

Original article

COVID -19 Pandemic and Lockdown strategic and developmental impact on general population in India

Dr Motilal C Tayade

Professor in Physiology, Department of Physiology, Rural Medical College, Pravara Institute of Medical Sciences (DU),
Loni , India

Corresponding author: Dr Motilal C Tayade

Abstract:

Background: The COVID-19 pandemic caused high and increasing human costs worldwide and economic activity was severely affected by the necessary protective measures. Pandemics have a negative economic impact on the world economy. India may seem to be coping, but the scale of the blockade has been surpassed only by the chaos COVID-19 has wreaked on India's health system. While it has been partially lifted in rural areas for economic reasons, maintaining their social distance is almost incomprehensible.

Aim: With this background present research article was planned and studied with an aim to highlight healthcare related short term as well as long term consequences associated with social perspectives.

Study methodology: We collected information from various sources like newspaper, online search, television media news, research articles search etc. We discussed the issue with subject experts. We used GOOGLE search engine for information search. We used PUBMED central database for healthcare related references collection.

Results: It is indisputable that the current COVID-19 emergency has long-term consequences, which affect the population with surprisingly high levels of stress. While we are still in the early stages of the pandemic, which is a medical and financial crisis, it is too early to study its impact on mental health. The crisis could cause symptoms of depression and lack of participation, as well as psychological problems such as anxiety, depression, anxiety disorders and depression. The COVID-19 pandemic caused high and increasing human costs worldwide and economic activity was severely affected by the necessary protective measures.

Conclusion: This article mainly highlighted healthcare related short term as well as long term consequences associated with social perspectives. In conclusion, this crisis could cause symptoms of depression and lack of participation, as well as psychological problems such as anxiety, depression, anxiety disorders and depression. The COVID-19 pandemic caused high and increasing human costs in India as well as worldwide and economic activity was severely affected by the necessary protective measures.

Keywords: COVID -19 Pandemic, general population, lockdown, social perspectives.

Introduction:

The COVID-19 pandemic caused high and increasing human costs worldwide and economic activity was severely affected by the necessary protective measures. Pandemics have a negative economic impact on world economy.¹The COVID 19 pandemic has shown that we are more connected than ever before, that our cities are at the forefront of crises and that they are the most globally connected cities and will be the frontlines in a similarly globalised crisis in the future. India may seem to be coping, but the scale of the blockade has been surpassed only

by the chaos COVID-19 has wreaked on India's health system. While it has been partially lifted in rural areas for economic reasons, maintaining social distancing is almost incomprehensible. It is indisputable that the current COVID-19 emergency has long-term consequences, which affect the population with surprisingly high levels of stress.²

While we are still in the early stages of the pandemic, which is a medical and financial crisis, it is too early to study its impact on mental health. The crisis could cause symptoms of depression and lack of participation, as well as psychological problems such as anxiety, depression, anxiety disorders and depression. The COVID-19 pandemic caused high and increasing human costs worldwide and economic activity was severely affected by the necessary protective measures.³

Study Methodology:

With this background present research article was planned and studied to highlight healthcare related short term as well as long term consequences associated with social perspectives. We collected information from various sources like newspaper, online search, television media news, research articles search etc. We used GOOGLE search engine for information search. We used PUBMED central database for healthcare related references collection. From Google search engine we collected more than 20 different reference sites. Thus data was collected on the basis of major diversity.

We discussed the issue with subject experts in our university. We visited to Ophthalmology OPD and discussed issues related to vision damage on long term consequences of online study in childhood age group. We discussed with epidemiologists and tried to understand the possible breakout, severity, slow down of graph of COVID etc. The literature search was carried out in last two months. All information was compiled and literature was finalized on this basis. Our intention was to highlight COVID-19 and lockdown related impact in general population in societal perspectives.

Results:

COVID -19 impact on population:

To date, more than 1,95, 00,000 people worldwide have been infected with the coronavirus, and more than 7,24,000 people have died from it.⁴ While in India till today nearly twenty lakhs people are infected while more than 42,000 has been died and this rise fear in general population.⁵ However good healthcare infrastructure and government efforts has improved recovery rate more than 53 % till today.⁶ This article mainly highlighted possible healthcare related short term as well as long term consequences.

