

CHAPTER-6

ADAPTATION TO THE POST PANDEMIC WORLD: A BEHAVIOURAL STUDY



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ABSTRACT

The world today is facing a serious challenge of a global pandemic in the form of Covid-19. Since time immemorial Pandemic and epidemics have been triggering and causing mass destruction. An influenza pandemic is a worldwide epidemic of a new influenza virus somewhat distinct from present and previous human seasonal influenza viruses. Influenza viruses are continually evolving, allowing non-human influenza viruses to adapt such that they can quickly target people and propagate successfully from person to person. Plagues and epidemics have ravaged humanity throughout its existence, often changing the course of history. Throughout the course of history, disease outbreaks have ravaged humanity, sometimes changing the course of history and, at times, signaling the end of entire civilizations [1].

Circa, Great Plague of America, Black Death are few to be named. Few of these are eradicated completely, few remain present. But humankind has

adapted to manage and maintain alternative to stay safe from it. This Post Covid-19 era will be remembered as a milestone in the modern history of the medical and industrial era. Changing scenario of the world will influence the lifestyle of the people to adapt to a better lifestyle according to these scenarios. This present study provides a basis for acknowledging the changes, needed to meet the changing scenario of human behavior which will be necessary to adapt to the post-pandemic era. This paper presents a brief overview of the immediate changes in the aftermath of the pandemic and what aspects of social life will be affected by these behavioral changes.

Keywords: Epidemic, Industrialization, Pandemic

INTRODUCTION

A pandemic is defined as “An outbreak that crosses international boundaries, and usually affects a great many people globally, or across a very large area.”. Present COVID-19 situation is unparalleled. Although most harmful isn't the pathogens'

physiological features. Instead, it's really how people act about it. The social and economic implications are much louder than the biological implications of the virus upon mankind. The adaptation of human being, as a social animal, into the post COVID world, is going to be quite challenging. COVID-19 demonstrated the potential to disrupt healthcare networks worldwide. But how people respond to the actual and potential threats they pose is a critical element in combating the pandemic.

Matter of fact, the argument suggests that behavioral influences can play a significant role in preventing and halting disease transmission. All international health organizations working towards eradicating COVID-19 acknowledges the importance of human action in pandemic control. Behavioral improvements will minimize spread by up to an unimaginable extent. The load and pressure that have emerged on health services, from normal staff to doctors is currently increased manifold with rising cases everyday worldwide. This brings immense

strain on policymakers and public health organizations to deliver the correct COVID-19 database and measures. Due to the difference in exposure and living conditions different individuals are at varying risk thresholds from the infection. If the government have details right and push the action in the right direction, the assets used to combat the virus can be well managed and well utilized. Thus, it depends on the people how haphazardly or well-planned manner we act to cope with this worldwide pandemic and rise above it.

Background of mankind coping through epidemics

Transforming our everyday life for anyone might not be to everyone's taste, but across history, citizens have been able to make compromises to preserve others' welfare. The motivation appears to be part of the human experience. There is data from ancient human societies helping old and disadvantaged individuals who were unable to live entirely. Accepting human sympathy by stressing the

threat to individuals with higher risk is a crucial communication tactic since it acknowledges that the risk varies among citizens. And this means even those who are willing to separate themselves recognize why, without stressing overly important employees that must travel and maintain the nation moving. This is an insightful strategy as this virus, i.e., the COVID-19 is not so harmful to most citizens in a strictly biological sense.

Behavioral Analysis throughout Post-COVID Era:

Coping with such a stressful situation, cognitively is not equally adjustable for all. Some find it meagerly less adjusting, while few have a huge level of anxiety coping to these norms. It's just time to listen to everything you're advised to do – just sit inside, sit as far away as you can from everyone and wash your hands regularly. It's no longer there about one's protection. There was a period in the not-too-distant past where germs could move from person to person was not commonly known.

Few behavioral patterns observed and analyzed can be discussed as below:

1. **COVID-19 and Social Relationships of the crowd:** We have just observations so far that, updated societal perceptions of facial masks may be one; another might be a fresh resistance of face-to-face contact. We have seen however that individual is inherently adaptive to changes, but also old patterns after an immediate danger has passed. However extreme societal transition can put pressure on the updated societal relationship among kins. People may get used to this distant mode of functioning in society.
2. **Threat perception:** Infectious disorders have traditionally been the source of the largest amount of human deaths. For example, plagues, Kalazar, Cholera outbreak etc. This segment explores how citizens are likely during pandemic and downstream implications for the decision-making and intergroup partnership to interpret and react to threats and risks. Thus

precautionary measure in the form of vaccines and anti-meds will be introduced.

3. **Hygiene matters:** Pieces of evidence indicate how we will all create a difference with the end product as all of humanity collaborates. For instance, history suggests that mortality rates in transmittable diseases dramatically decreased in spread reducing the mortality rates, by just increasing the day to day hygiene and food habits. During the onset of 20th-century mankind faced challenges in the form of Spanish Flu. The spread of Ebola marked a tremendous health hazard in the very onset of the 21st century. During these two major epidemics, it was observed that the major areas of population that were affected by the threats were the population not privileged with a healthy and hygienic standard of living. Also, the lesson learned from these two past events is that by improving the hygiene and maintaining proper sanitization, the

spread of these vector-borne diseases can be controlled to a great extent.

