



A Sociological View of social Impact of Social Distancing and Lockdown

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Abstract

The novel Corona Virus (COVID-19) pandemic has been considered the greatest public health threat at all over the world since December-2019. In the absence of vaccines and particular medicine, countries around the world are implementing various forms of 'Social Distancing' as a policy to slow down the virus spread. Social distancing has multiple perspectives. This study shows it as a physical distance but in sociology, it shows a different perspective. This is normative social distance. In the crisis of COVID-19 in India, the Government has ordered a nationwide lockdown. Lockdown is a forced situation. The citizens cannot move to another place without permission and its violation is punishable. On the other side it is functional to society at personal, family, and wider levels. During this unlimited time people have a golden chance for mental and physical comfort. There is some latent function due to lockdown. This is very important as said by sociologist Merton and other functionalists.

Methodology

This is an online survey of the people. The main objectives of this paper are ...

To know the impact of lockdown at Personal level

To know the changing division of labour during the lockdown

To know the latent function of lockdown

The sample consists of 200 respondents living in India.

The sociological term of functional analysis and social distance is included in this paper.

The paper is organized as follows. Part-I is on the introduction which includes basic concepts about COVID-19. The second part is on the methodology. The third part shows personal profile of the respondents. The forth part is on data analysis and discussion and the final part shows some important suggestions and conclusions

Key Words: *Corona Virus, Social distancing, Latent functions, Social Impact*

INTRODUCTION

Social distancing has multiple perspectives. It is related to social sciences, health and disease, culture, economy, psychology, etc. In Sociology George Simmel Emile Durkheim and some extent Robert park works on this. in sociology social distance refers to the cognitive and affective proximity of two cultures that come into contact, .Emile Durkheim's (1992) concept of 'Social morphology' contains important insights into the relationship between the geometric and metaphoric meaning of distance.

Social distance is affectivity. Emory Bogardus, the creator of the 'Bogardus social distance scale', introduced that in social distance studies the center of attention is on the feeling reactions of persons toward other persons and groups of people. There are different normative form social distance –1- Normative social distance refers and widely accepted and often consciously expressed norms about who should be considered as an insider and who an outsider.2 Interactive social distance: this social distance focuses on the frequency and intensity of interactions between two groups claiming that the more the members of two groups interact the closer they are socially.3- Cultural and habitual distance: This distance focuses on cultural and habitual distance which is proposed by Bourdieu (1990). This type of distance is influenced by the capital people possess.

Social distancing is increased as a concept in the context of COVID-19. This is an epidemic of corona virus disease-2019 (COVID-19)



In the public health context, social distancing generally refers to various measures that reduce close contact between large groups of people.

According to the CDC, social distancing involves 'remaining out of congregate settings avoiding mass gatherings and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

Social distancing measures often entail canceling big gatherings (such as conferences, classes, sports, etc.) restricting mass transit and travel and making people work from home.

So there is a different concept and meaning of social distance in sociology and social distancing in the current situations.

In the pandemic of COVID-19, Health experts believe that avoiding crowd as of people so physical distance is important in slowing the spread of pandemic COVID-19.

COVID-19

A new virus appeared in Wuhan, China at the beginning of December 2019. This disease has spread across the globe. The World Health Organization named the disease caused by this virus - COVID-19.

Nowadays corona virus - COVID-19 is spreading in India and other countries. Total cases in the world on the date of 20May 2020...213 Countries and Territories around the world have reported a total of 5,011,405 confirmed cases in the world. in India 106,886 cases and in Gujarat it 11745 cases. (Sources worldmeters.com)

What the Government and health minister have said about social and physical distancing is deliberately increasing the physical space between people to avoid spreading of illness, staying at least six feet away from other people and avoid larger crowds. WHO also suggests self-quarantine for at least -14 days. It involves standardization of hygiene.

Isolation is a health care term that means keeping people who are infected with contagious illness away from those who are not infected. Flattening the curve refers to using protective practices to slow the rate of COVID-19 infection so hospitals have room, supplies, and doctors for all of the patients who need care.

