



IMPACT ON RELATIONSHIPS DUE TO COVID-19

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ABSTRACT Covid-19 was declared a pandemic by World Health Organisation in March 2020 and since then the world has seen not only a huge surge in novel coronavirus cases but also has led to more than half of the population across the globe to stay back at their homes for weeks, so as to break the chain reaction. Strict norms of social distancing and absolute minimum public interactions have sparked a new area of discussion involving the influence of the lockdown period over relationships. This study was conducted with the aim of exploring the impact on relationships due to the pandemic in India and research was conducted among 100 respondents. Results portray that there is an overall positive effect over the relationships due to the lockdown. Conclusive evidence suggests that there has been some linear growth with the rise in Caring, which was found to be one of the prime factors that evolved amongst the respondents, and Cooking together turned out to be a great medium to revive the bond with their loved ones.

KEYWORDS : Coronavirus, Covid -19, Pandemic, Relationships, Blooming Phase, Bonding

INTRODUCTION:

A Pandemic is essentially an epidemic with a P, where the prefix P can be disintegrated to Planet or Passport. This basically translates the meaning as an epidemic that travels i.e. a disease that affects a large section of population and spreads across the borders to multiple countries. The world has witnessed Pandemics before, whether it is Spanish Flu of 1918 or The Plague of 1347; each of them has had a devastating effect over the human life. The numbers are mind boggling, considering over tens of millions of people got infected and mortality rate of 10% to 20% that still haunts the pages of the history books.

The recent outbreak is caused by Coronaviruses which belong to a group of viruses that are known to infect both humans and animals, and in humans they cause problems in respiration that range from common colds to some highly serious infections. The previous well-known case of a coronavirus epidemic was Severe Acute Respiratory Syndrome (SARS), which was first detected in southern China in 2002, and then spread to 26 countries leading to quite 8,000 cases and 774 deaths.

The Covid-19 disease was initially thought of as virus infection and first time on 31 December, 2019 World Health Organisation's China office heard the reports of an unknown virus (hence the name novel coronavirus) behind sizable amount of Pneumonia cases, in Wuhan city of Eastern China. Apparently, the disease originated from a sea foodstuff of Wuhan where wild animals, birds, marmots, rabbits, bats, snakes etc are illegally traded. It is known that coronaviruses can jump from animals to humans, hence the primary people to become infected with this disease are primarily from the ocean foodstuff who got infected from being in-tuned with animals. (WHO, 2020).

Coronavirus disease (COVID-19) is a communicable disease and shares many of its symptoms with the flu or cold, although there are certain symptoms common to flu and colds that aren't usually seen in Covid-19. People with confirmed cases of Covid-19 rarely suffer from a runny nose, as an example. The most common Covid-19 symptoms are fever and dry cough. Of the many early Chinese cases of the disease, most of the patients experienced fever and just over 66% suffered with a dry cough. That's why the Indian government is advising everyone with any sort of symptom like continuous cough etc to remain at home for seven days or, if possible, for the whole household to isolate for 14 days.

Human beings are fundamentally social creatures who depend upon each other for his or her survival and well-being, both physical and psychological. Most are born with essential needs for love, friendship and belonging; similarly, we fear and avoid rejection, loneliness and therefore the disapproval of others. Despite the significant role that they play in our lives, however, maintaining good and healthy relationships with friends, spouses and even workmates isn't easy, and professional psychologists spend the majority of their time handling clients' relationship problems. It requires a detailed analysis of relationship topics from a social

psychological perspective including attraction, love, friendship and enemy ship; jealousy, betrayal and forgiveness; communication, conflict and aggression; and therefore the processes involved in relationship breakdown and repair. Throughout, there's a robust emphasis on critically examining so-called 'pop' psychological approaches to relationships, and also consider the backgrounds to dive deeper into the complexities of relationship structures and processes from different cultural perspectives.

However the status of relationship maybe, there comes a point at which there are disagreements or maybe some arguments due to mismatch of opinions. This is a very common phase that one has to go through, but everyone's journey and way of handling is what makes or breaks every story differently. It is amateur to deal with conflicts without proper approach. When people are out of their homes, they might try to control their anger and avoid saying things that they might regret. Though unfortunately at homes, they are much more likely to open up or express in a way that may cause issues. Moreover being home bound for days or rather weeks may escalate the heat further. This means that conflict in a relationship can rapidly become very unpleasant, and also very personal. Hence with the restrictions of the social distancing, it is tough to find ways to attain peace when most of the resolving methodologies like going out for a casual walk, meeting a friend or asking someone to be an intermediary are not feasible.

