An Analytical Study Of Positive Impacts COVID 19 Outbreaks On Family Life

Shehla Riaz¹*, Salma Begum², Waqas Khan³

¹Assistant Professor Islamic Studies, Riphah International University Islamabad.
²Lecturer Sharī‘ah and Law, International Islamic University, Sector H-10, Islamabad.
³Assistant Professor Islamic Studies, Riphah International University Islamabad.

ABSTRACT

Family is a fundamental unit of every society and plays a vital role in providing strong and happy environment, guidance, protection of children and fostering harmonious social development. The outbreak of COVID-19 has severely affected the families nationally and globally by disrupting their routines and recreational activities. The current study aims to highlight the impacts of COVID-19 outbreak on family life such as: family resilience, patient to face the harsh circumstances, close family bonds, cooperation and share in housework with family members. One of the major positive impacts of COVID-19 is an increase of interaction between family members by spending more times with each other. Moreover, families got more opportunity to spend time with their children, educate them at home, and arrange more indoor activities for them that help them to improve their skills.

The paper concludes that besides the negative impacts, COVID 19 has many positive and beneficial changes in family life such as, getting more opportunity to spend time with family members and children, work-family balance, the ability to work from home and peace of life in general. This paper will be helpful in highlighting and recognizing the importance of the family during the pandemic COVID 19.

Keywords: Family System, COVID 19, Positive Impact, Family resilience, Work-Family Balance.

1. Introduction:

The Family is a basic unit of every society where the personality of a person is formed and built. The novel coronavirus disease (COVID-19) is highly contagious, which
affected the lives of millions around the globe (WHO, 2020). The virus infected every person’s living but the old ages people having medical problems (congested settlements, risky health issues) got more effected. (Organization, 2020b). The virus has high rate of reproduction and transmitting power (Liu, Gayle, Wilder-Smith, & Rocklöv, 2020). As the COVID-19 virus began to surge in the Chennai, governments started to implement strict lockdowns and social distancing guidelines to stop the maximum spread of COVID 19 which changed the daily lives and routines of people. These extreme procedures were crucial to protect the health system from being overwhelmed. However, drastic measures extremely affected the quality life of people (Brooks et al., 2020) and the pandemic became a “storm of stressors” for all those families who faced some sense of loss as to death of their loved ones, losing social and physical contact, loss of rituals, and most importantly financial stability (Walsh, 2020). Many workers have lost their jobs. Fundamental employees have faced new standard operating procedures and restrictions to protect the health and well-being of workers and customers. And numerous However on the other side, studies also showed a positive impacts of the lockdown in COVID 19 as to blend between the work and family life. This situation changed the work routine as work from home was strongly encouraged which gave an increase in time spent with children at home, higher feelings of closeness (Lee & Ward, 2020) and provides them more support in their education (Fontanesi et al., 2020). Günther-Bel et al. (2020) found in a survey that parents reported more relational improvement and reported the more need of resilience within families during the COVID-19. Organizations moved their complete workforces to impermanent. There is a big challenge to psychological resilience in this situation (Wang et al., 2020), which encourages to explore how to help families coping with stressors. It is reported that the COVID 19 lockdown made almost 1/3 of families feeling anxious (Statistics Canada, 2020). Any kind of outdoor activities, social gatherings and Group activities were prohibited.

The Current study intends to see the positive impact of COVID-19 on family life. The first part of the paper intends to shed light on the importance of family life and relationships. In the second part introduction and impacts of COVID-19 on human life and families are discussed. The third part of the study highlights the positive impacts of COVID-19 on family life.

2. Material and Methodology:

The current research follows the qualitative (descriptive) research method to identify the impacts of COVID 19.

3. Results and Discussions:
3.1 Importance of the Family life

Family is the institution which makes the children to manage their emotions, interact and to communicate with other people. When families and communities are strong, it will definitely lead to a strong society. The child first become interacted with his/her parents who provide them guidance for future relationships. In a Life people face many problems and hardships and it is a natural that people rely on family support in this time and that support can be emotional or financial. Family is the basic building blocks of every society and plays a vital role in social development. Families provide every kind of support, sheltering the family members from hardship to the maximum possible extent Family has its importance during crisis to provide encouragement, love, and affection. Therefore, having a strong family one can find love, support, motivation and courage for success when needed, failing to have such a strong family there will be depression, loneliness act (IFFD, 2017).

In 2016 psychological study finds that males having strong family bonds developed healthier relations due to managing emotions well and maintaining relations with their partners as compare to the males who did not accepted family relations. Moreover, spending time with family, specifically dinner time is helpful for healthy mental life. It is noticed that the children who have built a habit to eat dinner with family had less depression symptoms. A good quality time with Family is also related with better academic learning of people.

Family being the basic unit of society needs special importance during this pandemic COVID-19 which has impacted adversely mental health and family life all over the world. Family is a source to reduce the stress, anxiety, depression and helps to remain mentally relaxed.

