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### RESEARCH ARTICLE

#### IMPACT OF COVID-19 ON MIND, BODY AND SOUL

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#### Abstract

The whole world is facing the critical situation due to covid-19. Covid-19 has changed the life of people dramatically. The COVID-19 disease caused respiratory illness with symptoms such as a cough, fever and in more severe cases, difficulty breathing and this disease has great impact on mind, body and soul of people. The main objective of the present paper is to see the impact of covid-19 on the body, mind and soul of people. For the present paper primary data have been collected from 140 respondents to know the impact of covid-19 on the mind, body and soul of the people. The findings of the study show that there is a great impact of covid-19 on mind, body and soul of the people.

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#### Introduction:-

The COVID-19 which is also known as Novel Corona Virus, has crossed all borders in a very short period of time and spread in all the world except Antarctica. The COVID-19 originated from a small locality Wuhan City in China in late December 2019 has affected countries more severely than others; with United States of America, Spain, Italy, Germany, France, India etc. For the first time, COVID-19 has broken the myth by infecting largely the affluent classes and international travelers in the first instance. The people tested positive for COVID-19 are largely celebrities, athletes, politicians and white-collar professionals across the globe and those who have a foreign travel history.

Corona virus belongs to the family of SARS stands for Severe Acute Respiratory Syndrome, which comes in our body through our respiratory system and affects our lungs. It is fast, mutating virus that make proteins rapidly. It can use its own RNA to produce others RNA in our body. Its diameter is 50-200 nanometre. Its capacity to stay on a surface varies with different matters and metals like: on plastic and stainless steel its life is 72 hours and on card board it can stay up to 24 hours and on copper it can stay only for four hours which is least sustainable time on any metal. This virus is dangerous for humans as well as for animals. This newly virus can show low to high symptoms and its droplets can travel up to 8-13 feet, said by researchers. Their range is between 18-50 microns. Wearing a mask and maintain a 6 feet distance is necessary to fight against this virus.

#### Impact of Corona virus on our Body:

This disease caused Respiratory illness with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. COVID-19 is an Infectious Disease caused by a new virus. In 80% cases, it generally shows common symptoms like cold, cough, flu and can be dangerous in 2% cases.

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**How it can be Dangerous:**

In most severe cases, it can cause many severe diseases like ARDS stands for Acute Respiratory Distress Syndrome and Pneumonia, especially old age people with heart and diabetes diseases can be affected easily. **ARDS** can be dangerous because of it, blood vessels do not work in the right way, and **RBC** (Red Blood Cells) cannot take oxygen to all human organs. Not receiving the oxygen in the right way creates difficulty in breathing. There can be two cases in ARDS which are related to COVID -19.

**1<sup>st</sup> case:** If a patient has fewer symptoms like cold, cough and flu then giving him proper treatment at the right time he can recover quickly.

**2<sup>nd</sup> case:** If a person has a low immunity then COVID-19 leads to ARDS and ARDS results in pneumonia.

**Effect Of Covid -19 On Different Body Parts:****In the Respiratory system process:**

It mainly affects our lungs through respiratory system. If a patient's lungs are so far injured, then there is less chance of quick recovery against COVID-19.

**In the Insulin process:**

It has become a barrier in making proper insulin in the Body, and that result is that diabetic patient has suffered from high blood glucose.

**In the digestive system process:**

Due to bad eating habits, changing weather affects our digestive system get disturbed Android is because of it, so many diseases like vomiting, diarrhea are coming out at the physical level.

**Impact of COVID-19 on our Brain**

JAMA Neurology journal published Medical research in Wuhan, China. The study showed that 36.4 % of patients were having neurological symptoms other than the common symptoms. It also found that Corona-virus had demonstrated into a notable proportion in patients, and it comprises three categories:

**1<sup>st</sup> CATEGORY:** Central nervous system manifestation included headache, impaired consciousness, and ataxia.

**2<sup>nd</sup> CATEGORY:** Seizures peripheral nervous system, which comprise loss of taste and smell, which is known as Anosmia and Ageusia.