As more and more people with a proven coronavirus infection, such as the recent outbreak, need to stay at home, experts agree that it is important to consider the impact of a pandemic on these people's mental health in order to provide psychological support to the public. They are most susceptible to infection and may not have access to adequate information and medical care.

Mental Health of General population:

The most important forthcoming problem associated with long term impact of this COVID situation will be problems associated with mental health. Mental health of our population will be harshly affecting and the further breakthrough will be more dangerous. Even in India, there is huge shortage of counselors and psychiatrists.

This crisis could cause symptoms of depression and lack of participation, as well as psychological problems such as anxiety, depression, anxiety disorders and depression. The lack of testing and diagnosis can lead to increased social isolation, and this may be due to a lack of testing or a lack of diagnosis. Virgine De Vos said: "Uncertainty can have a negative impact on people's mental health and wellbeing."⁷ But Rory O'Neill, Director of the Centre for Mental Health and Social Research at the University of Amsterdam, believes there is no perfect storm that damages people's mental health.⁸ He agrees that there has been a "perfect storm" that has damaged people's "mental" health. While COVID 19 will have an impact on the mental health of the general population, it is people who are most likely to suffer from existing conditions.⁸

Child education in COVID – 19 :

The government has taken steps to mitigate the impact of COVID 19 on the education of children in India by ensuring that education continues. Schools will be supported to prevent and control the spread of Co VID 19 by taking care to protect students and staff from discrimination and stigma associated with the infection. Children from already disadvantaged groups, such as the poor, the disabled and the elderly, are most at risk if their education is interrupted. Government promoted distance learning strategy in India. The students were shifted to the next class without examination / assessment on the basis of the previous internal assessment score. Though distance learning strategy is supportive measures, but having its own limitations.

During the lockdown period and subsequently the government promoted distance learning throughout India. Frequent use of mobile devices was significantly associated with higher levels of anxiety, and anxiety related disorder. Studies suggest that the effects of frequent use of mobile phones and tablets on children are linked with health complications.^{9,10,11} Though the technology is essential and good for our progress but we look towards its another angle too. ¹² Excessive use of mobile devices, including smartphones and tablets, can impair a child's development in terms of social adaptation. These may lead to obesity, diabetes mellitus, sedentary lifestyle related complications, vision associated complications, risk associated with cancer, radiation adverse effects, stress, anxiety and depression etc.

Discussion:

Short term consequences of COVID 19:

The COVID 19 crisis will be hamper the general population life in various ways. The population communication will be badly affected in this situation. Fear has been clearly in general population while coming back to emergency work or in market. The societal gatherings are closed. The events are postponed in society. The COVID patients and their families are going through stress and mental burdens. This pandemic has not only affected health parameters of our society rather than also affected economic, social parameters as well.

Herewith we summarized possible short term consequences of COVID 19 and lockdown impact on the general population.

- 1) Shortage of medical facilities for noncovid patients
- 2) Emergency transport issues
- 3) Hospital costing
- 4) Appropriate patient care due to increasing number of cases

- 5) Food quality
- 6) Immunity
- 7) Anxiety
- 8) Depression issues in society
- 9) Suicidal tendencies
- 10) Mental health issues
- 11) Economical conditions
- 12) Effects of loneliness
- 13) Insecurity
- 14) Child education – interruption

Long term consequences of COVID 19:

This will be the longest pandemic experienced by current digital world. The long term consequences will be measured on various numbers of parameters.

Herewith we summarized possible long term consequences of COVID 19 and lockdown impact on the general population.

- 1) **Mental health** – will be the greatest challenge for an India like country. The cases may be enormously increasing by long term. The regular counseling, positive news through media, practices of yoga and pranayamas and government assurance could decrease its severity.
- 2) **Economy crisis:** This may continue even after this pandemic control or following launching of vaccines or specific treatment.
- 3) **Quality food and supplements:** will be another issue leading to emerging other healthcare issues of the general population.
- 4) **Depression:** will be a potential killer following COVID – 19 in the general population in the long term.
- 5) **Healthcare costing:** will be a major issue in the long-term in India as well as worldwide.

