

A Revision of the Impacts of Covid 19

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Doi: 10.23918/ijsses.v9i3p360

Abstract: The Covid-19 and quarantine conditions caused great changes in people's lives. In addition, it deeply affected human life in different aspects. Many negative effects of Covid 19 emerged over time and caused many damages. First of all, this process, which had a deep impact on people's psychology, caused people to suffer from many psychological, mental and physiological diseases. It also left very deep economic effects and brought all sectors to a standstill in many countries of the world. Its economic effects deeply shook states as well as individuals. Although not as effective as the others, it left some political effects. In addition, it had some adverse effects on children and turned some negative behaviors into addiction. Thus, computer and internet addiction emerged in some children. The only observed positive effect of the process was on the environment. Due to the slowdown in industrial activities, some positive improvements were seen in nature again.

Keywords: Covid 19, Impacts of Covid 19, Quarantine

1. Introduction

The sudden emergence of Covid 19 in December 2019 and its rapid spread all over the world shocked everyone. As everything travels very fast in the globalizing world, the covid-19 virus also spread to the whole world very quickly. Afterwards, quarantine conditions were applied all over the world to reduce the negative effects of the pandemic, and people stayed at home for an indefinite period after that time. During this process, economic activities came to a standstill and people in quarantine experienced many health problems. However, the problems that emerged were not limited to these and the situation got worse day by day. Although this process had some positive effects on a small scale, it had negative effects to a large extent

2. Impacts of COVID-19

The coronavirus, which emerged in Wuhan, China in December 2019, spread rapidly all over the world, causing a large part of the world to go into quarantine in March 2020. Both the disease brought by the spreading virus and the fact that the business sectors came to a standstill in the quarantine conditions caused great problems. At the very beginning, a vaccine against the disease was not developed and thus,

Received: June 19, 2022

Accepted: August 29, 2022

Altun, M. (2022). A Revision of the Impacts of Covid 19. *International Journal of Social Sciences and Educational Studies*, 9(3), 360-372.

the quarantine conditions were extended. Accordingly, it has left deep effects in different areas of human life (Hua & Shaw, 2020).

Especially in the last 20 years, coronavirus variants have caused people to have diseases such as pneumonia. Thus, people have experienced serious respiratory diseases (Jiang et al., 2020). The latest emerging covid-19 has caused even greater health problems. It has left serious effects to cause mental health problems such as respiratory tract disorders. It caused the death of many people and also left lasting effects on some people (Williams et al., 2020). In addition to the health problems it causes in people, it has triggered other problems and especially caused people to experience economic and psychological problems (Celik et al., 2022a; Çelik et al., 2022b). The spread of this disease from China has drawn attention to this country. Especially his carelessness on this issue and his failure to intervene in the conditions when the pandemic first appeared, caused great reactions (Kiraz & Üstün, 2020).

The effects of Covid-19 were not only limited to a local area but spread all over the world. Therefore, it has caused all sectors that feed each other to come to a halt. Although epidemics in a limited area have negative effects on the social and economic activities of that region, it may be possible to meet the emerging economic inactivity with the production of other regions. However, the fact that the virus affected the whole world caused all sectors to stop all of a sudden. In this respect, the effects of covid-19 have been more profound than other pandemics that have emerged in the last century. The sudden emergence of the epidemic caught all countries unprepared and prevented them from taking the necessary measures (Bozkurt et al., 2020). In addition, the rapid spread of the virus and the sudden increase in death rates have turned this problem into a major crisis. The economic planning of many countries has been interrupted and this virus has forced the States to make new plans (Ullah et al., 2020; Bilgin et al., 2022).

The fact that it has affected all areas of life makes this pandemic different from the others. In the quarantine conditions that have emerged, many sectors have stopped work. In particular, the education sector has been deeply affected by this situation. Although the virus was not very effective on children, it was determined that adults were harmed greatly due to the fact that children were carriers, and therefore the education sector and students were quarantined first (Akat & Karataş, 2020). The quarantine of the education sector has deeply affected especially private schools and caused them to enter into an economic crisis (Feyisa, 2020).