**3<sup>rd</sup> CATEGORY:** Visual impairment and nerve pain and skeletal injury.

Many countries' specialist analyses that a lot of serious issues related to the brain can come out in COVID -19 Patients. So we have to keep a keen eye on this matter. There is no surety that it affects our brain through ACE 2 RECEPTOR or some other way.

**Impact of Corona-virus on the Soul**

It is the third and most significant aspect that has ignored during this crisis. Coronavirus influences our lives most profoundly. It had scattered our all life aspects. We have to find out some ways by which we can get rid of our sorrows, pains. In this tough time, people are feeling low and stressed, and they have experienced a fatigued soul because spiritual development has been set aside by them. Decreasing the reliability of organized religion is the reason for those. Few symptoms of this condition are mental fear and the fatigue of heart. There is no need to hear spiritual rumors, and we have to devote less time to resolve this problem. According to Thomas Murre, it is difficult to define the "SOUL" concept because it relates to our purest form. It is a rare domain to go within. Murre told us how it affects our soul, and here are some impacts as follows

**1. Impotence or feeble:** In this pandemic period, people are frustrated because they are unable to perform the last rites of their relatives, and their dead Body remains in the coffin for long times.

**2. Grief or Lament:** First and foremost reason for people's sadness that all survival functions like regular jobs, Daily checkups by doctors have been stopped. The second regret is that they have lost all their savings. They did not imagine such a future.

**3. Isolation or Loneliness:** As we are in isolation, social contact has broken. Without our community chain, we are feeling loneliness.

**4. Mistrust OR Doubt:** In this period, we are in great confusion about that we will fulfill our basic needs? Example: whether I received healthy food, treatment at the time of illness, and whether I feel safe with my family in this infectious disease time.

**5. Displacement:** Roles of people have got interchanged. Example: Doctors have become patients, nurses are powerless because they are not doing medical checkup of their patients, and teachers have segregated from their students.

#### **Importance of spiritual aspect:**

Nowadays, the importance of this aspect has increased because the soul is the predominant part of this world. In the COVID-19 period, these activities have to gain more influence because they not only give us relaxation but also increase our immunity power as well. Another reason for their significance is that we have put some basic things aside, which provides us with real happiness like helping needy and smiling to others by encouraging them. It is a common thing that there is lots of stress and fear comes into our life in this period.

#### **What is Meditation:**

A process which we can go inside is called meditation. It is a straightforward and easy process. In this process, we are focusing our third eye. Saints said that God is in the form of light, sound, origin, and end of this creation. At this time, we are not aware of this light and sound. With the help of meditation, we can achieve a state of enlightenment. In this world, we can use our five senses to act and this sense put of attention outside.

#### **Importance of Meditation in this COVID-19 Period:**

Presently, we are only focusing on the outside world. Not neglecting all the ways the science of spirituality has given a way by which we can go beyond this world and can achieve our higher consciousness. You cannot get inner peace and blissful state if you don't go inside. You can cultivate inner peace by drawing yourself closer to the Almighty. You could not realize something until you did it personally. So, meditation is a process when we spend our time with oneself and let us go to our attention inside where happiness and bliss are perpetual. You can simply receive inner peace by OM chanting and a simple mantra like SO HUM. It means we are just like you. Nowadays, there are several techniques to do meditation, and that is the long-lasting and permanent relief to all problems.

#### **Previous research in the field of mediation:**

With the help of technological advancement, we can know that future is not more than away as much as we are thinking. Scientists must make a lot of effort to know about the creation of this universe, and for this science has to enter into earlier areas like spirituality, philosophy, mythology.

#### **How mediation helps us find the purpose of our life:**

God gave us a beautiful life as a small journey, and this life has a significant meaning. In this tour, we have a precious chance to know about ourselves and the creatures of this universe. We should not lose this chance. God is the beginner and end of all living beings. God has given us to this life to find out why we have come here? Some existing forms like Animals, insects have no power to think about the true meaning of our existence. Their primary purpose is to stay alive. Another meaning of this life is serving others because we help others; it will return to us. If we want to go on a spiritual path, we must focus on non-violence and selfless services.