The government of India declared lockdown for 21 days then it was extended more 19 days and then for 14 days. Most of the people except essential services are staying home 'stay home – stay safe' is a well-known slogan to prevent infections. After so many years people have this unique experience.

The functionalist perspective is also called functionalism. In sociology, Emile Durkheim Herbert Spencer, Talcott persons, and Robert Merton have a notable contribution for this.

The heart of the functionalist theory is each aspect of society depends on each other and each contributes to the overall stability and functioning of the society.

Functions are the beneficial consequences of people's actions and dysfunctions are the consequences that harm a society corona virus and lockdown is dysfunctional to society but there are some latent functions during this period that are very important and what are the impact of social distancing and lockdown is the research questions in this paper.

METHODOLOGY

This is an online survey of 'A Sociological View of Social Impact of Social Distancing and Lockdown.

The main objectives of this survey are to know the social impact of social distancing in Individual life

To know the changing traditional division of labour in the family

To know the latent functions of lockdown.

To know the negative impact of social distancing

DATA COLLECTION

For the collection of data a Google personal form was prepared.

Open, closed and multiple-choice questions were selected for this. The form was sent to friends, and students and other people via WhatsApp and Email. 208 responses were received among which 200 are Indian residents and 8 foreign respondents who have experience of social distancing but not lockdown. So 200 Indian respondents were selected for this study and I also mention the separate experience of foreign respondents.

PERSONAL PROFILE

We tried to know profile of the respondents, i.e. their gender, age marital status, designation, and area of living, etc.



Table – 1 Profile of the respondents

	Item	Number	Percentage
1. Gender	Male	125	62.5%
	Female	75	37.5%
	Other	0	0%
	Total	200	100%
2. Age	Below-20	4	2%
	21-30	76	38%
	31-40	43	21.5%
	41-50	29	14.5%
	51-60	21	10.5%
	Above 60	27	13.5%
	Total	200	100%
3. Marital Status	Unmarried	61	30.5%
	Married	121	60.5%
	Single	18	9%
	Total	200	100%
4. Designation	Student	77	38.5%
	Teacher	66	33%
	Other:	37	28.5%
	Total	200	100%
5. Occupation	Service	91	45.5%
	Business	11	5.5%
	Agriculture	6	3%
	Self-employment	18	9%
	Home Management	27	13.5%
	Other:	47	23.5%
	Total	200	100%
6. Residence	Rural	45	22.5%
	Urban	149	74.5%
	Tribal	3	1.5%
	Other:	3	1.5%
	Total	200	100%

Above table shows that there are mostly all types of 62.5 percent male and 37.5 percent female respondents. They are age different groups. The data also shows that all type of age group response this 30.5 percent are unmarried and 60.5 married and the rest of them are single

The teaching profession group gave great support in this survey. The data shows that there is 40 percent of students 35 percent of teachers and 28.5 percent different positions i.e. Doctors, Chartered Account, Director, IT Professionals, etc. the data also shows varieties of occupation half of the respondents are doing service. 5.5 percent have their own business and profession rest of them are students, females doing home management, etc.

22.5 percent are situated in an urban area 74.5 percent from rural areas rest of them are from semi-urban and tribal areas.

72 percent are working in non-essential service and o

DATA ANALYSIS AND DISCUSSION

The respondents have followed lockdown and social distancing for 21 days. Those who are in essential services have to go out for work but they try to maintain social distancing. 85.5 percent respondents said that lockdown is very important for reducing the cases of corona and they have good experience while staying at home.

SPENDING TIME DURING LOCKDOWN

In the lockdown, there are positive as well as negative experiences - no problems of catching the transport, not cooking a meal for lunch, no shopping outside, eating homemade food, etc. the respondents feel lucky that they are saving money but how to manage time during the lockdown period is a great concern with the people. Table-2 shows various activities of the respondents during the lockdown.



