

Setbacks, Uncertainties, And Stresses Due To Covid-19 Pandemic – Resiliency Of Pakistani Nation

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Abstract

Humans have been facing pandemics since their existence but survived because of their resiliency. However, presently the world is under the dark shadows of Covid-19, which has setbacks the businesses and created uncertainties and stress in the people around the world. The purpose of this research was to highlight the setbacks, explore tensions, and discover the insightfulness and plans of the Pakistani nation in such deteriorating conditions. For this purpose, relevant literature was reviewed, and data were collected from one hundred and sixty-five people from different walks of life but having their businesses or doing private jobs where they are paid when they attend the appointment. The respondents indicated that they had setbacks but were found using substitute ways for survival because of their resiliency.

Keywords: Setbacks; uncertainties; stresses; Covid-19 and resiliency

Introduction

During the first part of 2020, the world was attacked by an epidemic called Coronavirus, which creates server disturbance in the breathing system of humans and ultimately chokes it. It was first discovered as a novel coronavirus and dubbed COVID-19 after discovery (Qiu et al., 2020). COVID-19 started in the Chinese province Hubei and its city Wuhan but quickly spread worldwide, inflicting devastation on individuals and companies. Around 8 million cases of COVID-19 had been documented worldwide by mid-June, with over 436,000 deaths (Thakur, 2020). Such viral diseases or epidemics are not new in human history; they have attacked and crushed/killed billions of human beings since their creation at various times and had attacked and persecuted human beings every hundred years, according to history, such as the Plague of Justinian(1720). Individuals had no thorough understanding of preventing it other than avoiding sick people. According to Plague - History by Britannica, the outbreak killed 5,000 people daily in Constantinople at its peak (Ferguson et al., 2020). According to one estimate, the plague killed 40% of the city's inhabitants and up to a quarter of the human population in the Eastern Mediterranean. Cholera (1820) is also known as the "blue death" because it causes severe dehydration and bluish-gray skin. Calcutta was the center of the first cholera outbreak, which spread over Asia and Mediterranean coastal areas, and by 1820 this epidemic spread over Indonesia, Thailand, and the Philippines, killing more than one hundred thousand people at the spot and ultimately ended after six years. Then in 1920, human beings faced another epidemic named Spanish Influenza, caused by the H1N1 virus; it ended after infecting five hundred million people and killing one-third of the world's population. It had four consecutive waves and was in full swing from February 1918 to April 1920. The coronavirus, which first surfaced at the end of 2019, was expected to have a global impact in 2020. According to Waris Asmat & Basit (2020), Coronavirus is a highly contagious virus it damages the respiratory system badly. Its first patient was found in one Chinese city, Wuhan, and later spread over the world, changing into a pandemic of the present era of modern technology. Covid-19 has been linked to the deaths of over 4 million people worldwide, with confirmed cases in more than 200 countries and territories.

Literature Review

Covid-19 is a potentially lethal respiratory infection that has spread around the world. It was first dictated in Wuhan, China, in December 2019 (Waris Asmat & Basit, 2020). Many believe Coronavirus is spread by eating raw meat and is a pre-planned biological strike. The most common symptoms of Corona include fever, headache, loss of smell and taste, cough, and headache. The virus is spread by inhaling the droplets of an infected person's respiratory system. Covid-19 has an impact on 220 countries in diverse ways. Covid-19 has impacted politics, economics, healthcare professions, sports, religion, and unemployment.

Regarding Covid's effects on the global economy, the epidemic has disrupted life in all countries and localities and has had an unprecedented negative influence on global economic growth in 2020. Global economic growth dropped from -3.4 percent to -7.6 percent in 2020; according to forecasts, economic growth will recover in 2020 from 4.2 to 5.6 percent and then project up to 8% in 2021. According to AIMS (2020) predictions, it will become milder in the coming years. As

numerous developed economies begin to recover, central banks and national governments are debating the pros and cons of withdrawing monetary and fiscal support due to concerns about potential inflationary pressures and the risk of slowing the recovery's pace (Imran, Zeeshan & Pervaiz, 2020). The emergence of novel diseases and spreading pandemic hotspots adds to these concerns. Major industrialized economies, considered 60% of the world's economic activities, will not be able to perform as per the potential because of the epidemic by the end of 2024 (Adhikari et al., 2020), as it started performing slowly in the year 2020. The global economy began to show signs of a two-track recovery in the third quarter of 2020, with a tentative resurgence in affluent economies but slower growth in emerging economies. Overall, industrialized economies have improved their vaccination rates, enhancing the chance of an economic recovery in 2021 and, as a result, the global economy (Abid, 2021).