#### **Review of Literature:-**

A good literature review helps in providing knowledge and studying the gap between the expertise and research area here are some of the reviews;

**Mohit (2020)** examined in his study that there is psychological impact of COVID-19 on people's life. An online survey of 1106 respondents from around 64 cities with an online questionnaire and concluded that higher impact of this pandemic is on younger and females at a psychological level.

**Pratigya (2020)** explored in one of his articles in the newspaper 'Times of India' that due to COVID-19, so many changes can be seen in the lifestyle of the people. The results of the research shows that online learning is preferred, and educational institutions, coaching centers start providing online education during this pandemic to keep the students in touch with the study so that they can continue their preparation for competitive exams like- JEE and NEET, etc.

**Angelo Pietrobelli et.al. (2020)** studied in the article entitled, "Effect of COVID-19 lockdown on lifestyle behaviour in children with obesity living in Verona, Italy: A longitudinal study", that there was adverse effect of COVID-19 over the weight control efforts among the youth and in this work it was also predicted that it may have long lasting effect on the adolescent's adult obesity.

**Maja (2020)** pointed out in her article that covid-19 can be taken as a chance to create more sustainable future because we are again going back to check and understand our basic concepts of value and importance of things in

the general life. And also observed that one person can learn more effectively from society rather than learn the things individually. In the present paper it is studied that what impact can be seen on the lifestyle of the people during this pandemic.

### Research Objectives:-

1. The main objectives of the present paper are to explain the concept of COVID-19 and to study the COVID-19 and its impact on the lifestyle of people.
2. Another objective of the study the COVID-19 is to see how people's personal lives have changed and its impact on different aspects of life.

### Research Methodology:-

Being descriptive research is based on primary and secondary data showed that it has a high impact on the lifestyle of people, and in this paper, the changes have studied with the help of an online survey of 140 people.

### Analysis:

The results of the present study are explained as follow;

**Table No. 1:-** Demographic Profile of the Respondents.

Particulars		No. of Respondents
<b>Occupations:</b>	Govt. Employee	33
	Student	45
	Private Employee	35
	Business	06
	Others	21
<b>Gender :</b>	Male	107
	Female	43
<b>Age Group:</b>	Less than 25 Years	39
	25<35 Years	81
	35<45 Years	14
	Above 45 Years	06
<b>Income:</b>	Less than 100000	60
	Less than 200000	22
	Less than 300000	28
	300000 and above	30

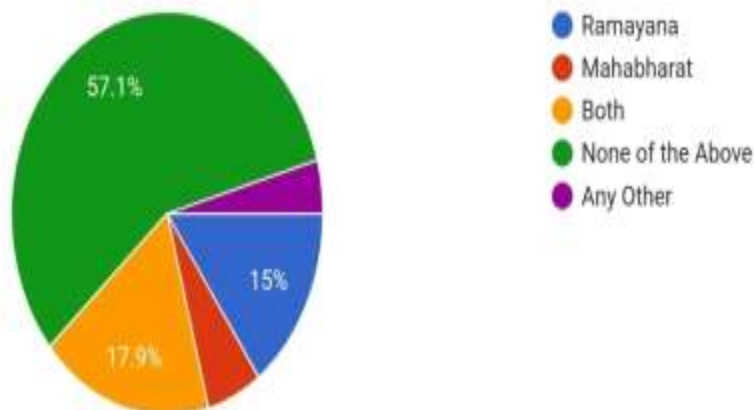
**Source:** Primary Data

**Table No. 1** shows the demographic profile 140 respondents. Male respondents are 76.4 percent, that shows male respondents(23.6%) are more than female respondents in the survey. In the case of age wise segregation of data maximum respondents belongs to young age, which lies between 25-35 age groups. The young age group means it is more affected by COVID -19 as they spend more time outside the home for various reasons like education, coaching, jobs, career, training, and many more activities. Hence, the results show very informative and useful data about the survey on how COVID-19 changed their lifestyle. In the case of age-wise comparison, 25- 35 age group respondents are participated 58 percent more to other age groups. 0-25 age group shows a perfect response; their ratio is approximately 27.9 %. This paper shows that the percentage of young people participates more than in other age groups. Our result shows that students participation is more than a private employee is more government employees etc. Male respondents participate more than female respondents because female are busy in taking care of their family during this COVID -19 period and these home activities and they spend less time with mobile. Student participation ratio is 30.9% is more significant than other respondents, and the proportion of private employed is 25.7%, and govt. employed is 23.5% other is 15.4%. In this survey businessmen have shown less participation in comparison to all of the other respondents.

