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### RESEARCH ARTICLE

#### PSYCHOLOGICAL IMPACT OF CORONA VIRUS

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#### Abstract

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#### Introduction:-

Corona Virus, the small microscopic virus that has taken the whole world by storm has been all over the news and social media now. It seems to have changed our so-called peaceful existence and calm ways of life into a mode of ruckus and chaotic way of life. Though there are memes and people trying to create jokes and sarcastic humour to lighten the mood related to the stress caused by the virus, it still does not distract any individual from the gravity of the situation. Initially thought to be restricted only within the vicinity of China, the country which originated the spread of it to the entire world, has spread like wildfire across countries too within a short span of time.

Individuals belonging to all aspects of life whether rich or poor, belonging to different classes, races, castes, religion etc have all been affected in the similar way. It is ironic to see how during a crisis situation how a diverse country like India has kept aside all its political and religious turmoil and have been united in this fight to protect the country against the so-called enemy, the virus. Families of individuals who are staying abroad especially in countries like Italy and Spain which have been the worst hit have gone into a panic mode and state of helplessness when you are forced to become a bystander, confined within the four walls of your house., neither can they can travel from here nor the family members can fly down from there and come.

Belonging to a psychology background, its my sense of duty to try to examine how the mindset and psychological well being of people has changed. Different personality types have different temperamental and behavioural patterns which makes them react in different ways. The study of psychology has always emphasised on Individual differences, each individual is considered unique and no two species are alike. Trying to understand the mind has always been a complex task and has always been challenging since the mind is like an elastic string that gets pulled into all different directions due to internal and external influences.

Humans in such a situation become like fledglings and at times like this it makes us realise that things that were considered as futile and taken for granted such as living within our shelter and protected home having the basic necessities become the essential commodities of life. Each individual has been affected in different aspects, while those belonging to the lower strata of the society have been the worst affected, barely managing to get a meal a day while the well off section of the society in spite of having all the facilities essential for survival, are sitting at home bored and quarantined with no option to go or step outside the house. Sitting within the same house along with the same family members is no joke as families are more inclined towards arguments right now since families are not used to staying together for such long periods of time since the break up of the joint and nuclear family system. The mind has also been affected as an empty mind encourages negative thoughts and leads to feelings of helplessness and depression. Reading the news and seeing people suffer around you due to illness makes you feel depressed too

and takes a toll on your mental health. It is essential to engage your mind and particularly yourself in some or the other tasks probably a hobby or something you always wanted to do but never had the sufficient time, it's the time now to fulfil your unfulfilled desires. It has rightly been said that mentally fit is the best way to be fit, if the mind is positive and active the overall body will feel happy and healthier.

Despite strict rules and law enforcement by the prime minister and the government to stay indoors for our own safety and security and to not step outside unless highly essential, people still do not follow it, god knows why. The govt is taking all the precautionary measures needed to cease all kinds of movement within the city so as to stop the virus from spreading and affecting more citizens. Domestic helpers like housemaids, cleaners etc are seen still coming to work despite strong advice not to come as they feel their survival is at stake.

Being just a mere observer its hard to understand and predict the mental states and psychological changes in individuals. Individuals are not used to sitting joblessly around the house, we have always been involved in some or the other task or activities. Individuals are now getting frustrated more easily and are not able to channelize their frustration and aggression in an acceptable and proper way. It is leading to more arguments and quarrels among family members.

For all the Extroverts out there, its proving to be one of the toughest times, including people like me. Confined within the four walls of the house or within the domain of the society gates, life seems to have become immobile. No social gatherings, high class parties, ladies club and kitty parties. There is no scope for travel too and all the touristy vibes have come to a standstill. Extroverts are now channelizing their energy by trying to adapt to staying indoors and occupying themselves with activities, whereas for Introverts there is no pressure at all. They will continue to lead their normal routine lives with probably a bit of change of routine here and there or a new routine altogether.

This pandemic has taught us a lot, though it has overall generated a negative impact and shaken up the whole world, there is a lot to look at the brighter side too. As of now, all we can do is remain patient, make use of our altruistic and pro social behaviour to help the lower sections of the society, because it is testing times like this that people who have enough be able to care for the marginalised around them. Hope for better days to come and prayers to keep everyone around us safe and healthy, is all that we can ask for in the coming months and years ahead.