But due to the fear of transmission of the disease, the standard freedom that one enjoys in a democracy like India can no longer be practiced to the fullest and majority of the activities, excluding the emergency services, have been halted which is causing claustrophobia to some portion. This is one of psychological impacts that results in elevated rates of stress or anxiety. This may further lead to increase in levels of loneliness, depression and even anger. In this crisis situation of lockdown amid Covid-19 pandemic, there is high degree of chance that the surrounding people may become the target of one so to avoid their own internal suffocation.

To the rescue comes the common, but not so adapted path that has to do with one of the parties to sail away from the island of conflict. This involves setting aside the ego and accepting the other's ideology for the greater good of both. This is definitely a taxing move, which requires a lot of emotional stability and will to sacrifice their own terms. An alternative to this can be to identify the valid arguments and reaching onto a common ground by both the counterparts. After all, long and healthy relationships require collaborations throughout the course. In addition to this, as a general rule of thumb, honest communications will help to eradicate any such moment which may turn into a bigger area of concern.

There is a looming uncertainty due to outbreak of such unparalleled magnitude affecting individuals across the globe. Researchers are busy exploring the genomic characterisation of the virus, identifying the epidemiology and clinical characteristics of infected patients and the challenges faced by healthcare authorities and functionaries. However less attention is being paid towards the impact of Covid-19 on relationships of individuals in India.

Therefore this study was conducted to shine light and analyse how various individuals are tackling and how their relationships are being affected during the lockdown amid Covid-19 in India. This study aims at finding the nature of impact that this period has over the relationships. This study will further assist the government agencies and healthcare professionals by providing them beneficial information which can be used to safeguard the emotional wellbeing

at community level in India.

OBJECTIVES:

- To assess whether there will be an improved close family relationships and social relations in the society.
- To ascertain the mediums that helped in rejuvenate the bond.

LITERATURE REVIEW:

S.NO	YEAR	AUTHOR	OBJECTIVES	RESEARCH METHODOLOGY	FINDINGS
1.	2020	Liam James	To find out that the people with a higher level of wealth happier than the others with low incomes.	Secondary data	People can get pleasure, satiety, money, positional goods, but all these don't mean they are in a status of happiness.
2	2020	Syed Sajid Husain Kazmi, Dr. Kashif Hasan, Dr.Sufia Talib, Sagar Saxena	This study aims at assessing the mental health of individuals during lockdown amid Covid-19 pandemic in India.	Online Questionnaire	Individuals are going through a crisis situation and feeling lack of control on their lives due to lockdown and restrictions imposed upon them. Young adolescents and adult age group is facing uncertainty with respect to career and professional life. Fear of infection is creating a panic situation among them.
3	2020	Colin C. Williams, Aysegul Kayaoglu	The impact of Covid 19 on the undeclared workers and policy responses in Europe	Interviews	80.3% of all undeclared work, hence, is in service sector involving the provision of such services, ie. 2.8% (1 in 35) of all European citizens provide undeclared services to others.
4	2020	Xenia Rochelle Jones	The impact of Social isolation in the elderly during the pandemic in UK.	Secondary research	Among the elderly, especially among socially isolated males, there is a high possibility of suicide, where social isolation and loneliness is a major risk factor.
5	2020	Samantha K Brooks, Rebecca K Webster, Louise E Smith, Lisa Woodland	To explore the psychological impact of quarantine to explore its likely effects on mental health and wellbeing.	Secondary Research	The psychological impact of quarantine is wide ranging, substantial, and can be lasting.
6	2017	Tamar Dinisman ^a , Sabine Andresen ^b , Carme Montserrat ^{c,*} , Dorota Strózik ^d , Tomasz Strózik ^d Tamar Dinisman ^a , Sabine Andresen ^b , Carme Montserrat ^{c,*} , Dorota Strózik ^d , Tomasz Strózik ^d Tamar Dinisman ^a , Sabine Andresen ^b , Carme Montserrat ^{c,*} , Dorota Strózik ^d Tamar Dinisman, Sabine Andresen, Carme Montserrat, Dorota	examine differences between children living in three family structures –'Two-parent family','Single-parent family'and 'Separated family'–in their family relationships and family SWB. To examine differences between children living in three different family structures- To parent family, Single family, Separated family.	Questionnaire	The children living with parents tend to be more satisfied than separated ones.
7	2012	Gunjan Bhatia	To study the relationship between emotional intelligence and family relationship of adolescence students at secondary level of education.	Questionnaire	No significant relationship was found between emotional intelligence and parental concentration.