**Graph No.1:- Views about Television Show.**

Which television show you have seen during COVID-19 Period?

140 responses

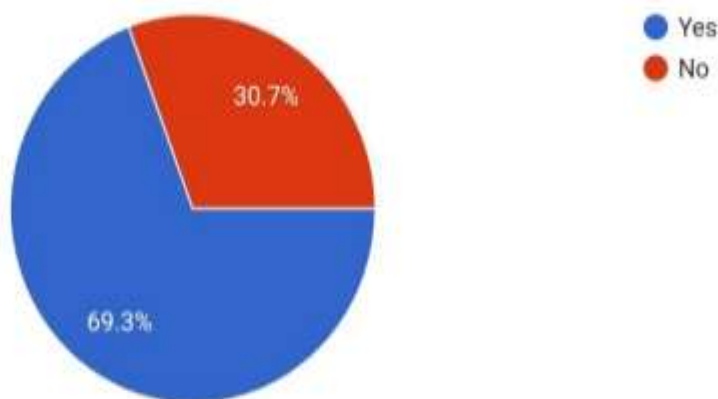


Graph no 1 shows the result of the survey, that out of 140 respondents, 57.1% of respondents are not watching the Ramayana and Mahabharat. They preferred other television programs over to Ramayana and Mahabharat. An American agency named Broadcast Audience Research council said that respondents spend more time on streaming platforms during the lockdown period. Reports said that users spending time watching original series on the platforms. The result of the study shows that 17.9% of respondents spend their time on Ramayana and Mahabharat, and 15 % show only Ramayana.

**Graph No. 2:-Views about Relationship during COVID-19.**

Do you think that understanding in relationship has increased during this period?

140 responses

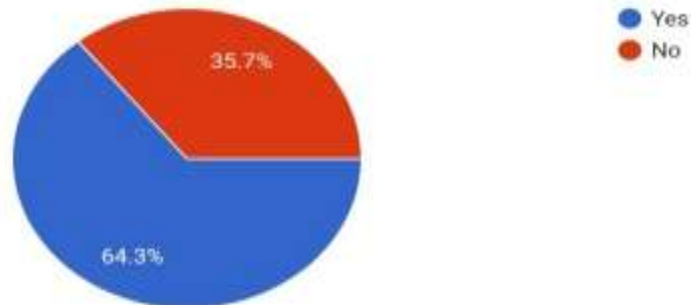


**Graph no 2** shows that out of 140 respondents 69.3% respondent replied that during COVID -19 they spend more time with their family and they make a healthy relationship and understanding with family. In general, most participants said that relationships with parents, kids, spouse, coworkers and neighbor have positively affected during the COVID-19 period. Every person had a busy schedule, but COVID -19 pandemic assembled all the family stays together. And that's why respondents said that strong believe among the family. The improved relationship could be attributed to the availability of more free time, less work pressure. The improved relationship dimensions could also be attributed to the fact that, when everyone is fighting a common enemy, the interpersonal relationship issue forgotten, which is possibly reflected as improved relationships.

**Graph No. 3:-** Opinion regarding use of Electronic Gadgets.

Do you think that we are excessively using gadgets in this lockdown period?