To restrict any viral disease, policies like lockdown are commonly imposed, which contain the development of the disease in other people; in this way, people are socially isolated from others in public places. To begin with, health care providers are working longer hours due to the epidemic's large number of cases, often with little resources and unstable infrastructure. Other people are advised to wear personal protective equipment (PPE), which is crucial to shield them from viral exposure. Those affected by this pandemic experience physical pain, including breathing difficulties. The fact that little is known about the unknown virus or disease is a significant problem for HCPs—consequently, no defined protocols or evidence-based clinical treatments are accessible (Adhikari et al., 2020). Many HCPs feel unprepared to perform their jobs as a result. Then there is the logical worry about autoinoculation and the potential for infection of their loved ones. To protect everyone from themselves, HCPs distance themselves from their families, change their daily schedules, and even scale back on their social support networks. Naturally, each of these elements impacts HCPs' mental health. 18–57% of HCPs exposed to the SARS pandemic in 2003 reported severe emotional and psychological symptoms during and after the outbreak (Adhikari et al., 2020). When the coronavirus-caused Middle East respiratory illness (MERS) first appeared in 2015, HCPs were alarmed and worried. Numerous other researchers have discovered that pandemics and epidemics have long-term effects on the mental health of healthcare personnel. High tension, anxiety, despair, and even post-traumatic stress disorder (PTSD) were occasionally found (Abbasi, 2020; Khan et al., 2020; Ullah et al., 2020). Therefore, it is critical to identify HCPs at high risk of burnout who are more likely to feel anxiety, sadness, and stress due to the Pandemic so that support can be given as required. The prevalence of anxiety, depression, and stress among HCPs and other persons and the causes of these conditions make people to choosing a stress management strategy that is also essential. During this Pandemic, people are advised to stay at home, keep social distance, avoid social gatherings, wash hands at least for twenty-second with antibacterial soap after visiting any social place, and keep home ventilation to keep the respiratory system healthy if affected. COVID-19 patients should stay at home, call before coming to the doctor, wear a face mask while entering the doctor's office and in any room or vehicle with another person, use tissues to cover coughs and sneezes, wash hands often with soap and water, and avoid sharing. The research studies of Goldstein and Lee (2020); Lin and Meissner (2020) have

confirmed that pandemics like Coronavirus could badly affect human health resulting in death. According to Tubadji et al. (2020), this Pandemic has destructive effects on people's mental health. Chatterji and Li (2020) have tried to discover the impact of Covid-19 on the healthcare system in the USA; according to them, outdoor patient visits are decreased to 67% per week compared with the previous years' holidays.

Such situations could result in significant consequences related to health care, particularly for those who suffer from chronic conditions. Others, like Alé-Cheng et al. (2020), investigate the worldwide decline in emergency room visits. Nonetheless, during a crisis such as the COVID-19 epidemic, it is natural for everyone to feel nervous and frightened, particularly if they are socially isolated (American Medical Association, 2020). Lu et al. (2020) have found through their research studies that government policies, i.e., lockdowns and social distancing, are resulting in psychological problems in the general public; people are also discriminated against by others when found in any critical situation. Locked at home, people are frustrated because of the boredom of having no information on what will happen next. Patients with a positive outlook are less depressed, claim the researchers (in terms of severity perception, the validity of real-time information, and faith in social distancing measures). Public mental health is affected by the cognitive bias associated with public death toll statistics (Tubadji et al., 2020). The implementation of the lockdown policy has harmed the public's mental health. According to Armbruster and Klotzbücher (2020), Germany's lockdown procedures increased the need for psychological care (through hotline calls). The authors claim that the leading causes of these calls were issues with mental health such as despair and loneliness. According to Brodeur et al. (2020), there was a noticeable increase in the volume of searches for the terms "boredom" and "loneliness" in nine Western European countries and the United States during the first few weeks of lockdowns. According to the following studies (Adams-Prassl et al., 2020; Béland et al., 2020; Coibion et al., 2020; Kahn et al., 2020; and Rojas et al., 2020), lockdown/social distancing policies are a factor in the rise in unemployment in the United States. Gupta et al. (2020) discover that the employment rate declines by about 1.7 percentage points for each additional ten days that a state experiences a stay-at-home mandate between March 12 and April 12, after controlling for cross-state variation in the timing of business closures and stay-at-home requirements in the United States.

