



A Study on Human Behaviour and Response to Pandemic Covid-19 Situation in India

S.A. Ajin Singh¹, Mrs. Nyshil Mohan²

¹IV Year, BBA, LLB(Hon's), Saveetha School of Law, Saveetha Institute of Medical And Technical Sciences (SIMATS), Saveetha University, Chennai - 77. Email ID :- ajinsingh2016@gmail.com

²Mrs. Nyshil Mohan, Asst. Professor of Law., M.L., Saveetha School of Law, Saveetha Institute of Medical And Technical Sciences (SIMATS), Saveetha University, Chennai - 77.

ABSTRACT

This paper studies the Human conduct in forming the COVID-19 pandemic, and the activities of people, gatherings, country states and worldwide bodies all have a task to carry out in controlling its spread. In short it is to covers the aspects of human behavior, how to overcome the psychological impact caused due to pandemic, steps taken by the WHO to overcome psychological impact, how India battles the mental stress and discussing about the IASC guidelines on MHPSS during the pandemic of COVID-19. The main aim of the study is to analyze the level of impact caused on day to day work of people due to lockdown, and also to analyze the psychological impact caused on people due to lockdown, to study the role of WHO in responding to mental health situation caused due to COVID-19 pandemic, and also to study how India has responded to the psychological impact caused due to COVID-19 pandemic. The current study based on the empirical research. The research design is descriptive in nature. It explored the problem and provided the solution from the analysis. Convenience sampling method is used (Nonprobability sampling). The sample size is 60. Data is collected through the primary and secondary sources. Questionnaire is used as the primary data collection and the articles, journals, reports, newsletters are considered as the secondary sources. The analysis is done by using SPSS 21 version. The analysis is carried out for demographic statistics (Gender, educational qualification) and bar graphs and Pie chart has been used to depict the outcome of the analysis. We must take what we know about human behavior during times of chronic stress and apply it to how we move forward as individuals and a collective. It will help us shape a response that is better suited for human behavior.

Keywords: Behavior, COVID-19, Human, Impact, Pandemic.

INTRODUCTION

Human conduct has been basic in forming the COVID-19 pandemic, and the activities of people, gatherings, country states and worldwide bodies all have a task to carry out in controlling its spread. This implies bits of knowledge from conduct and sociologies are and will keep on being priceless over the span of the pandemic. In this Focus, we unite master perspectives from an expansive range of controls that give knowledge into the causes, effects, and moderation of the pandemic, featuring how research on individual and aggregate conduct can add to a powerful reaction.

Tech companies, governments, and international agencies have all announced measures to help contain the spread of the COVID-19, otherwise known as the Coronavirus. Some of these regulations restrict people's liberties severely, including their privacy and other human rights. Surveillance, data exploitation, and misinformation at unprecedented levels are being tested all across the world. This, in turn, impacts a large number of people, particularly the lowest-paid workers, as well as those who are self-employed or work in informal settings in the gig economy or in part-time jobs with zero-hours contracts. Some governments have pledged economic measures to protect jobs, guarantee wages, and assist the self-employed, but many countries lack clarity on how these policies will be implemented and how individuals can cope with a temporary loss of income.

¹Student, BBA.LLB, Saveetha School of Law, Saveetha Institute of Medical and Technical Sciences (SIMATS), Saveetha University, Chennai-77. ajinsingh2016@gmail.com; 9442115988

AIM OF THE STUDY

The main aim of the study is to analyse the level of impact caused on day-to-day work of people due to lockdown, and also to analyse the psychological impact caused on people due to lockdown, to study the role of WHO in responding to mental health situation caused due to COVID-19 pandemic, and also to study how India has responded to the psychological impact caused due to COVID-19 pandemic.

OBJECTIVES:

- To know about the human behaviour and response to pandemic COVID-19 situation in India.
- To estimate awareness and strength among the peoples all over the country.

HYPOTHESIS:

Null Hypothesis: There is no significant impact on human behaviour and response to pandemic COVID-19 situation in India

Alternative Hypothesis: There is significant impact on human behaviour and response to pandemic COVID-19 situation in India

LITERATURE REVIEW

This is a circumstance that can have both positive and negative impacts as a component of it being an aggregate emergency. On the constructive side, there is a feeling that we're in it together, and we see many stunning instances of individuals supporting each other ("WHO Must Prioritise the Needs of Older People in Its Response to the Covid-19 Pandemic" 2020). On the contrary side, we see a few people react to this with a feeling that they have to "ensure their own," and it is "us versus them." Many individuals are feeling the two motivations simultaneously. They're clearly going to feel dread as a result of the vulnerability, the current danger, and the possible dangers. Also, the meaningful gestures around individuals right currently are going to raise their recognition that we're at serious risk. At that point there's the discussion of the drawn-out effect on the economy as well, and you have a genuine formula for individuals to be on edge and terrified (Wiwanitkit 2020).