With the emergence of Covid 19, all sports competitions have been cancelled or some restrictions have been introduced. The fact that economic activity came to a standstill caused many businesses to go bankrupt. In addition, people lost their jobs and entered into economic distress. As a result, they started to experience psychological problems in addition to the pandemic (Hossain, 2021).

Global travel, which is a factor in the rapid spread of the pandemic, has come to a standstill and companies working in this sector have experienced economic difficulties. In addition, many restrictions have been introduced for people with travel obligations. A number of legal procedures have been prepared for them to travel (Evans & Elphick, 2005). This, in addition to travel expenses, has come before people as a separate expense (Hunt & Hooten, 2020).

In this period, mask and sanitizer consumption peaked and carelessly thrown masks caused health problems. The use of masks and sanitizers has become so widespread that in some cases it has become impossible to find these products in the market. Even so, exorbitant price increases have been observed (Mehran et al., 2021).

The withdrawal of people to quarantine conditions caused them to take extra precautions and a shopping spree began. So much so that the shelves in almost all markets were emptied and houses were piled up. As a result of this, exorbitant price increases for some products have emerged in some cases. In fact, this situation reinforced the fear of famine and scarcity in some countries (Thomas & Chackole, 2021).

It would be more explanatory to present the effects of Covid 19 under certain headings. Categorizing the resulting effects will show a clearer picture.

2.1 Environmental Impacts

Although Covid 19 has had a negative impact in all areas, it can be said that it has produced some positive results in terms of environment (Khan et al., 2021). Rapid industrialization in the modern world has caused great damage to the environment, especially in the 20th and 21st centuries. The slowdown in production all over the world during the Covid-19 period has led to positive environmental effects. The industrialization of the modern world and the chain effect it brings have not only been limited to threatening human life. At the same time, it left very negative effects on all other living things (Arias-Maldonado, 2020). The decrease in production in this process caused these threats to decrease considerably. In particular, air pollution has decreased considerably with the cessation of economic activity (Khan et al., 2021).

In this process, it was observed that nature renewed itself. Especially the reduction of waste polluting the environment has brought a new vitality in nature. Nature's own transformative capacity has increased even more as the negative effects from outside have decreased, and this process has caused the nature to renew itself. In some places, it has been recorded that the water resources were renewed and the water that comes to the surface was cleaner (Jain & Sharma, 2020).

One of the positive effects of this process on the environment has been experienced in metropolitan cities. The decrease in traffic in cities under quarantine conditions has led to a decrease in gas emissions. In addition, the global warming caused by all these human activities has slowed down considerably during this period (Khan et al., 2021).

The decrease in economic activities caused the carbon dioxide levels to decrease considerably. For example, coal used by electricity generation plants in China decreased by 50% compared to the previous period (Han et al., 2021). Likewise, oil consumption in the country has decreased by 30%. Globally, carbon dioxide emissions have decreased by 8% (Wang & Su, 2020). This rate is quite high for cities where economic activity is very intense. Restrictions on travel have also seriously affected the tourism industry. However, especially the consumption of seafood has decreased, and a significant increase has been observed in the number of sea creatures (Hasan et al., 2021).

In addition, some negative effects of the process were observed. Especially after the increased use of masks, the careless throwing of the masks on the streets posed a great threat to human health because many of the masks were carrying the Covid 19 virus. In addition, the hospitals were full during the process, causing many medical products to be used and thrown away as garbage. It sometimes came to the extent that it threatened the environment (Anderson et al., 2021).

2.2 Economic Impacts

It is possible to state that the biggest of the effects of the pandemic is the economic effects. The damage this pandemic has brought to economic activities is so great that it is not comparable with other pandemics. The slowdown of economic activity in any region can be minimized with the aid and supportive activities of other regions. However, the slowdown or stopping of economic activity all over the world in the conditions of Covid-19 caused the negative effects to be very great (Aliah, 2020). In this respect, this pandemic has been the cause of a great economic crisis. The most important reason for the emergence of crisis conditions is that they emerged all over the world at once and simultaneously. In addition, the deep impact of this pandemic on European and American countries, where economic activity is high, has brought economic activities all over the world to a dead end (Wang & Han, 2021). If such a problem had arisen in developing countries with low economic activity, such negative effects would not have arisen. In addition, the fact that it emerged at a time when interest rates were low all over the world and people tended to invest, caused investments to slow down again (Hosseini, 2020).