8	2018	Hilal Yilmaz	To investigate the relations between the activity periods and the negative social behaviour of the pre school children's leisure time.	Questionnaire	The types of programmes they watch outside the period of television watching may be effective in increasing negative social behaviour in children.
9	2015	Li Yu Tung Richard	To make accurate generalization of the factors that contribute to attraction and sustainable relationships.	Interviews, Questionnaire	Economic security is especially important for married couples whereas emotional support are more appealing to young dating couples.
10	2013	Venkatashiva Reddy.B, Arti Gupta, Ayush Lohiya, Pradip Kharya	To study mental health issues and challenges in India.	Secondary data	Prevalence of mental disorders were high in females, elderly, disaster survivors, industrial workers, children, adolescent and those having chronic medical conditions. There is need to have better living conditions, political commitment, primary health care and women empowerment.
11	2020	Septian Sugestyo Putro, Setyo Riyantob	To evaluate stress impact of working from home during Covid-19 pandemic selfquarantine period in Indonesia	Interview through online face-to face group discussion	The people who perform working from home on a daily basis suffer higher stress level than an employee that works in the office or other workplace.
12	2018	Se 'bastien Roux, Anne-Sophie Vozari	To find out how individuals reform themselves, in order to become subjects newly 'able' to, and 'capable' of, acting as conformed parents.	Interviews, Observation	A public institution transforms intimacy, ethics, and subjectivities by acting, through constraint and help, on individuals' wills and desires to become a proper parent.
13	2020	Aviva Vincent1, Hanna Mamzer, Zeniths Kathleen J. Farkas	To identify avenues of support, and challenges that can be addressed in the midst of the pandemic to advance and ensure companion animal welfare.	Observation	For some animals this pandemic may be the opportunity to be adopted while other animals may be less fortunate and may not survive the pandemic with their family intact
14	2014	Dr. K. C. Barmola	To know the role of parent -child relationship in the development of emotional stability of students.	Questionnaire, Sampling	There is a significant role of parent child relationship in building emotional stability among high school students.
15	2012	Jagannath K. Dange , Mohan Kumar J	1. To study the fears among adolescents. 2. To study the fears among adolescents in respect to their gender. 3. To find out the differences in fears among adolescents in respect to their gender. 4. To find out the differences in fears among adolescents in respect to their parents qualification. 5. To find out the differences in fears among adolescents in respect to different levels of family relationship.	Sampling Technique, Interview	There is a relationship in the fears among adolescents in respect of family relationship. Although there is obvious physical distancing from parents, adolescents still show a desire for high levels of support from them.
16	2014	Aibek Makazhanov, Denilson Barbosa, Grzegorz Kondrak	Extracting family relations from literary fiction.	Sampling Technique	Method that extracts family relations from a narrative based on the utterance attribution and the vocative detection techniques.
17	2013	Brinda B. Sharma	To ascertain the relationships that exist between (A) Parental acceptance/concentration/avoidance and Mental Health in adolescents . (B) Mental Health and Socio-Economic Status. (C) Parental attitude and Gender.	Sampling Technique	The correlation between adolescents' mental health and their family relationship patterns is low to moderate positive correlation.

18	1998	Kathy A. DeBarr, Dale O. Ritzel, W. Russell Wright, and Mark J. Kittleson	To identify the single best predictor of adolescents' behavioral intention with regard to safe farmtractor operation.	Sampling Technique	Nearly one-third of respondents (31.3%) began p 5 .0001 N 5 213operating a tractor at age 8 years or younger, morethan one-half (60.7%) at or before10 years of age, and nearly three-fourths (72%) of the respondents began operating a tractor at or before age 11.
19	2015	Dr. Ashok Kumar Biswas	To study about the parent- child relationship	Interviews	The value of the relationship between him and his girlfriend was more important than with other family members including the children of the participant.
20	2013	Elsevier	To capture developmental trajectories of loneliness from age 7 through age 20.	Secondary sources	Adolescents who show chronically high loneliness or increasing loneliness over time exhibit poorer psychological and physical health, including greater incidence of depressive symptoms and more frequent suicide attempts.
21	2010	PaulS.F.Yip,Y.T.Cheung ,P.H.Chau ,Y.W.Law	To better understand the impact of the SARS epidemic on older adults.	Case studies	There were 12 (55%) older adult suicide victims afraid of contracting SARS, and 7 (32%) older adult suicide victims had experienced or feared social isolation during the SARS period, as well as 6 (27%) older adult suicide victims with longterm illnesses who reported feelings of being a burden in relation to the SARS epidemic.
22	2006	Chih -Hung ,Cheng Fang Yen, Ju-Yu Yen, Mingjen Yang	To know about psychosocial impact among the public of the severe acute respiratory syndrome epidemic in Taiwan.	Questionnaire	This study found that the prevalence of depression symptoms during the post-SARS epidemic for an extrapolated target population in Taiwan was 3.7%.
23	2014	Shobha Sunderesan	1.To determine the factors affecting work life balance among working women 2.To find out the consequences of poor work-life balance for working women.	Survey forms	The burden of excessive work, the need to fulfil others' expectations and not having time for themselves are the prime factors affecting work life balance of working women. As a consequence women suffer from job burn-out, experience high levels of stress and anxiety, are unable to realize their full potential .
24	2010	Petter Bae Brandtzæg, Jan Heim, Birgit Hertzberg Kaare	The impact of media use on family relations.	Surveys	Bonding with friends and family is more important than bridging, for both males and females.
25	2016	Dr. Adil Jamil Zaru	1. To find out the various social networking sites mostly used in our society. 2. To find out reasons why people join social networks. 3. To determine how social networks impact on young people in the society. 4. To ascertain how the use of social media has affected the people negatively and positively.	Questionnaire	Due to a great number of crimes committed on social network and times spent on social networking activities and therefore, fail to create a balance between the social media and education, business and at work place, social network has negative impact so also the positive effects include: it facilitates open communication, provides opportunity to widen business contact, makes it easier to keep in touch with friends and family.