4. **Inequality in Society:** COVID-19 is regarded as an indicator of inequality and a deficiency in social progress, in addition to being the largest significant public health concern in the present year [3].
5. **Fear towards germs:** The fear of germs and the unidentified virus may haunt the medical science, every time disease with new symptoms arises. A new social norm in the form of face masks in closely-knit spaces, post this COVID-19 scenario, may be constructed as a sign of civic responsibility to prevent infecting others. Handshakes may not remain so popular because of fear of germs. Sanitization and cleanliness may be a new standard for societal mannerism.

Post-pandemic world: A new normal?

Frequent hand washing, work from home culture, social distancing, lowering of overcrowded spaces, maintaining safe personal distance, no handshake

policy etc are part of our new normal. Germ phobic tendencies are going to develop in only a small handful of people, namely in those who have pre-existing obsessive-compulsive tendencies. While people will remain hyperconscious of what they touch and will continue to worry about being exposed to the corona virus outside their homes, they may become more casual about their hygiene practices as the anxiety over the current Covid-19 crisis eventually fades [2].

The societal impact of isolation trend:

1. Elevated levels of psychological distress among a larger section of the population are due to a pause in their livelihood which has proclaimed their financial status to be rocky.
2. People have new values for the time spent with their families.
3. The cruel tragedy is that corona viral infection caused thousands of people around the world to sit lonely or unable to cope. This may have its own

implications, especially for those who had to be compelled to separate themselves.

4. Our present state of social alienation stems from one element in particular: the internet. Analysis on this front is restricted in epidemics studies since the technology has been growing only recently but we can see the impact on space travelers.
5. A lazy lifestyle with work from home and homeschooling can create distress among people after the normal pre COVID life resumes.
6. Many interviews, meetings, examinations, even marriage proposals have been handled well by the grace of the internet. Thus, focus on virtual presence and virtual alter-space will always be an option in our lifestyles.

Psychological Threats in the Post COVID-19 world:

1. **Emotion and risk perception:** Extreme emotions among students, teenagers, low-income groups can trigger violence, crimes and suicides.

2. **Prejudice and discrimination:** Few sections of the society will get more and more discriminated due to inequality of money, resource, communications and vice versa.
3. **Disaster and panic:** Instead of portraying some as rivalry, the concept of mutual unity may be compromised. They may reinforce the very individualism and competition that transforms critical plans into unstable storage and disrupt the common sense of mission that makes citizens support each other in an emergency.

Socio-cultural paradigms:

During pandemics, slower viral propagation needs major behavioral improvements. The magnitude and pace of behavioral shifts are influenced by different elements of social and cultural environments. This segment explores the ability for decision-makers to recognize and efficiently intervene risk factors in areas of social circles such as societal expectations, societal disparity, ideology and polarization.

1. **Social alienation:** Due to social distancing and unable to communicate and travel to meet the families people are also triggering their inner depressions and stress. The elderly are also highly susceptible to isolation. Students have identified strategies for mitigating these results. In psychological words, solitude is interpreted first as a subjective condition, while solitude is an empirical absence of social interactions.
2. **Intimate relationships:** The pandemic often has social implications. People unexpectedly feel themselves confined to their immediate families. People with quarantine or self-isolation are vulnerable to misunderstanding and anger as several family members concurrently withstand them for weeks or months. Emotional developments may be volatile.
3. **Social inequality:** Inequitable access to resources impact not only those at high risk for diagnosis, signs or disease succumb, but often others who are willing to suggest halting the

progression of the disease. The underprivileged ones are the ones deprived of basic healthcare and sanitization in such situations. The homeless are adjusting on the roads, the slum dwellers are living in closed spaces. The hunger ridden is not worried about hand wash right now.

4. **Changing Social rules:** When you see people do or feel what others agree or disagree, you're assumed behavioral influence is influenced by societal norms. It is going to be beneficial to have reliable information on what other people do as most people know what they ought to do. Therefore, it would be more efficient to interact within-group design of expectations.
5. **Moral decision-making:** Thus, even though unclear, it will inspire individuals to suffer for others by concentrating on the worst situations. Reframing decisions in the pandemic as "business as normal" will then render certain actions less appropriate, as aggressive decisions rather than passive or automatic decisions.

6. **Stress and coping:** The pandemic is possibly a big major source of stress even in households without the virus, particularly in chronic anxiety and economic problems. These consequences can be compounded by strategies of self-isolation and can intensify isolation, introversion and social adjustment issues.
7. **False Assumptions:** Assumptions about the hazard and necessary behavior in the pandemic. Thus, misuse of information to distract people should never be encouraged in a situation like this.
8. **Cognitive thinking:** Given the value of slowing diseases, it will serve to increase consciousness that access for others to protection is valuable to themselves.
9. **Cooperation within groups:** Individuals offer preference to local interests over global interests. One of the main concerns is how teamwork is to be encouraged.

10. **Trust and compliance:** Trust in organizations and legislatures may also play a significant role in combating this situation and helping each other.
11. **Group effort:** Strengthening a good sense of mutual social identification will help align threat response efforts and promote community engagement and enforcement with standards.
12. **Positive thoughts:** Avoiding uncertainty is clearly not a choice amid a worldwide pandemic. A few studies have noticed that these cognitive patterns will help redefine our objectives and contribute to healthier relationships and a better understanding of life.

CONCLUSION

Thus, these were some of the behavioral aspects observed and predicted to allow the people to cope with the upcoming transitions coming with the post COVID world. These behavioral aspects along with a well-managed social focus can prove extremely beneficial in handling the post COVID life for every section of the society.

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