In the globalizing structure of the modern world, the problems that arise in one region affect other regions deeply. In the global world, the pandemic's gaining a global dimension had a great impact on its chains and turned into an even bigger problem with the effect of globalization.

The prolongation of the Covid-19 process has largely invalidated the predictions about the future. Therefore, the resulting effects have reached unpredictable dimensions. The fact that people could not work and had economic difficulties under quarantine conditions prompted many states to take major steps in this regard. As a solution to this problem, states began to print more money than ever before and distributed this money to their citizens. Although there was a temporary solution proposal at that time, it caused an increase in inflation, especially in the United States and European countries in the later period. Inflation in the United States, which was 1.2% in October 2020, was 6.2% in October 2021 (Statista, 2021). In February 2022, it was 7.9% (Statista, 2022). As for Eurozone, the rates were realized around 5% (Demary & Hüther, 2022).

In this process, one of the most important factors that caused such great economic effects was the deterioration of the supply-demand balance and the breaking of the supply chains. Especially the decrease in working hours was an important factor in the deterioration of the supply chain. In addition, with the decrease in people's incomes, their purchasing power also decreased, and they started not to buy many products that they used to be in demand. In addition, many needs that arise in daily life under quarantine conditions have disappeared. Therefore, there has been a great lack of demand. We can summarize the reasons for the sudden peak of economic problems in this period under four headings:

1. rapid decrease in unemployment

2. rocketing transportation cost
3. sharp decline in the number of people traveling around the world
4. sudden drop in demand (Padhan & Prabheesh, 2021).

The decrease of 4.9% in the global gross domestic product in the second quarter of 2020 is a clear indicator of the economic impact brought by Covid 19 (Dente & Hashimoto, 2020). In fact, the decrease in the trade volume that emerged here was more dramatic than the 2008 crisis (Bell & Blanchflower, 2020). Global trade fell 5.3% during this period (Jackson, 2021).

One of the important economic effects of this period was that people changed their working habits. In this process, people's working from home or not working at all under quarantine conditions changed their sleeping habits as well as their working habits (Rome et al., 2021). In addition, the decrease in working hours caused many companies to dismiss some of their employees. Behind this, besides the economic difficulties faced by the companies, there is the fact that they did not need more people to employ in the conditions of covid-19, which greatly affected family budgets (Alessa et al., 2021). As a knock-on effect, people whose family budget was deteriorated experienced major psychological problems. In addition, the unemployment of many people led many companies to seek workers for less wages (Hick & Murphy, 2021). In addition, people in many countries had to work without insurance (Stiglitz, 2021).

2.3 Psychological Impacts

This process resulted in a slew of psychological difficulties, and the impacts were multifaceted in nature, altering not just people's actions but also eliciting certain unfavourable emotions. People began to acquire several maladaptive behaviours as a result of the prolonged lockdown, which altered many established patterns. Additionally, it resulted in mental turmoil and a plethora of defensive behaviours among people (Tomaszek & Muchacka-Cymerman, 2020).

Additionally, this procedure created worry in people since they were unsure when it would come to an end, and they would return to regular life. It also created dissatisfaction since the procedure resulted in the accumulation of several issues that individuals saw as unsolvable. Additionally, they were growing in size daily. Many people experienced loneliness at home as a result of their formerly hectic lifestyles. Stress and despair persisted for an extended period of time, eliciting rage and dismay. When humans realized they had almost no control over anything, they began to adopt avoidance behaviour. All of these psychiatric symptoms, and many more, may be considered the most striking aspect of the COVID 19 process's impacts (Gul & Demirci, 2021).

As the procedure progressed, additional psychological difficulties occurred due to the fact that they were anticipating vaccine while also witnessing a large number of deaths, which increased emotions of worry and disappointment. Additionally, they were required to adhere to cleanliness standards and safeguard themselves from illness, which added to the stress. As a result, people developed a fear of social connection and abstained from certain rituals such as hand shaking. When people stopped from such routine actions, they developed the belief that the condition is so severe that they were unable to perform even the simplest tasks (Groarke et al., 2020).