Coibion et al. (2020) have astonishing findings; according to them, the unemployment in the United States is more than the expectation, and the reason behind this is U.I. policies, which means unemployment policies taken by the public, when they are paid when having no job then they consciously stopped searching job during Covid-19 Pandemic when having a fear of being effect and resulting death. This type of attitude is present more or less in older adults. So they can get the claim of unemployment quickly from the insurance companies.

The research study of Aum et al. (2020) conducted in South Korea has discovered that the government's lockdowns result in physical illness and ultimately increase unemployment. Further, they have found that this situation has reached its peak in those areas or countries where obligatory lockdowns are imposed, making people physically and mentally sick. In addition, Adams-Prassl

et al. (2020) have discovered through their research that those people who lost their jobs in the USA and U.K. who could not do their jobs online could not perform their work from home.

Many researchers have found that people with low education cannot get jobs during this Covid-19 Pandemic; according to Yesenov (2020), workers, including locals and those who migrated from other countries having less than a university education, are not finding jobs in the markets. Similarly, Alstaster et al. (2020) state that parents having small children face job issues during this Pandemic because it is complex for them to do jobs. After all, they have to save their children by keeping them at home.

Statement of the Problem

Natural catastrophes can devastate the ecosystem and the lives of all living species. Natural disasters have many forms; each can influence the environment and wildlife. Natural calamities such as tsunamis, volcanoes, floods, earthquakes, and others are among them. On the other hand, a pandemic is a worst-case scenario in infectious illnesses. A pandemic occurs whenever an outbreak spreads beyond a country's borders. The COVID-19 epidemic has changed the world in the last year or two. It started as a minor public health issue in one area but quickly grew into a global health catastrophe, followed by a social and economic calamity. While the full impact of this historical event may not be recognized for many years, the consequences will undoubtedly be felt for decades. While the man, on the other hand, has the resiliency to overcome such challenges, Pakistanis are one of the nations which have not only faced such challenges boldly but bounced back quickly because of their resiliency.

Research Questions

The following research questions guided the present research study:

- What is a pandemic?
- How does it affect human lives?
- How does resiliency support them during such crises?

Research Objectives

The objectives of this research study were to:

- Highlight the setbacks caused by the Covid-19
- Explore the uncertainties and stresses present in the people of Karachi, Pakistan
- Discover their insightfulness and plans for survival.

Theoretical Framework of the Study

Resiliency is a natural tendency in humans and animals to bounce back when confronted with adversity. However, it differs from person to person; some respond favorably to stressful events,

while others experience trauma. People with resiliency use wisdom, understanding, and compassion to turn a negative situation into a positive one.

Resiliency theory is a conceptual framework that takes a strength-based approach to explain how some people may recover from hardship. Previously, psychologists focused on identifying risk factors and sentiments of helplessness that could contribute to poor outcomes in children. This deficit-focused technique in developmental research was replaced with a strength-focused strategy when resilience researchers began looking into the positive components that corresponded to good results in at-risk children.

The Resiliency Theory is a paradigm shift that explains these protective factors and how they help children overcome the negative consequences of risk exposure. Unlike most other theories, resilience theory is not founded on established hypotheses or concepts. It is, instead, a framework that evolves through time as scholars obtain more knowledge through studies and analysis. Four waves of resiliency research have been conducted, refining and red redefining the concept. Turn adversity into an opportunity for insight, compassion, and understanding.

Research Methodology

A quantitative research approach was adopted in the present study, and a questionnaire with three close-ended questions was formed for data collection. In addition, the researchers also used their observations while visiting the respondents while getting the questionnaire filled out.

