and are less able to collaborate effectively with colleagues. Working from home may also blur family-work boundaries and lead to increased amounts of work during “non-work” hours. Telecommuting appears to confer the most benefits when practiced to a moderate degree, which is not happening under the current conditions.

CONCLUSION

1. Build political commitment and leadership at the highest level-to shape the national debate and support recovery strategies aligned with the SDGs, and to mobilize whole-of-government action and orient recovery measures towards sustainable development.
2. Adopt a strategic long-term vision-to make informed choices and considering the consequences of today's decisions, and building resilience against the long-term shocks that will affect the economy, society, and environment.
3. Strengthen policy integration-to balancing often divergent economic, social and environmental priorities for recovery.
4. Ensure whole-of-government coordination-to identify and address policy divergences and conflicts between measures for recovery and achievement of the SDGs.
5. Engage subnational levels of government appropriately-to align priorities and promote coordinated action at different levels of government for sustainable recovery.
6. Engage key stakeholder effectively-to ensure that different voices are heard and work with all relevant actors to identify challenges, set priorities, align actions and mobilize resources for recovery.
7. Analyze and assess policy impacts-to consider the effects of domestic recovery measures on global sustainable development.
8. Strengthen monitoring, reporting and evaluation systems-to inform the design of coherent and sustainable recovery strategies and adjust recovery measures in light of potential negative effects on sustainable development. This policy brief is structured according to the above eight key elements of policy coherence and provides insights on how to use these guiding principles for organizing a sustainable recovery.

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