(Lada et al. 2020) This is irrefutably a period where individuals are encountering a gigantic measure of pressure, given the huge requests the circumstance is setting on our day by day carries on with—the adjustments in our schedules and structures that we normally depend on, and the vulnerability encompassing to what extent this is going to last and what a definitive effect will be on our families, our networks, and our work environments. Mental science has shown us plainly that in circumstances of mass injury or mass pressure, similar to a cataclysmic event or a psychological oppressor assault, there's an exceptionally away from between the level of media presentation that individuals have and their indications of uneasiness, gloom, and substance misuse. (Ueda et al. 2020) The key mental target for a great many people is to keep worry at least. Everybody is adjusting to the new reality, which incorporates the dread of viral spread and disease, self-isolate, and flexibly deficiencies. All the more truly, some are adapting to ailment and dread of death.

Impact of COVID-19 on the Society

The real consequences of the epidemic are hidden behind these numbers, from the deaths of friends and family members to the physical symptoms of infection and the mental pain and anxiety experienced by practically everyone (Mowafi et al. 2020). Uncertainty over how this pandemic will play out has an impact on our economic, physical, and mental well-being in a world that is becoming increasingly fearful, unpleasant, and lonely for many. (Nesbitt and colleagues, 2020) Lack of knowledge or incorrect information, whether provided mistakenly or maliciously, can exacerbate the impact in all circumstances. There is a lot of false material concerning COVID-19 floating online, from phoney medical information to government conspiracy theories.

(Ozamiz-Etxebarria and colleagues, 2020) Symptoms of traumatic stress, confusion, and anger are all exacerbated by fear of infection, limited access to necessities, inadequate information, or the experience of economic loss or stigma, all of which are exacerbated by fear of infection, limited access to necessities, inadequate information, or the experience of economic loss or stigma. (Bocioaga 2020) (Bocioaga 2020) (Bocioaga 2020) Increased alcohol intake, as well as an increase in domestic and familial violence, might result from this stress and worry.

Working parents face additional difficulties as a result of social isolation and the closure of schools and daycare centres to battle the spread of the coronavirus, especially since conventional childcare providers are often grandparents, many of whom will be among the most vulnerable. When there are public calls to safeguard the elderly or weak in society, rather than forceful state action, it is easier to respond positively.

(Tyo, Tardy, and Kerwin 2020) To conquer the worries of these circumstances and stay strong all through, it is essential to utilize the instruments we as of now have available to us, including Staying idealistic, Relying on the help of others, Bonding with those near us, Keeping educated however not overindulging in media utilization, Distracting oneself, Finding approaches to snicker and have some good times through things like motion pictures and perusing, Most particularly, discovering approaches to limit seclusion with joint family exercises and stay in contact with companions, associates by telephone, video, email.

India's COVID-19 response.

(Kalaivani and Ramachandran, 2020) The underlying problem in India's COVID-19 response is that it relies on individual actors to adhere to social distance and safe public health standards. While the national lockdown(s) aided such behaviour to some level, the Ministry of Health and Family Welfare reports that confirmed cases have risen to about 1.8 lakh.

(Hebbar et al. 2020)The rise in coronavirus infections suggests that the new reality of remote working and restricted social gatherings is likely to remain in the foreseeable future. With the end of total lockdown, and the economy preparing for a slow and inevitable reopening, ensuring that people continue to follow public health guidelines is crucial to managing the spread of the disease and saving more lives. Insights from behavioural science tell us, for example, that the framing of communication affects people's responses – how choices are posed to them affects their decisions, and removing daily obstacles makes it easier for people to act on set commitments. (Hebbar et al. 2020)Making the COVID-19 response efforts more behaviourally-informed can improve how policies are designed and implemented, to prioritise public health and safety. (Patrikar et al. 2020)These lessons can help social distancing become more intuitive, hand washing more frequent, and long-term health and financial planning become more thoughtful. Externally, a host of resources are already available to provide support.

WHO RESPONSE TO MENTAL HEALTH DURING COVID-19 PANDEMIC

Kelly (Kelly 2020) As the coronavirus pandemic spreads around the globe, it is causing widespread dread, worry, and concern among the general public, as well as specific groups such as older folks, caregivers, and those with underlying health concerns.