HYPOTHESIS:

H0

·There is a positive impact on the relationships due to Covid-19.
 ·The mean effectiveness of the individuals response stands to be less than 12. i.e Population mean<12.

H1

·There is a negative impact on the relationships due to Covid-19.
 ·The mean effectiveness of the individual response is more than 12.

METHODOLOGY:

SAMPLE

The sample consists of 100 respondents ranging from >18< years. The analysis has been done on the relations- - Parents, Spouse, Children, Grandparents, Friends, Neighbors.

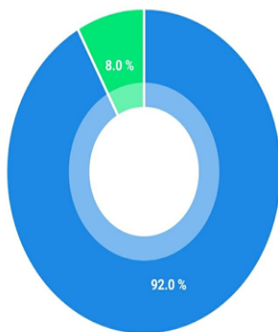
	Variable 1
Mean	11.41414141
Known Variance	7.0408
Observations	100
Hypothesized Mean Difference	12
Z	1.552941666
P(Z<=z) one-tail	0.060218536
z Critical one-tail	1.644853627
P(Z<=z) two-tail	0.120437071
z Critical two-tail	1.959963985
Level of Significance = 0.05	

In the above table, the P- value is greater than the value of alpha i.e. 0.05. Thus, the null hypothesis has been accepted. There is a positive impact on the relationships of the individuals due to the pandemic and the mean effectiveness of the individuals response stands to be less than 12. i.e. Population mean < 12.

According to the survey, people found out the interests which help them to build their bond much stronger.

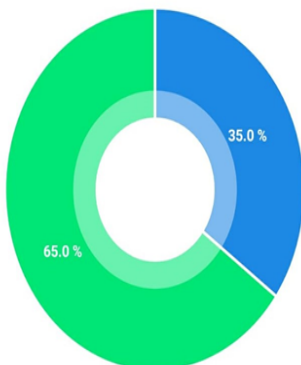
DATA ANALYSIS:

A) Growth with the rise in Caring:



According to the survey, 92% of the people said that caring has increased in the relationships due to Covid-19 situation.

B) Arguments Or Discussions:

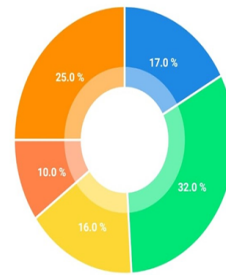


According to the survey, 65% of the people say that there was NO HEATED ARGUMENT/ DISCUSSION among their loved ones during the lockdown.

C) Medium of Reviving Bond:

According to the survey, 32% of the people say that cooking delicious food together helped them in reviving their bond with each other which is followed by 25% saying family talks and discussions, 17% saying playing games like Ludo, 16% saying Binge watching series or movies, 10% saying doing household chores.

- Playing games like Ludo - 17
- Cooking delicious food - 32
- Binge watching Series or Movies - 16
- Household chores - 10
- Family talks & discussions - 25



CONCLUSION:

The idea with these studies is simple, be nice, keep open lines of communication, and make an effort to do the things that matter. This is the science behind a solid relationships, but it's not rocket science. There are five primary relational maintenance behaviors: positivity, openness, assurances, social networks, and sharing tasks. Try setting up a routine for yourself and your family. Planning meals, scheduling exercise times, devoting specific hours to work or outlining a plan of attack for a DIY project, can restore some semblance of normalcy to your otherwise-upended life. Coronavirus has taken a lot from us humans, but what we have received because of it is the warmth of our relationships which was basically missing in many of our lives before the Pandemic.

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