Table-2 Respondent's activities during the lockdown

Sr. No.	Item	Yes		No		Total	
		No.	%	No.	%	No.	%
1	Physical exercise	81	40.5%	119	59.5%	200	100%
2	Yoga and Pranayam	56	28%	144	72%	200	100%
3	Playing games at home	73	36.5%	127	63.5%	200	100%
4	Playing games in park/society	8	4%	192	96%	200	100%
5	Listening music	81	40.5%	119	59.5%	200	100%
6	Watching T.V.	124	62%	76	38%	200	100%
7	Reading books	140	70%	60	30%	200	100%
8	Relaxation	68	34%	132	66%	200	100%
9	Netflix, Amazon prime, etc.	36	18%	164	82%	200	100%
10	Completing pending work	105	52.5%	95	47.5%	200	100%
11	Taking care of myself and others	128	64%	72	36%	200	100%

Table-2 shows a variety of activities done by the respondents. Among these activities, reading books (70 percent) watching T.V. (62 percent) and completing pending work (52.5 percent) are most preferred by the respondents.

In this study, most of the respondents are from the academic field. They have the habit to read. books. It expands intellectual ability and useful for the research scholars and students for the bright future. They read various books, novels, fictional novels, etc.

Watching T.V., movies, shows etc. is another important activity of the respondents. Time to time news regarding corona at state, national and world level is a key topic on the T.V. All T.V. channels are broadcasting a wide range of shows and serials so respondents can enjoy the day.

There are two types of pending work that are completed by respondents - office pending work and household pending work,

64.5 percent are doing physical exercises, listening music, 36.5 percent are playing games at home, 34 percent feeling relaxation and 28 percent doing yoga and pranayam. This shows that one third to below half of the respondents spent their time by their own choice.

The above data shows that 68.5 percent of respondents keep themselves as much fit as possible by doing physical exercises, yoga and Pranayam to improve immunity and better health. Listening music is one of the choices of respondents to lead their minds to forget the stress of the corona and addition of dance with music can deliver additional entertainment.

During the lockdown staying home is a priority of all citizens. Those who have children and siblings are playing indoor games like chess, ludo, card games, carom, etc. to consume some quality time with family members. These games are quite exciting and positively influence the mind.

The above data shows that they spend quality time. Most of them are in the field of education so some of them are writing books, articles, taking online classes, doing office work, social work, etc.

USE OF TECHNOLOGY IN THE LOCKDOWN

The use of technology is a powerful instrument in this global world. It can be used at any place at any time. Technology helped many ways in this time - online information, payment transition, meetings, education, entertainment, etc. are possible through technology. In this study, all respondents use technology in the lockdown.

Table-3 Respondents' use of technology during the lockdown

Sr. No.	Item	Yes		No		Total	
		No.	%	No.	%	No.	%
1	Social Media (Whatsapp, Facebook, twitter, Instagram, etc)	172	86%	28	14%	200	100%
2	Using Internet	137	68.5%	63	31.5%	200	100%
3	Watching T.V., Amazon Prime, Netflix, etc.	86	43%	114	57%	200	100%
4	Using technology for professional and academic purpose	102	51%	68	49%	200	100%

Table-3 shows that 86 percent of the respondents used social media, WhatsApp, Facebook, Twitter, etc. Respondents have a good practice of social media in social distancing. So they are not hanging out with their family and friends. They are connecting virtually. Among the social media WhatsApp is the most used by the respondents. They are connected with their family and friends all over the world through WhatsApp.

68.5 percent of respondents used Internet during this time for doing office work, uploading important data, videos and photos, etc. In the academic field they used internet for their academic purpose.



51 percent of respondents used technology for their professional work, i.e. some teachers begun conducting online classes for their students. They have a zoom meeting also. Using video conference for Ph.D. viva and project viva teachers and students share their presentations and learning materials. They also send homework that the students must complete during their time limit.