Restrictive measures exacerbated many emotional difficulties, as they already indicated the gravity of the circumstance, and because people were forced to live with these precautions in their daily lives, their emotional challenges intensified daily. Measures such as social separation, quarantine, and isolation sparked the belief that when authorities compelled individuals to participate in these, they were implying something highly dangerous, even if they did not state it clearly. The prolonged isolation resulted in a lack of control and collected so many issues that many couples ended their relationship (Zhang, 2020).

During this period, it has been observed that people experience some mental problems. In addition, these problems emerged in all social classes, regardless of income level. It has been observed that people suffer from anxiety depression and post-traumatic stress disorders. In some people, these problems continued after the pandemic process (Li et al., 2021).

Although the social distancing rule was a measure to prevent the spread of the pandemic at first, it later caused great psychological problems. With the prolongation of the process, people's social relations with each other were cut off, and in this case, many people began to feel loneliness. This feeling of loneliness went further and triggered the thought of being isolated from the society. In addition, it was observed that these feelings stimulate other negative thoughts (Loades et al., 2020).

During the first period of the pandemic, some traumas occurred in people. The reason for these traumas was that the pandemic appeared out of nowhere and showed devastating results. As a result, people entered a traumatic period because they did not know how to deal with these problems. This trauma, which first appeared in the form of shock and surprise in humans, had other effects. People who saw that they could not cope with the problem first denied the existence of this problem (Cardoso et al., 2020). This is a simple psychological defence mechanism. The death of many people and their burial in the process created a great shocking effect on people (Moore et al., 2020).

At the very beginning of the pandemic process, the insistence of the authorities to quarantine everyone had a negative effect on people and gave people the idea that the issue was really serious. In addition, the continuous prolongation of the quarantine period triggered many psychological problems. One of the first reactions of people to this situation was to store food in their homes. This has had a very negative impact on other people as well. People who cannot find some products in the markets were worried that they would not be able to find food (Pérez-Pedrogo, 2020). In addition, another factor that increased people's concerns was that the issue was shared widely among acquaintances on social media. In this case, people's perceptions have changed greatly, and this situation has caused psychological problems (Naeem, 2020).

Since the continuity of traumatic situations has negative effects on the organism, people tend to get rid of these traumas over time and begin to accept the conditions they are in as normal. In this context, people accepted the reality standing in front of them in the later period of the pandemic and acted accordingly. This stage of acceptance triggered people's instinct to protect themselves and their families. However, in this case, people were worried about not being able to protect their families against this problem. In fact, many people had feelings of hopelessness, unhappiness, and helplessness (Xiao et al., 2020).

It is self-evident that the impact of any illness or trauma - related situation on an individual will vary according to how they perceive it. Individuals' reactions to a critical situation that continues to threaten

the health of the entire population, such as a disease outbreak, are also unique to individuals. One's personal traits, as well as the cultural and social milieu in which they live, all contribute to the establishment of these distinctions. Similarly, the stress effect of the epidemic on people varied according to socioeconomic background. It generated a significant stress element, particularly for those with a precarious economic status and concerns about fulfilling basic demands (Fu et al., 2020).

2.4 Political Impacts

The pandemic has also had political effects in many countries. The fact that the authorities forced people to quarantine later revealed the necessity of financial assistance to these people. Occurrence of these aids especially in developed countries has increased dissatisfaction in other countries. The inability of the governments of developing countries to provide financial assistance to people led to some protests and revolts against governments (Azmanova, 2020).

When we examine the United States, we observe that the epidemic had far-reaching political ramifications. Prior to the epidemic that began during the presidency of Donald Trump, the United States had extraordinarily low unemployment rates. Additionally, while Trump's vote rate was sufficient to elect him as President due to favourable macroeconomic indicators and his achievement in employment practices, with the beginnings of the pandemic, both the deterioration of macroeconomics factors and the decline in employment played a significant role in reducing Trump's votes. As a consequence, he lost the race he entered against Joe Biden (Baccini et al., 2021).