Population

The population of the present research study was all professionals doing private temporary jobs or running their businesses which are allowed to run during COVID-19 situation or having effects of lockdown because of others' caring attitude, i.e., hairdressers, mechanics, hotel workers, teachers teaching privately managed educational institutions, teachers running their coaching centers (providing home coaching service) tailors, servant providing home service, masons/laborers, catering service providers, and factory workers.

Sampling and Sample

A convenience random sampling procedure was used to draw the sample. One hundred and sixty-five (165) were included in the sample, which means approximately fifteen from each category of workers as mentioned in the population.

Data Collection and Analysis

As most of the respondents were considered less educated, the researchers planned to visit and fill the questionnaire by themselves after briefing and obtaining the respondents' consent. Moreover, the purpose was to observe and analyze their situation. Therefore, the collected responses were analyzed by calculating means, medians, and modes using SPSS.

In response to the first item, which was about setbacks, it had five options in choice, i.e., 20%, 40%, 60%, 80%, and 100%. The analysis of the responses is shown in the table-1 & 2 below:

Statistics		
Setback in the Income/Business		
N	Valid	165
	Missing	0
	Mean	3.49
	Median	4.00
	Std. Deviation	.816

Table 1

Setback in the Income/Business					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20%	3	1.8	1.8	1.8
	40%	11	6.7	6.7	8.5
	60%	67	40.6	40.6	49.1
	80%	70	42.4	42.4	91.5
	100%	14	8.5	8.5	100.0
Total		165	100.0	100.0	

Table 2

The data in Table-1 mean 3.49, median 4.00 with Std. Deviation .816 reflects that most of the respondents are having setbacks between 60-80% in their income or business; the same indication is present in Table 2

In response to the second question, which was about their hopes to bounce back in such an uncertain situation, which was having options like ‘Always,’ ‘Often,’ ‘Sometimes,’ ‘Rarely,’ and ‘Never.’ The analysis of the responses are shown the Table-3 & 4 below:

Statistics		
Hope to Bounceback		
N	Valid	165
	Missing	0
	Mean	3.32
	Median	3.00

Std. Deviation	1.136
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Table 3

Hope to Bounceback					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	17	10.3	10.3	10.3
	Rarely	11	6.7	6.7	17.0
	Sometimes	66	40.0	40.0	57.0
	Often	45	27.3	27.3	84.2
	Always	26	15.8	15.8	100.0
	Total	165	100.0	100.0	

Table 4

The data in Table-3 mean 3.32, median 3.00 with Std. Deviation 1.136 reflects that most of the respondents have not lost their hopes. They feel that sometimes they will lose their previous position back. The same indication is present in Table 4

In response to the third question, which was about their feelings of stress due to the prevailing Covid-19 situation. They had options like ‘Always,’ ‘Often,’ ‘Sometimes,’ ‘Rarely,’ and ‘Never.’ The analysis of their responses is shown in Table-5 & 6 below:

Statistics		
Feelings of Stress due to the Prevailing Covid-19 Situation		
	N	Valid
		165
		Missing
		0
	Mean	4.35
	Median	5.00
	Std. Deviation	.980

Table 5

Feelings of Stress due to the Prevailing Covid-19 Situation					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	3	1.8	1.8	1.8
	Rarely	7	4.2	4.2	6.1
	Sometimes	21	12.7	12.7	18.8
	Often	32	19.4	19.4	38.2
	Always	102	61.8	61.8	100.0
	Total	165	100.0	100.0	

Table 6

The data in Table-5 mean 4.35, median 5.00 with Std. Deviation .980 reflects that most of the respondents always feel stress in the prevailing Covid-19 situation, and the same indication is present in Table 6

The resiliency of the respondents was observed by the researchers while taking data through their body language, the preventive measure taken by them, substitute options adopted by them to survive in the difficult situation, and strategies to bounce back when getting a chance. For example, the respondents used 'backdoor' to earn their living, 'limiting their expenses according to their income,' 'extending the working time when getting a chance,' 'looking for/using the support of NGOs', 'started substitute business' etc.

Conclusions

The pandemics and disasters have killed billions of human beings in the past and crushed their businesses. However, due to their resilient nature, man has struggled to overcome the situation despite remaining depressed. In the same way, presently, Pakistanis are having 60-80% setbacks because of the Covid-19 but have not lost their hopes, although they have stressed using substitute ways for survival.

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