Some professionals are conducting online dance class, doctors gave online consulting, few respondents are also attending online courses, attending a spiritual seminar, reading books online, listening music on the internet, etc. 43 percent respondent watching T.V. Amazon prime and Netflix etc. There are popular entertainment and news channels which are very useful for spending leisure time.

In the time of lockdown Ramanand Sagar's Popular T.V. Series 'Ramayan' became the most-watched Hindi Serial as a people staying in a house in DD National Mahabharat is also most popular T.V. serial so people can spend their time with family for watching T.V

Netflix and Amazon are hit an – at – the lockdown and quarantine benefits. Netflix is one of the world's leading subscription service for watching T.V. episodes and movies in our device. So people used it for their own choice for spending leisure time

NATURE OF FAMILY

In this study, 62.5 percent belong to nuclear family and 37 percent have joint family rest of them are staying alone.

GENDER DIVISION OF LABOR IN THE FAMILY IN THE LOCKDOWN

French philosopher Emile Durkheim's book on French 'The Division of Labor in Society' (1983) and said that how the division of labour the establishment of specified jobs for certain people – benefits society because it increases the reproductive capacity of a process and the skill set of the workers.

In this paper, we asked about the gender division of labor among family members for household work. It shows different tasks or role and responsibilities between male and female members in the family. In Indian patriarchy household duties are assigned to women, which is structured according to the culture and accepted by the society.

In India, economically sound people have a servant / servants for doing one or more household duties. The data regarding servant during lockdown shows that majority (84 percent) have no servant at this time. In this study, we examine various points related to the gender division of labor in a family.

Table-4 shows how they manage their household work in this special situation.

Sr. No.	Item	Male		Female		Both		Total	
		No.	%	No.	%	No.	%	No.	%
1	Cooking	3	1.5%	117	58.5%	80	40%	200	100%
2	Cleaning	14	7%	89	44.5%	97	48.5%	200	100%
3	Shopping	82	41%	40	20%	78	39%	200	100%

Sr. No.	Item	Male		Female		Both		N.A.		Total	
		No.	%	No.	%	No.	%	No.	%	No.	%
1	Taking care of children	5	2.5%	18	9%	115	47.5%	62	31%	200	100%
2	Taking care of plants	26	13%	43	21.5%	96	48%	35	17.5%	200	100%

Table-4 shows that cooking and cleaning are done by only women (58.5 % and 44.5% respectively) or by both men and women together (40% and 48.5% respectively) in majority of families. Shopping is done mostly by males (41%) or by both (39%). Both males and females together bore household duties like taking care of children, gardening, etc. in most of the families where these services are applicable.

In this period they do work together and help one another Those who are doing essential duties or work from home have no holidays, therefore they might not have equal sharing in house work. Those who are working from home have different issues for demands from other family members.

In India fulltime work at home and full time at home without servant is a new experience for people. Traditional social-cultural norms still prevail in many homes in India where women have to manage household duties which show stereotypical gender behavior and get challenged adding in domestic lives.

RESPONDENTS SPECIAL BENEFITS IN SOCIAL DISTANCING

All most 84.5 percent have experience of more than 21 days for social distancing; those who are in essential services have less experience to stay home. Data also shows that (85.5) have very useful experience with social distancing but we tried to know that what special benefits of social distancing are. The data is given in Table-5.

Table-5 Respondents special benefits of social distancing

Sr. No.	Item	Yes		No		Total	
		No.	%	No.	%	No.	%
1	Relieve mental stress	71	35.5%	129	64.5%	200	100%
2	Spend quality time with family	163	81.5%	37	18.5%	200	100%
3	Enjoy free and leisure time for my personal interest	91	45.5%	109	54.5%	200	100%
4	Increase self consciousness about cleanliness and hygiene	88	44%	112	56%	200	100%
5	Develop a habit of keeping latest news with world	76	38%	124	62%	200	100%
6	Encouraging friends to stay safe	98	49%	102	51%	200	100%
7	Other	9	4.5%	191	95.5%	200	100%

