



# THE PSYCHOLOGICAL AND SOCIAL EFFECT OF CORONA PANDEMIC BETWEEN DIFFERENT CATEGORIES OF PEOPLE IN IRAQ

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<p><b>Received:</b> May 21<sup>st</sup> 2022 <b>Accepted:</b> June 21<sup>st</sup> 2022 <b>Published:</b> August 3<sup>rd</sup> 2022</p>	<p>The COVID-19 pandemic caused a significant shock to the world and its political, economic and health systems, as the world stood unable to take decisive decisions in order to eliminate the virus and neutralize its effects on various aspects of life. Complete or partial lockdown is the only way for many countries to prevent the spread of the new strain in the absence of an effective treatment and a vaccine for the disease, which caused different reactions among the world's population between convinced of the existence of the virus and the feasibility of the lockdown as a safe means to prevent the spread of the disease and preserve lives, while others continue their lives and carry out their usual work and challenge the virus as a way of survival and continuity, and in light of these measures a clear repercussions appeared on all aspects of life. Also, the closure measures and stopping the wheel of the economy have caused a collapse in the economic systems, Many people are stunned by the loss of their livelihoods in a global economic and health crisis that the world has not witnessed before, This study use online questionnaire to collect opinions of different groups of society about the psychological and social effect of the new virus</p>

**Keywords:** COVID-19, pandemic, Questionnaire

## INTRODUCTION:

A severe respiratory infection suddenly appeared in China, traveled quickly to other areas of the world, and was quickly isolated. We now understand that the disease is brought on by the 2019-nCoV or SARS-CoV2 virus, which was previously unknown. One of the main factors contributing to people's psychological stress is the unknown nature of the condition. With the WHO declaring it a pandemic on 11<sup>th</sup> March 2020, There has been a rapid increase in dread and concern among the general public (1) as a result of the Covid-19 epidemic. As a result, in order to help the general population psychologically, experts are now more interested in evaluating social and community turmoil. This sharpened emphasis may help in managing both the current situation and any possible pandemics and epidemics. Depending on what social role they performed, different people responded differently to the security measures implemented to battle the disease. Some persons seem to be at a larger risk of

post-traumatic, depressed, or anxious symptoms because they are more prone to stress. (2) Despite the fact that social media makes people feel more connected during times of physical separation, it is also a major source of false information that increases stress. The hourly reports on the rising death tolls and swelling case numbers can be draining, especially for those who already take mental medications or have health issues. Additionally, the lockdown has already led to the closure of numerous production companies and huge losses for businesses (3)The frighteningly high number of COVID-19 cases with deaths reported from all over the world is exacerbating the problem and making management impossible(4). Because there is no vaccine or effective antiviral medication for the SARS-CoV-2 virus and because social isolation and quarantine/self isolation are our only options, the governments of the majority of countries have declared a state of national emergency (5)Although the outbreak has an impact on everyone's lives, factors



like working long hours under strict security restrictions, accepting more professional responsibilities, always donning protective gear and clothing, and remaining attentive to their jobs without losing focus or attention can make healthcare workers feel more stressed mentally. Health care workers, on the other hand, are viewed as a danger factor by society because they are in direct touch with the virus. Because Of the potential of transmission to family and relatives, social support for healthcare personnel has dropped as a result of all of this. In this high-stress workplace, social isolation, anxiety, and a lack of self-care are all possibilities. The fear of becoming ill and dying is a significant stressor for healthcare providers during this process(6). Stay-at-home orders, social isolation and other epidemic-control measures that prevent social relationships have a significant impact on psychological and social well-being. Furthermore, people's fears of getting sick, as well as having to deal with friends and family getting sick and dying alone as a result of COVID-19, have an impact on their psychological and social well-being. (7) According to studies, the pandemic psychological and social effects on the population, particularly children, students in college and health professionals, have been identified, as has the identification of new intervention perspectives based on digital devices and in line with social security measures and mental health promotion. Telepsychology, for example, is a useful technique for dealing with the pandemic's psychological effects and preventing the illness from becoming chronic. Long-term stress symptoms include anxiety, despair and the inability to regulate painful and negative emotions. Additionally, the persistent fear of infection interferes with daily life and leads to social isolation, which alters human relationships. Some aspects of the pandemic

have a greater impact on the population, for example the loss of loved ones and property (8,9)

**METHOD**  
**Participants**

In this study the data were collected online from 82 undergraduate students and Employees in Al-Rasheed University college in average age (20-40) from males and females years by using Google form from Google Classroom application , The participants of this study has been shown in **Table 1.**

**Study design**

The questionnaire, consisting of many questions according the impact of COVID-19 on Psychological and social statue of participants these question are  
 1-Have you adhered to social distancing measures during the pandemic?  
 2-Did you feel alienated and afraid of the curfew procedures during the pandemic?  
 3-Was social media important in not feeling isolated?  
 4-Did your work stop during the pandemic?  
 5-Has the pandemic affected your income?  
 6-Did the economic impact have an impact on your psychological and social condition?  
 7-Have you lost someone close to you because of the virus?  
 8-Did the loss of close people cause you to take more measures to distance yourself from the people around you?

