**EFFECTS OF COVID 19 ON OUR SOCIETY**

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Covid-19 was a pandemic that was caused by the novel coronavirus SARS-CoV-2 in the year 2019 and it spread world-wide. Majorly the main symptoms of covid were respiratory symptoms. According to the government, measures to fight covid were issued amongst them been keeping social distance, wearing mask in public places and also washing our hands regularly. The battle of covid-19 taught us on the importance of unity amongst our nations, advancing our technology and also that change is inevitable since we were able to adapt to the sudden change when we were faced by the health crises for example walking with our masks on every time we went out of our houses. Covid 19 affected our society in a couple of ways both socially, economically and health wise.

**Social effects**

Social effects of covid -19 made a great change in our daily lives and interactions. One of the social measures that the government issued was social distancing and lockdowns. These measures led to solitude because we were not able to attend occasions where we would meet most of our friends and relatives. This affected our mental health as individuals because of loneliness and stress. Below are some social effects of covid on our society (Yeyati & Filippini, 2021).

School closure.

Schools were closed down and learners were not able to attend classes. Learners were required to do virtual learning since been in crowded places made it easier to spread the virus. This was a disadvantage to many learners as those in remote areas were not able to access the internet and those from poor grounds thus posing a challenge in education (Stanistreet et al., 2020).

Sense of isolation and social distancing.

This was greatly felt by the patient that contacted the pandemic. These patients faced social stigma surrounding the disease that manifested itself in different ways. Patients who were affected we isolated in a room and upon recovery they were secluded by people for fear of getting infected. This greatly affected their mental health since they didn’t know how to live with people in the society (Singh & Singh, 2020).

Travel restriction.

Lockdown was implemented as a way to minimize the spread of covid which was a good way though it affected greatly the social lives of people. People were not allowed to move to places since been in crowded places meant posing a greater risk of acquiring the pandemic. This made people meet with friends and family hence there were no interactions and this brought a lot loneliness. ( Deb et.al 2020)

Effects on celebration and rituals

Due to the outbreak of the pandemic, a lot of change happened on our daily lives. People were restricted to move from place to place and this greatly affected individuals. Traditional celebrations and rituals were altered or postponed affecting the social lives of communities and families.

Shift in social norms

Covid-19 pandemic brought about a new social norm. people were expected to maintain social distance of one meter when interacting. people were also not required to go out of their houses without wearing masks. People were also expected to observe high standards of personal hygiene practices by regularly washing of their hands and sanitizing. This affected how people interacted in public places. (Saladino et.al, 2020).

Health concerns and fear.

People had great fear of getting infected and this affected the social behavior of people as infected people were secluded and avoided like a plaque. The few people that agreed to socializing with infected patients were also very cautious while interacting. This led to increased reliance on digital technology to stay connected.

Economic strain.

The cost of living increased due to business closure and thus people were faced by financial hardships which affected their social lives. This is because individuals were faced with the challenge of maintaining their usual lifestyles and engaging in leisure activities.

**Economic effects.**

One of the drastic measures that was effective in controlling the spread of covid that the government took to control the spread of covid was locking down places and social distancing. However much effective and helpful this was, it greatly affected our economy in a couple of ways including employment distractions, technological transformation, travel and tourism setback, real estate and housing market shifts, global supply chain disruptions among others (Yeyati & Filippini, 2021).

Employment distractions.

There was a great impact of covid on employment sector which greatly affected our society. There was a reduced workforce across all economic sectors and also a lot of people were left jobless. The most sectors that were greatly affected were the hospitality, tourism and the retail sectors. Lockdown led to reduced number of visitors in countries hence reducing foreign income and this affected tourism and hospitality sectors. In these sectors workforce reduced and thus a number of people were left jobless affecting their daily lives. There was also increased unemployment rate as a lot of businesses were closed down and other reduced their operations.

Travel and tourism setbacks.

Covid led to lockdowns which brought a negative impact on the economy of countries. People could not go in and out of the countries to tour around as there were both domestic and international restrictions on traveling. This change brought about economic loses in countries as the countries could not receive revenue due to the restrictions.

Technological transformation

Due to lockdown and social distancing the technological sector was affected positively. Most businesses were faced by closure while others reduced their operations. People had to work from home and this led to growth in the technology sector. This is because people had to increase their reliance on technology for communication, collaboration and service delivery. This led to a great advancement of digital technology transforming how businesses operate.

Global supply chain disruptions

Industries that heavily relied on international trade were greatly affected due to lockdown. There were a lot of delays in supplying and also shortage of supplies as business owners could not travel but make their order using digital technology. This led to businesses reducing their operations and also increased cost of living since the prices of items were affected by shortage of supplies and delayed supplies (Jackson et al., 2020).

Small business challenge

Most small business struggled to survive due to lockdown and this affected their daily lives as people struggled financially. Many people who owned small businesses had to close down the businesses since the cost of living went high. This challenge affected local economy since small businesses contribute to the growth of the community through giving job opportunities to local people.