140 responses

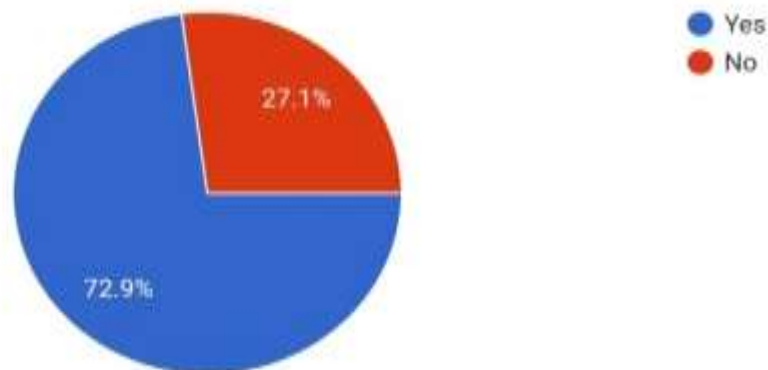


**Graph no 3** explained that out of 140, 64.3% of respondents said that dependency on gadgets increases during COVID-19 than the past. Parents are worried about the increase in screen time for children due to pandemic and social distancing norms. Parents' concern about that their kids may watch unnecessary, inappropriate information online during their study time. They spend more time watching unrelated bad things.

**Graph No 4:-** Opinion about Health.

Are you feeling more conscious toward your health during this period ?

140 responses



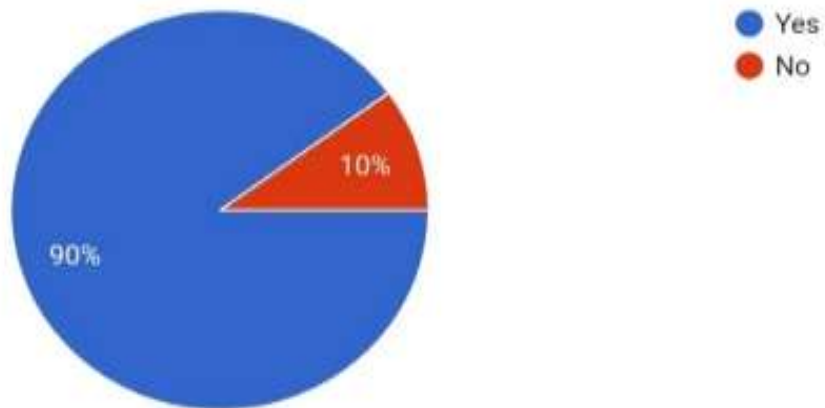
**Graph no. 4** shows that respondents are concerned about their health during this COVID -19 periods. In case of this type situation, it is reasonable to feel sad, worried, confused, scared. You should know that you are not alone and should talk to someone whom you trust, such as a parent or a trusted adult so that you can protect yourself and your health. Keep educating yourself and gain knowledge about your health, doing exercise daily.



**Graph No 5:-** Opinion regarding Change in Life Style.

Do you think that your life style has changed due to COVID-19 ?

140 responses

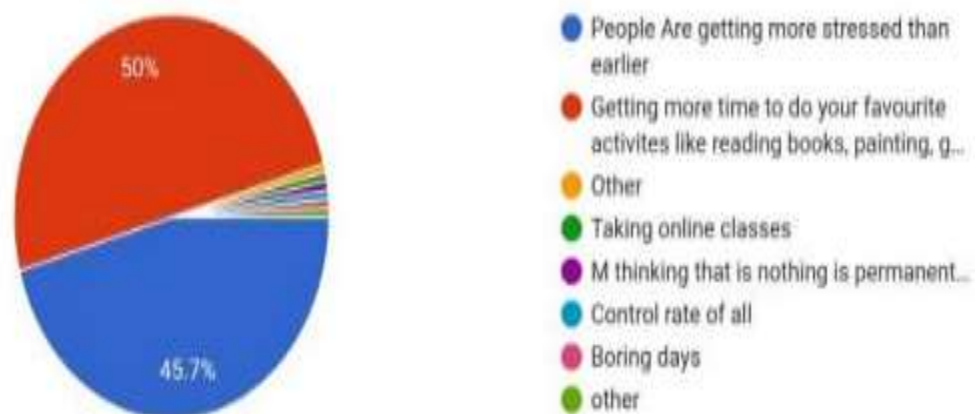


**Graph no. 5** shows that COVID-19 has changed every person living lifestyle. Relationships have been transformed to live chat and video calls. School and other education going students are taking the classes on mobile and laptop. Students and teachers are suffered from eye issues, headache issues. Even they are at home, but they have no time for the family because the online teaching has created more burdens to complete their homework.