Table 5 shows that 81.5 percent of respondents spend quality time with family in the time of social distancing and lockdown due to pandemic. It is a challenge for parents who are working but at a nationwide lockdown, most of the people staying at home said that they have best and special benefits in social distancing. Parents and children got an opportunity to spend time with each other. Some parents have adopted unique ways to keep their kids busy and productive, helping them spend quality time together as families. Children help with basic household chores. As the wise say that there is always a bright side to every dark thing, this critical period also is beneficial in many ways. Children, young and old members of families are spending more time together which is being in disguise. Previous it was quite difficult for all the family members to spend a month together. But Staying home is a sage some of them used social media tiktok, internet surfing, etc. but in the evening they play indoor games, and fulfill their hobbies, i.e. music, dance, painting, etc.

This quality time strengthens the existing bonds in the family one third to two forth respondents enjoy free and leisure time for their personal interest. They have no chance to meet in person to their friends but they are encouraging friends to stay safe. In this period they increase self-consciousness about cleanliness and hygiene and relieve mental stress (35.5 percent).

The above personal benefits show latent functions of lockdown at a personal level.

IMPACT OF SOCIAL DISTANCING ON FAMILY

This is a long time for social distancing and lockdown. The family is a basic institution in Indian society. Indian families are a symbol of collectivist culture from ancient times. The joint or extended family have their own features. The data shows that in this study 62.5 percent of respondents belong to joint family and 37 percent are from nuclear family.

The respondents' experiences about the impact of social distancing on family during the lockdown are shown in

Table-6 Impact of social distancing on family

Sr. No.	Item	Agree		To some aspects		Do not agree		Total	
		No.	%	No.	%	No.	%	No.	%
1	Increase family support	170	85%	27	13.5%	3	1.5%	200	100%
2	Enjoy food with family	184	92%	14	7%	2	1%	200	100%
3	Support all activities with family	169	84.5%	28	14%	3	1.5%	200	100%
4	Spending quality time	174	87%	24	12%	2	1%	200	100%
5	Reduce generation gap	118	59%	64	32%	18	9%	200	100%
6	Increase more closeness, affection, and love	148	74%	39	19.5%	13	6.5%	200	100%
7	Feel relaxation	139	69.5%	54	27%	7	3.5%	200	100%
8	Enjoy staying at home	111	55.5%	75	37.5%	14	7%	200	100%
9	Increase social relationships with our family members	152	76%	36	18%	12	6%	200	100%
10	Helpful to remove bad habits (eating pan masala, smoking, etc)	133	66.5%	29	14.5%	38	19%	200	100%

The data in Table-6 shows that during lockdown some positive impacts were shown on the families, i.e. increase family support (85 Percent), enjoy food with family, (92 percent), support of family in all activities (84.5 Percent), spending quality time and reduce generation gap (59 percent), in those days they feel more closeness, affection and love, feel relaxation and enjoy family relationship at home and get rid of some bad habits, etc.

The data shows that since no one can go outside without any important work, all the members of the family stay together day and night and enjoy at home.

Famous sociologist Ogbarn and Nimkoff have classified family functions as



1. Affection Functions, 2. Economic Functions, 3. Recreational functions, 4. Protective functions, 5. Religious functions and 6. educational functions.

Another famous sociologist K Davis has classified the main four functions such as 1. Reproduction 2. Maintenance 3. Placement and 4. Socialization.

These are basic functions but in the time of lockdown, all family members performed a supporting role. They enjoy cooking food and eating food together which was not possible during the days of their regular life. In this period they take care of family health by providing nutritive and health food and maintaining immunity power. Outside recreations are not possible, so all the members of the family enjoy traditional and new indoor games.

Those who have joint families they said the relationship between grandparents and grandchildren is changing in some aspects, i.e. generally grandparents would not prefer mobile and social media but now for the time pass they asked their new generation teach them operating mobile. The young generation is also eager to spend quality time with their family. They are ready to acquire culture from the family. They know their customs, traditions, etc. They help to clean their house and enjoy viewing old photos and memories with all generations together.