Consequences of Lockdown:

The model of the Corona crisis, developed by researchers and predicting shocking rates of infection and death, has convinced governments to adopt tough lockdown measures and keep economic activity to a minimum. The measures adopted have triggered an economic and financial crisis. Though lockdown was the Government's first need, however it leads to a potential impact on the general population. Multidisciplinary hospital management will become more costly.¹³

The shortcomings of the recent social dissociation order are evident, where millions of residents feel their lives have been turned upside down without protection, access, or support. Many families live and survive with limited or often shared access to basic services such as health care and education. To combat this current pandemic, it is essential to recognize and address the stark realities of urban inequality. Consequences of lockdown were inevitable, but the government tries to be minimal through their various programmes. Major social issues came out are migration of population from cities towards villages, that will lay potential impact on industry as well as

economy. Migrant workers reaching their towns may carry infection and these things may have additional burden on the rural healthcare infrastructure of the country.¹⁴

As a result of the pandemic, the global economy is forecast to shrink sharply by 3% in the first three years after the outbreak, and then again by 4%. Based on a baseline scenario in which mitigation efforts can be gradually scaled back and policy support is encouraged through the development of new technologies, such as vaccines and other protective measures, it is projected to grow by 5.8% by 2020, supported by policy and support. Our government has been in phase wise opening of lockdown with proper care, feedback from experts and with viewpoint of common man. This will be greatly saving to our burden of disease in future and mortality.

Conclusion:

In conclusion, this crisis could cause symptoms of depression and lack of participation, as well as psychological problems such as anxiety, depression, anxiety disorders and depression. The COVID-19 pandemic caused high and increasing human costs in India as well as worldwide and economic activity was severely affected by the necessary protective measures.

References:

1. Kannan S, Shaik Syed Ali P, Sheeza A, Hemalatha K. COVID-19 (Novel Coronavirus 2019) - recent trends. *Eur Rev Med Pharmacol Sci.* 2020;24(4):2006-2011.
2. Zhai P, Ding Y, Wu X, Long J, Zhong Y, Li Y. The epidemiology, diagnosis and treatment of COVID-19. *Int J Antimicrob Agents.* 2020;55(5):105955.
3. Rico-Mesa JS, White A, Anderson AS. Outcomes in Patients with COVID-19 Infection Taking ACEI/ARB. *Curr Cardiol Rep.* 2020;22(5):31.
4. World meter , Corona virus cases worldwide
5. World meter , Corona virus cases in India
6. Adequate health infrastructure, facilities for COVID-19: Govt, Healthworld.com webportal
7. COVID 19 News, "Mental Health" website.
8. University news , Mental health and brain research , University of Glassgo
9. Wada K, Yamakawa M, Konishi K, et al. Associations of Cell Phone Use and Screen Viewing with Overweight in Children. *Child Obes.* 2019;15(7):417-425
10. Hale L, Guan S. Screen time and sleep among school-aged children and adolescents: a systematic literature review. *Sleep Med Rev.* 2015;21:50-58
11. Meena, J. K., Verma, A., Kohli, C., & Ingle, G. K. (2016). Mobile phone use and possible cancer risk: Current perspectives in India. *Indian journal of occupational and environmental medicine*, 20(1), 5–9.
12. Pratibha M Karandikar , Dr Motilal C Tayade , Dr Rahul Kunkolol , Three-dimensional (3D) Printing applications in Healthcare sector in India , *Pravara Med Rev*; March 2020, 12(01) , 51-56

13. Vipin Jain, Rohin Garg , Documentation of Inpatient Records for Medical Audit in a Multispecialty Hospital , Pravara Med Rev 2019; 11(3) September – November 2019, 53 – 59
14. Shahid Vaziralli, The impact of COVID-19 on informal and migrant workers in India, IGC speech, www.theigc.org