**Graph No 6:-** Impact of COVID-19 on Personal Life.

How Does It affect Your Personal Life ?

140 responses

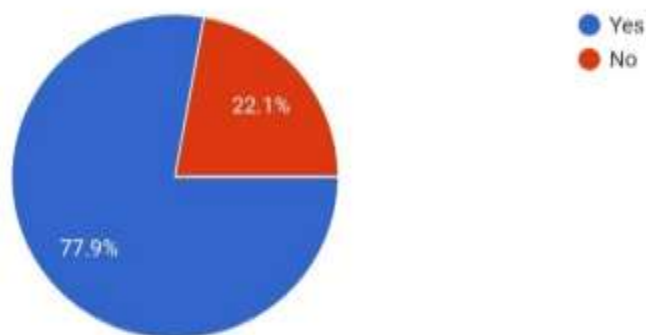


**Graph no. 6** shows that out of 140 respondents, 50 percent respondents say that they like to do their most favorable tasks like reading books, do paintings etc. and 45.7 percent respondents say that they are getting more stressed, they face problems like online video conferencing. They are suffering with eyes and headache issues. The challenges of low connectivity waste a lot of time. Some respondents say that their activities are controlled due to lockdown. They feel bored and not enjoy their life.

**Graph No 7:-** Opinion of respondents on Spirituality.

Does spiritual activity like meditation, reading books really help you to face the fear of this disease?

140 responses



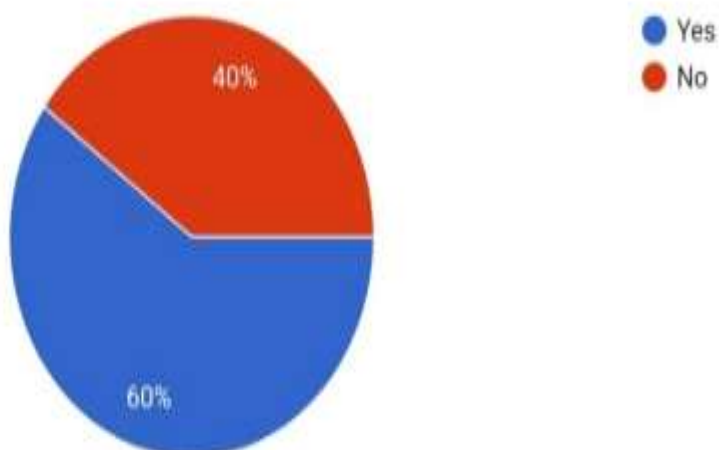
**Graph no 7** shows that in a world of uncertainty, holy book teaching and practices help in taking care of ourselves and 77.9 percent respondents are agree with this. All holy texts like Hindu's Geeta, Muslim's Quran, Sikh's Guru Granth sahib demonstrate that one thing is the same that time is not stable, its ever changing. Good books make us mentally healthy to fight against this pandemic period of COVID-19. Meditation can provide a deep state of relaxation and a fresh mind. During meditation, you can focus your attention on your breath. This process may result in enhanced physical and emotional well being. And 22.1 respondents said that spiritual books and meditation are not enough to help the face of the fear of COVID-19.

**Graph No 8:-** Views about Faith in God.

**Graph no 8** depicted that out of 140 respondents, 60% of respondents said that their faith in God has increased and 40% felt no enhancement in god faith.

Does the faith towards god has increased during this crisis?

140 responses



### Conclusion:-

The paper's findings suggested that people become more familiar with friends and relatives and gave good time to relations during this pandemic. The unnecessary outing is less nowadays, and time is available for self and family members. It is a significant change and changed the lifestyle of people. They are adapting to the circumstances. Habitual of spending time with parents and staying at home, there is time for many activities like study, cooking,



dance, etc. We should have followed some precautions like staying at home, social distancing, frequently sanitizing because this will help us to fight this virus. And one another new thing we have learned that we have to explore some more concepts or knowledge as we are not perfect in this universe.

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