(Meo and colleagues, 2020) To date, the main psychological impact on public mental health has been increased rates of stress or worry. Loneliness, sadness, destructive drinking and drug use, and self-harm or suicide behaviour are all likely to escalate as additional measures and affects are implemented, particularly quarantine and its implications on many people's customary activities, routines, or livelihoods. ütli 2020 ütli 2020 ütli 2020 ütli Issues of service access and continuity for people with emerging or current mental health illnesses, as well as the mental health and well-being of frontline workers, are becoming a major concern in areas already heavily affected, such as Lombardy in Italy.WHO collaborated with partners to develop a series of new resources on the mental health and psychosocial support aspects of COVID-19 as part of its public health response.

MENTAL HEALTH AND PSYCHOLOGICAL SUPPORT(MHPSS)

IASC GUIDELINES:

(2008, Carll) Multiple layers of interventions should be integrated into epidemic response activities, according to the IASC Guidelines for MHPSS in Emergency Settings. These levels correspond to a range of mental health and psychosocial requirements, and they are depicted in a pyramid of interventions that range from incorporating social and cultural factors into basic care to offering specialised services for people with more severe disorders. Do no harm, promote human rights and equality, use participatory techniques, build on existing resources and capacities, employ multi-layered interventions, and collaborate with integrated support systems are some of the core principles.

During the outbreak/while in quarantine, older persons, particularly those in isolation and those with cognitive decline/dementia, may become more worried, furious, stressed, agitated, withdrawing, and overly suspicious. Daoust 2020 (Daoust 2020) Using informal networks (family) and mental health specialists, provide emotional support. Give straightforward facts about what's going on and clear instructions on how to limit infection risk in language that older individuals with and without cognitive impairment can understand. If required, repeat the information.

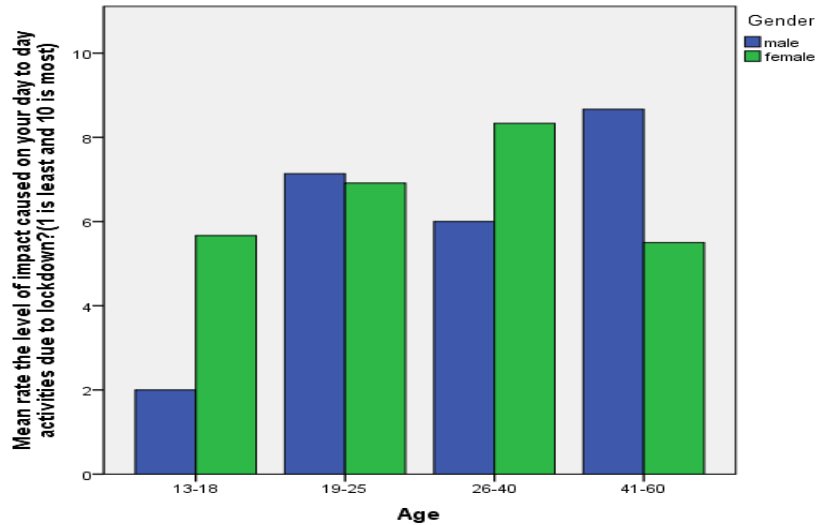
(Ghosh and colleagues, 2020) Encourage active listening and a positive attitude among the kids. Children may react to a difficult/unsettling environment in a variety of ways, including clinging to caregivers, feeling uncomfortable, withdrawing, becoming angry or agitated, experiencing nightmares, bedwetting, and changing their mood frequently. When children are able to express and articulate their distressing feelings in a safe and supportive environment, they frequently feel comforted. Every youngster has a unique method of expressing feelings. Playing and drawing are two examples of creative activities that can help with this process. (2020 Glass, Cash, and Mullen) Assist youngsters in finding positive methods to express troubling emotions including anger, fear, and sadness. Encourage a more sensitive and loving setting in the child's environment. During stressful circumstances, children require extra affection and attention from parents.

Allen 2020 (Allen) Being a frontline worker and feeling pressured is an experience that you and many of your coworkers are likely to have; in fact, feeling stressed in the current scenario is pretty common. Workers may believe that they are not performing well enough and that there is a strong demand for their services. Even if you believe so, stress and the feelings it causes are not a reflection of your ability to execute your work or that you are weak. Stress, in fact, can be beneficial. Right now, stress may be keeping you motivated at work and giving you a sense of purpose. Managing your stress and psychological well-being is just as important as managing your physical health during this period.