The survey started at the beginning of June2022, and the responses were collected by the end of June 2022.Thequestionnaire focused on the psychological and economic effects of the closure that resulted when pandemic of COVID-19 has been started(10,11)and the details of the questionnaire are described on **Table 2 and Table 3**

**Table 1: The No. & percentage of participants and their Gender.**

Gender	Female	Male	Totale
N	40	42	82
%	48.4	51.6	100

**RESULTS:**

**Table 2:The No. of participants opinions .**

Questions	Yes	No	Almost
1-Have you adhered to social distancing measures during the pande	49	5	28
2-Did you feel alienated and afraid of the curfew procedures durin pandemic?	44	25	13



3-Was social media important in not feeling isolated?	52	9	21
4-Did your work stop during the pandemic?	32	38	12
5-Has the pandemic affected your income?	36	38	8
6-Did the economic impact have an impact on your psychological social condition?	42	26	14
7-Have you lost someone close to you because of the virus?	29	49	4
8-Did the loss of close people cause you to take more measures to distance yourself from the people around you?	30	23	29

**Table 3: The percentage of participants opinions.**

Questions	Yes	No	Almost
1-Have you adhered to social distancing measures during pandemic?	59.7%	6.4%	33.9%
2-Did you feel alienated and afraid of the curfew procedures during pandemic?	53.2%	30.6%	16.1%
3-Was social media important in not feeling isolated?	61.7%	11.3%	27.4%
4-Did your work stop during the pandemic?	38.7%	46.8%	14.5%
5-Has the pandemic affected your income?	43.5%	46.8%	9.7%
6-Did the economic impact have an impact on your psychological social condition?	50.8%	32.8%	16.4%
7-Have you lost someone close to you because of the virus?	35.5%	59.7%	4.8%
8-Did the loss of close people cause you to take more measures to distance yourself from the people around you?	36.1%	27.9%	36.1%

## DISCUSSION ;

According to this questionnaire the participants opinions that has been shown in both tables 2 & 3 which corresponded with many studies that done during the pandemic which refer that economic problems and the fear that caused by huge number of viral infections and high mortality economic problematically about the future so The short- and long-term social and psychological effects of the COVID-19 pandemic depend significantly on the methods used to stop the virus' transmission(12)Racial and socioeconomic disparities have an impact on infection and mortality rates, as well as the measures required for recovery(13) This analysis focuses on the parallels and discrepancies after prior catastrophes, as well as the initiatives taken to offer assistance and aid in rehabilitation, also (14) refer that Global shutdown causing economic downturn: The impending economic catastrophe could lead to fear, widespread unemployment, destitution, and homelessness. During the coronavirus emergency, the US already reported a

significant increase in unemployment (4.6 million), and it is predicted that lockdown will result in more deaths than In the midst of the isolation, COVID-19 itself not only demoralizes but also leaves people feeling gloomy about the present and future (15)

Global communities are constantly subjected to severe stress, anxiety symptoms, and worry as a result of world health crises, epidemics, and pandemics, particularly those that involve virus attacks. The COVID-19 outbreak has sparked a new wave of worries and anxieties about the lack of an effective vaccine, medications, volunteer shortages, social isolation, a lack of knowledge about preventive measures, mask use, hand washing, worsening economic conditions, and people's worries about the health of loved ones(16,17)Most people who share in this questionnaire are from young students and those who work in the teaching field who used to deal with online media and social media which play worked impressively in the communication because of bad effect of the pandemic, people everywhere required



accurate health-related information and needed to maintain contact with friends, family, and the surrounding (18) Large number of people are using social media and other technical means to find important medical information to learn about their health, the use of social media increases during the pandemic that will lead for more health-related information that is available to people who began to use facemasks, washing their hands, and stay in home, which indicated that they would receive emotional, informational, and families supporting (Media) so we can consider that the social media platforms have made it simple to acquire health-related information, enabling people to assess health-related risks and address global health issues, typical users of social media. In response to an international public health emergency, create and distribute health information accessible through reliable sources (19,20)

#### **CONCLUSION:**

The epidemic was considered a global challenge on all medical, economic, psychological and social levels. Governments and global health institutions faced a great challenge due to the lack of an effective treatment and vaccine against the virus. The experience of confronting the epidemic by all institutions and individuals has proven its importance to reduce the impact of the virus on the social and psychological aspects of humans and reduce deaths to the lowest. As much as possible, the media and social media played an important role in communicating information to people and continuing communication between people with each other.

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