Increased need for medical supplies

Due to the outbreak of covid-19 pandemic, there was an increased demand of medical supplies for patients who acquired the disease. A lot of isolation rooms were needed to keep the covid patient and this required more money from the government which dragged down our economy. There also was a lot of demand for masks which created job opportunities for some people in the country since it was a must for one to walk with a mask on (Pak et al 2020).

Real estate and housing market

Due to high cost of living that was brought about by the pandemic, people opted to move from urban areas to rural areas. This was an added advantage to house owners in rural areas because houses were on demand and a big loss to house owners in urban centers since most people opted to relocate to rural areas.

**Health effects**

Covid-19 pandemic had a great impact on the health of individuals in our society. Health wise, people were affected physically, mentally and socially due to lockdowns and social distancing. Some of the health effects discussed include physical health impact like illness severity and long covid, mental health challenges like psychological stress and depression, grief and bereavement, vaccination challenges and disruption of healthcare services among others.

Physical health impact

Covid-19 pandemic was accompanied by symptoms that ranged from mild symptoms which led to respiratory distress. When this happened to an individual it led to cases of hospitalization and intensive care. Some individuals were faced with other severe symptoms and after recovery some could feel fatigued, have respiratory issues and also face cognitive difficulties. These symptoms could be termed as long term covid.

Vaccination challenges

The government came up with vaccination measures to help control the spread of covid. This was done to both the affected patients and those that were not affected. People resisted to take vaccinations poising a great challenge thus it affected the efforts the government had put to achieve immunity world-wide. People believed that these vaccines contributed to other health risks hence why they were adamant to getting vaccinated.

Disruption of healthcare services

A lot of people were infected with covid and they required hospitalization and intensive care. This in return led to neglection of non-covid medical treatment which brought about potential long-term health consequences. Also increased number of patient overwhelmed healthcare systems in most counties and as a result there was delayed medical care for both covid and non-covid patients.

Mental health challenges.

When the country was faced with covid-19 pandemic, the government had to come up with measures to help control spread of the disease. This affected people psychologically because people had great fear of acquiring the pandemic. People also were stressed about the economic uncertainties and they had great fear regarding the issue of social isolation. People were restricted to socialize by lockdown measures, loved ones were lost and economic hardships increased making people suffer from depression.

Grief and bereavement.

Individuals and the community at large were greatly affected by the sudden outbreak of the covid-19 pandemic. Patients increased and the health facilities were overwhelmed with patients. This made care for the patients hard to achieve thus lives were lost. A lot of people lost their friends and families through this pandemic.

**Positive effects of covid on the society.**

Although covid-19 pandemic posed a great challenge impacting the community negatively, it also brought about some positive effect on the society as well. Some of these positive impacts include flexible work arrangements, increased focus on public health, healthier lifestyle awareness, remote learning opportunities and accelerated technological adoption among others.

Accelerated technological adoption.

The outbreak of the pandemic brought about lockdowns and therefore people could not travel to places or even attend social gatherings. There was an urge to talk to friends and family who were tar from us and thus the pandemic accelerated the adoption of digital technology to resolve this issue. People also worked from home and thus they had to adapt the use technology for delivery and supplies and also to reach out to the workers and bosses.

Flexible work arrangements.

Due to business closure and reduced work operations, some people had to adopt to remote work using digital technology. Remote work became widely accepted making employees to manage their work-life which reduced the chances of acquiring covid as they could efficiently and effectively work from home.

Healthier lifestyle and awareness.

People were required to wash hands and sanitize their hands after been in public places. Individuals hence were able to pay more attention to personal hygiene and they also were able to observe their nutrition as they were fighting to control the spread of covid. Wearing of masks also prevented spread of other respiratory diseases.

Remote learning opportunities.

Due to outbreak of the pandemic a lot of damage was done on the education sector as schools were closed down. Despite this been a challenge, it also became advantageous because there was increased use of online education which opened up opportunities for remote learning. This impact made education more accessible to learners.

Increased focus on public health.

The sudden outbreak of covid had a positive impact on our health sectors. People had to adopt to several changes including wearing of masks, the government therefore had to focus more on public health coming up with measures that would help control the spread of covid. More health facilities were built and the government also focused on creating awareness to people on health issues.

Community support and solidarity

Covid-19 pandemic had a positive impact on promoting increased support and solidarity because the community came together to help those affected by the pandemic. This fostered communication and collaboration among members of the community. A sense of shared responsibility was also fostered.

Reduction of pollution and carbon emissions.

Due to covid outbreak, lockdown was implemented as a measure to control the spread of covid. This led to temporary reductions in pollution and carbon emissions since there was decreased industrial activity and transport. This was a positive impact on the environmental sectors.

In conclusion though covid pandemic was a disaster that impacted the society negatively, it was also a benefit to us in the society. It underscored the importance of public health, promoted remote workforce and digital transformation. The pandemic taught us that change is inevitable and thus as a society, we were shaped on the way our society functions and adapting to new realities.

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