



Impact of Covid-19 Lockdown on Family Relations

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Abstract- Covid-19 has changed family life throughout the world, by spreading its ferocious claws picking at various aspects of an individual's family life which encompasses financial security, children's education, mental health of individual family members, and family resilience. It has greatly affected various stratas of the society and perhaps while looking at the bigger picture of Covid-19 we have overlooked a very delicate but significant portion of our society; family.

Keywords- Covid-19, pandemic, family, wellbeing, mental health, resilience, education, poverty,

Introduction^[1]

Covid-19 is a respiratory disease which originated from Wuhan, China in the year 2019. The disease broke out all over the world in the beginning of 2020, slowly transforming into a Pandemic. It had a devastating effect on various factors such as economy, social interactions, restrictions on public transport, halt of international trades which in turn resulted in economic turmoil across the globe.

Humankind faced its biggest challenge in over a hundred years, where no ammunition or no new battle tanks could face this faceless opponent. Although, it had grave consequences in various fields of

human endeavour, most of it has been recuperated, but non-tangible things such as mental health or family relations have taken a non-reversible hit as one can not replace a loved one lost in the pandemic with mere earthly artefacts.

Many families have been completely destroyed falling into the clasp of poverty by losing the sole bread earner of their family to this unprecedented situation. The sheer melancholy of grief and poverty wrapping up a family in the midst of a pandemic is a scene too graphic for a horror movie even. Millions of families have

suffered the same fate and are still facing the aftermath of the horrors of Covid-19.

On the brighter side, similar to a coin having two faces, the Covid-19 lockdown imposed by Governments all around the world brought many families closer to their roots, reminding them the true essence of closed ones.

Spread of Covid-19^[1]

As previously stated, Covid-19 mainly originated in Wuhan, China. Wuhan was the first city to be placed under lockdown due to the sudden rise in the number of Covid-19 cases. The first official reporting of the virus was reported on January 11, 2020 but it must be noted that the disease first appeared in November, 2019. It is an affiliate of the Sars(Severe Acute Respiratory Symptom) group and is often referred to as Sars Cov-2, it is a form of pneumonia and hence it spread throughout the world like a wildfire. By April, 2020, Covid-19 cases already reached 1 million and by September, 2020 the number of Covid-19 deaths went up to 1 million. By the end of the second wave in 2021 the number of Covid-19 cases were above 280 million and by the time WHO announced the Covid-19 was not an epidemic the world has seen almost 700 million cases of Covid-19

Now, coming to the point of peer-to-peer spreading; it has been often observed that the disease has an affinity to spread through droplets when individuals are in close contact and according to the World Health Organization the safe distance to interact with any person in a Covid-19 inflicted zone is six feet. It can spread by merely speaking to someone at conversational distance, hence wearing a mask was a norm during the lockdown days. Covid-19 also spreads in closed spaces through the process of short-range aerosol. Social

gatherings were restricted throughout the world leading to more mental crisis. The gravity of the situation was such that even the European nations football tournament that is held every 4 years was postponed in lieu of the pandemic. Many big sporting events were postponed or held behind closed doors under strict supervision of the authorities. These further led to emotional torment of the general public.

Although Covid-19 bared its fangs throughout the world it has been noted that rural areas and hilly areas especially in the Indian sub-continent were less affected due to their remote nature and limited interaction with the broader metro cities which contracted the disease through international communication means such as airports and docks.

Impact on family relations :^[2]

Humans have been known as a social creature since time immemorial and restricting its social trait takes a huge toll on the mental as well as the physical well-being of humans. As the abrupt announcement of lockdown was made in India, hundreds of thousands of migratory labourers were stuck in remote lands far from their homes, away from their loved ones, in the freezing cold of solitude. These labourers who survived on meagre daily wages had their income source shut down in a matter of minutes and the enormous pressure of their families must have felt like a tsunami crashing on their chests. Statistically 43.3 million migrant workers returned to their homes during the onset of the pandemic and almost 35 million of them resorted to return through unusual means such as walking down the highway or walking on railway tracks to reach their destinations. Although, the Government put efforts to help them, it was simply not enough. Many families went hungry on

these dreadful journeys and children had to endure kilometres of walking in the blazing summer sun, such was the impact of Covid-19 on family lives of the middle-class.

Climbing the social ladder, the white-collar corporate workers spent much needed family time which they have missed while working long hours in their cubicles. They could again have long conversations with their parents or partners. Such a drastic contrast of scenarios were presented to the world during this unforeseen time, where in one side children were going hungry due to the pandemic and on the other side millions of fathers and mothers could spend precious time with their children also due to the same dreaded pandemic.

Conclusion :

Needless to say the whole Covid-19 fiasco was an unprecedented global health crisis in

modern times and it was a very steep climb to the top for the whole of humankind. It taught us lessons on resilience and perseverance in the face of tremendous tragedy. It has also made us realise that everyone has a timer ticking somewhere and life as it is, can be lost instantaneously without prior knowledge so we must make the best out of every precious moment of our lives

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