2.5 Addictive Impacts

Addiction is the state in which the human body craves something after doing or using it for a period of time. Addiction is a multidimensional term. Addiction can develop in response to an external drug or as a behavioural issue. In both circumstances, a person is observed engaging in an activity that is distinct from the typical flow of life. Addiction comprises biological, behavioural, and social components (Jacobs, 1986).

When we examine the idea of addiction through the lens of consumed narcotics, we observe that they provide people with a distinct sense of enjoyment and mood. However, prolonged usage has a detrimental effect on the human body and mind. As a result, addiction is not only a health issue, but also a brain illness (Benowitz, 2008). After a period of voluntary usage, the chemical becomes mandatory and has neurological consequences on individuals. It also has the potential to spread to other people so as to make them addicted, too. At first, only one individual utilizes it; subsequently, he inspires others to do the same. Additionally, it acts as a catalyst for people to commit crimes. Substance abuse generally results in a plethora of psychological complications (Schwabe et al., 2011).

Addiction may be divided into two different categories: behavioural and through the use of chemicals. Addiction develops as a result of chemicals ingested into the body and reaches a stage where it may be represented as addiction after the conclusion of certain processes. To do this, it must first be ingested to establish continuity, and then the body must acquire tolerance for it. Following that, the body develops an abnormal need for it. If the addictive chemical is not ingested, a sense of deprivation develops (N Gearhardt et al., 2011).

In the other type, which manifests as addiction in behaviours, some behavioural anomalies appear clearly. First of all, people who acquire behavioural addictions behave differently than they did in their previous normal lives. As there are some reasons that motivate people to these behaviours, people take great pleasure from them in the ongoing process. In this context, children's craving for computer games is an example of this. The development phases of this addiction differ greatly among people. People who gain this addiction are in a great deprivation when the addicted person does not show the necessary behaviour and they reflect this to the outside. When the environment required to display this behaviour is not available, they strive to make the environment available. When they exhibit addictive behaviour, they reach a temporary sense of satisfaction. However, they want to show this behaviour again later. If they cannot perform the behaviour for a long time, people may experience a loss of control (Alavi et al., 2012).

The continuous prolongation of the quarantine, which emerged under the conditions of Covid 19, has caused problems such as boredom and stress in people. In order to overcome these problems, people have started to spend a lot of time on computer games at home and on the Internet. However, over time these behaviours became addictive. Although this addiction does not occur in all people, a group of people suffer from it (Rahavu et al., 2021).

We find in this process that individuals seek new forms of entertainment in order to alleviate stress, a significant psychological concern. During this time period, people developed addictions such as shopping online and gambling (Bonny-Noach & Gold, 2020). Pornography addiction also increased (Awan et al., 2021). Additionally, social media usage skyrocketed (Trevisan et al., 2021). It was reported that child's dedication to games consoles increased significantly during this time period (Zagalaz-Sánchez et al., 2021). The usage of mobile devices by quarantined individuals surged to higher levels than before (Sahu & Naqvi, 2020).

3. Conclusion

Covid-19 and the quarantine process deeply affected humanity in many ways. It caused many negative effects on people's psychology and social life, as well as causing great damage to the economies. The prolongation of the process increased the problems of people, and their hopelessness also increased because they did not know how long the process would take. The psychological effects it left on people became more severe and led to the emergence of some addictive behaviours. Economic problems became more visible than any other problem, and many people lost their jobs in the process.

In connection with this, many psychological and social problems emerged. The economic effects of Covid 19 were not only limited to individuals, but it also negatively affected large organizations, companies and governments. Although developed countries provided the necessary financial assistance to their citizens, such a situation did not arise in other countries and caused a great chaos. In addition, this process had some political effects. However, its effect was relatively low compared to others. Along with the prolongation of the process, some behavioural addictions emerged in humans. The only visible positive impact of this process was on the environment. The inability of the industrialized world to produce led to the revival of nature. The covid-19 process, which left great effects on human life, seems to continue its effects in the future. Many states must already deal with the inflation from that period.

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