3.2 Impacts of COVID 19 on Family Life

The sudden spread of COVID 19 has changed the actions and reactions of individuals and groups and effected the lives of the People (Brooks et al., 2020). The COVID-19 has severe impacts nationally and globally which have changed the lives and routines of people. The virus led to a human crisis and slowdown of the economy by creating unemployment due to lockdown of cities, travel ban, suspension of all airlines, labor mobility restrictions which creates poverty. The novel coronavirus has become a threat to health and well-being among low income families resulting in much more anxiety. One of the major effects of COVID-19 is the increase in poverty in the world which becomes like a pandemic and the people affected by it are living a hard life and waiting for financial relief to be provided for their basic necessities and find some sources to sustain their livelihood.
It is reported that the COVID-19 has changed the Family life, house hold & work pattern (Biroli P et, all, 2021). Work-Family combination is created with the lockdown as to help in childcare and other household task which have changed the inside and outside the home work pattern (Biroli P et, all, 2021). Many other several effects of pandemic situation COVID-19 are deaths, social distancing, lock down, fear, stress, stigma, health and medical systems, disruptions of schools, universities, sense of losing jobs, social networks, hopes and dreams for the future and incomes, share market values and businesses (K. Karunathilake, 2020)

Moreover, the worst economic condition due to unemployment is reported in COVID-19 resulting in financial insecurity and hardship for many families (Chi Chen, Byrne, and Vélez, 2022). In the COVID-19 pandemic, many families are experiencing an ongoing, pervasive sense of loss: the tragic deaths and threatened loss of loved ones; the loss of physical contact with family members and social networks; the loss of jobs, financial security, and livelihoods; the loss of pre-crisis ways of life and threatened loss of hopes and dreams for the future; and the loss of a sense of normalcy in shattered assumptions about our lives and connections with the world around us.

3.3 Positive impact of COVID 19 on Family life

Undoubtedly, COVID-19 left many mental health issues. Although COVID 19, outbreak eff ected family life globally and created many social and economic problems. But there are positive affects which are:

1. Social unity and corporation:

In order to face the problems, family and comity had played vital role by engaging themselves social activities to take care of others specially old age people or the people who have some medical issues. Individual and family strengths countered the helplessness feelings.

2. Strong Belief:

It is also reported that the pandemic created a positive effect regarding the believe in higher power (creator), to do prayers and ask for help in crisis.

3. Virtual Interaction:

The Virus left its positive impact on society relationships, as the people got socialized and spend more time with others virtual means. Even the people who were used to live alone mostly they became social and contact with others virtual means (Jennifer Vaxter
et, all. 2020). There were increased in leisure activities due to not having outdoor activities which make the people more social by sharing and caring each other.

4. Food Habits:
More attraction towards traditional foods and reduction in food from outside (restaurants) (Jason Sabo).

5. Sense of social Responsibility:
A Positive altitudes is reported towards performing several social responsibilities in society. There is increase in strategic behavior in new ways of working. Mothers spend more time in homes and get busy in childcare, teachings, and other household duties (Biroli P, 2021).

6. Environmental change:
Environmental pollution is reported to be reduced globally.

7. Reduction in Crime:
One of the major impact of COVID-19 is observed in form of less crime activities such as drug, domestic violence and suicide (K. Karunathilake, 2020).

8. Home Schooling:
School closures substantially increased the social interactions within the family by spending more time with children during stay at home. While working from home, many parents have to take care of children and support their children in education through home schooling or remote learning provided by their schools (Chi Chen, Byrne, and Vélez, 2022). Home schooling was a bid challenge for parents due to the COVID-19 (Chi Chen, Byrne, and Vélez, 2022). Parents reported significant changes in their daily family life (40.6%) (Elena Canzi, et all. 2021). It is suggested by Elena Canzi, et all. (2021) that spending more time with children, might have produced some welfares for family well-being.

9. Spending more time with Family:
Due to lockdown people got more time to spend at home and to do some new leisure activities. With families spending more time at home. The engagement of family members in activities was helpful to overcome stressful situations and favor psychological well-being (Abdul Hakeem (2020). Parents with very young children
reported that pandemic has had a positive effect on their ability to spend time with their children. Which is essential for the child’s development and self-esteem (Ariel Kalil, Susan Mayer, Rohen Shah (2020);The Canadian Press, 2020). Elena Canzi, et al. (2021) reported a large percentage of parents who have experience of feeling more close to their kids (68.6%).

10. Extra-curricular activities:
Women spent more time in art, craft and baking activities. People with children spent more time on games, exercising, and art. Young people aged 18–29 years were engaged more time watching television and learning a new language skills or new hobby. Those under 50 years old were reported to playing games and puzzles (Jennifer Vaxter et. al. 2020). This was helpful to learn a new language skills and art (Jennifer Vaxter et. al. 2020).

11. Research Ability:
The COVID-19 pandemic has generated a habit of research across the globe. (Vanderhout et. al. 2020).

12. Exercise:
Exercise including walking, bike riding and running habit of the people is increased during COVID-19 lockdown.

13. Family resilience:
Family resilience refers to the ability of the family to withstand, to overcome trauma (Polizzi et al., 2020), recover from adversity and to strengthen ties between family members (Walsh, 2003, 2008). Resilience enables families to respond effectively in crisis. Parents are reported to find new meanings in facing the COVID-19 pandemic, while focusing on family relationships. (Tedeschi, R. G., & Calhoun, L, 2004).

Conclusion
Family is the fundamental unit of human society and a big support in time of hardships and people rely and need of family support in crisis as family atmosphere gives love, support, motivation and courage for success. The family plays a vital role in the prevention and occurrence of any bad situation. No doubt COVID-19 affected the daily lives of millions of people such as loss of life, loss of contacts, loss of employment and financial security, loss of hopes, and loss of routine. Moreover, anxiety, depression, fear, grief, trauma, difficulty in adaptation and relationship conflicts are some of the
bio-psycho-social challenges that families have faced during the COVID-19. But besides the negative impact the pandemic left its positive impact on family life. Online learning became imperative. Love, cooperation in households, spending more times with family members helped and is helping the people to face the hardships during and post pandemic. The Family-based research aimed to highlight the positive impact of COVID 19.

References


Jason Sabo, Positive Family Impact During the Pandemic. Lee Health’s Pediatric Behavioral Health Practice.