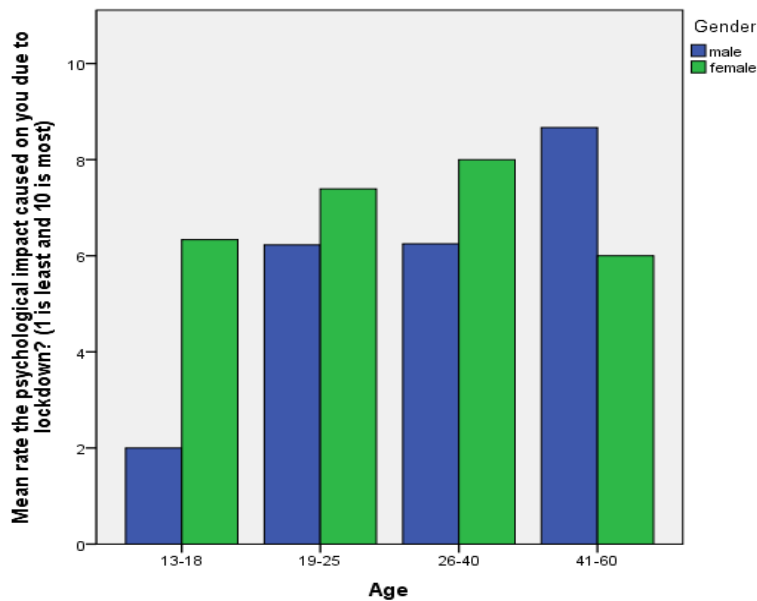
MATERIALS AND METHODS

The current study based on the empirical research. It is consisting of the legal frame of research. It began with the finding of research problem based on the review of literature. the major contribution of the study is to collect the legal facts of particular area and to test the cause –effect relationship between variables. The research design is descriptive in nature. It explored the problem and provide the solution from the analysis. Convenience sampling method is used (Non probability sampling). The sample size is 60. Data is collected through the primary and secondary sources. Questionnaire is used as the primary data collection and the articles, journals, reports, newsletters are considered as the secondary sources. The analysis is done by using SPSS 21 version. The analysis is carried out for demographic statistics (Gender, educational qualification) and bar graphs and Pie chart has been used to depict the outcome of the analysis.

RESULTS AND ANALYSIS



LEGEND: This graph shows the level of impact caused on day to day activities due to lockdown in a scale along with segmentation based on gender variable and age variable.



LEGEND: This graph shows us the level of psychological impact caused on people due to lockdown for COVID-19 pandemic on a scale along with segmentation based on age and gender independent variable.

DISCUSSION:

In the graph 1 it shows that people of all age category has been affected due to lockdown in performing their daily activities and work as most of them have scaled above 5. The most affected people would seem to be male respondents aged from 41 to 60. And the least affected people seem to be male respondents belonging to 13-18 age category. In the graph 2 it shows that the most affected people are men belonging to 41-60 age category. If we look at both the graphs together we could identify that both seem to likely have a similar response establishing cause and effect relationship between these 2 questions. That is to say restrictions on performing daily activities has a significant impact on the mental and psychological health of the people. Today, we are flooded with negative and fear-inducing information that we see, hear, and experience. We're also more prone to remember bad information and keep it on our minds. Chronically being exposed to emotionally unfavourable stimuli might lead to an increase in stress levels. It can also cause neurological alterations that lead us to perceive subsequent negative stimuli more readily. Individually and collectively, there are steps we can do to effect meaningful change and help shift the path of the coronavirus pandemic for the better. Emotional regulation might be difficult, yet it is extremely beneficial to our health. We might be tempted to turn off the television.

We could be tempted to switch off the news, shut down our laptop, and get away from as much unfavourable information as possible. Individually, we can attempt to limit our negative exposure and protect ourselves from getting unduly stressed by engaging in physical activity, seeking social support, and practising emotional regulation techniques such as Reappraisal.

CONCLUSION

Individually and collectively, there are steps we can do to effect meaningful change and help shift the path of the coronavirus pandemic for the better. Emotional regulation might be difficult, yet it is extremely beneficial to our health. We could be tempted to switch off the news, shut down our laptop, and get away from as much unfavourable information as possible. Our behaviours are all we have in the fight against coronavirus while we wait for medical therapy. Despite its unpredictable nature, especially in times of crisis, we must find ways for human behavior to help, not hurt or hinder, our response to the pandemic. We must take what we know about human behavior during times of chronic stress and apply it to how we move forward as individuals and a collective. It will help us shape a response that is better suited for human behavior. One that can, ultimately, change the course of coronavirus. From the above study and analysis, we can conclude that it is to say restrictions on performing daily activities has a significant impact on the mental and psychological health of the people.

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