This lockdown gave the opportunity to be with family and to realize the importance of family.

Merton gave the concept of Function

According to Merton, Function means those observed consequences which make for the adaptation or adjustment of a given system.

Merton said about dysfunction and non-function also. He also introduced the concept of manifest and latent functions. These two terms have also have been important additional to functional analysis.

FUNCTIONAL ASPECT OF LOCKDOWN AND SOCIAL DISTANCING

This corona pandemic is dysfunctional all over the world but are lockdown and social distancing functional? May be it is not but there are some latent functions of this. We asked for open opinion about this. In sociology, Robert Merton and other sociologists gave the concept of function differently.

LATENT FUNCTIONS

American sociologist Robert K. Merton laid out the functional analysis in his book 'Social Theory and Social structure (1949). As a part of his functional perspective on society, he explains manifest and latent functions. Manifest function refers to the intended function of social policies, processes, or actions that are consciously and deliberately designed to the benefits in their effect on society. Meanwhile, a latent function is one that is not consciously intended but that nonetheless has a beneficial effect on society. Contrasting with both manifest and latent functions are dysfunctions a type of unintended outcome that is harmful

For example, the corona virus is a dysfunction to society. It is not a deliberate intention but lockdown is a conscious and deliberate intention for preventing corona. There are some beneficial outcome latent functions that are neither conscious nor deliberate but also produce benefits. They are positive consequences. Latent functions of lockdown are shows in table-7.

Table-7 Latent Functions of Lockdown

Sr. No.	Item	Agree		To some Aspects		Do not Agree		Total	
		No.	%	No.	%	No.	%	No.	%
1	Social Distancing is useful for preventing infection for corona virus	188	94%	11	5.5%	1	0.5%	200	100%
2	It is a test of Human capacity and cooperation	168	84%	28	14%	4	2%	200	100%
3	People make an update regarding self to society	148	74%	46	23%	6	3%	200	100%
4	Create awareness about the health sector and the importance of medical services	188	94%	11	5.5%	1	0.5%	200	100%
5	Increase awareness about cleanliness	187	93.5%	13	6.5%	0	0%	200	100%
6	Save fossil fuels	169	84.5%	24	12%	7	3.5%	200	100%
7	Reduce all the types of Pollution	182	91%	15	7.5%	3	1.5%	200	100%
8	Reduces traffic and accidents	184	92%	13	6.5%	3	1.5%	200	100%
9	Reduce daily wastage	163	81.5%	30	15%	7	3.5%	200	100%



10	Increase public discipline	143	71.5%	52	26%	5	2.5%	200	100%
11	Enjoy nature	154	77%	38	19%	8	4%	200	100%

Table 7 shows that most of the respondents agree that social distancing is useful for preventing infection of corona virus. Limited human contact reduces transmission rate. It is a personal and moral responsibility of a person. In the workplace force, social distancing is necessary for public health. The respondents said that staying at home and not going outside is a test of human capacity and cooperation. Social distancing avoids large gatherings and close contact with others. Whereas for human nature, it is very crucial because they want to meet their friends and different groups but corona pandemic does not allow this, so social distancing is a test the human capacity and cooperation

74 percent of respondents agree that people make up an update regarding self to society. Here update means the news of the corona virus. They spent their time watching the T.V. for the update news at local to international level.

Most of the respondents agree that this period has created awareness about the health sector and also the importance of medical services and cleanliness for hygiene.

It is true that people are quite aware and give respects to government officers who are in the health department, doctors, nurses, sweepers, police, etc. that care for their health. People appreciate the services of government hospitals also.

WHO have also policies for infection prevention and control which apply in the Novel corona virus. They publish and do propaganda for this. WHO have a detailed guideline about this but for common people. WHO's recommendations are:

Stay Home, Stay Safe

Wash your hands frequently with soap or using an alcohol-based sanitizer

Maintain social distancing (1 Meter, 3 Feet)

Avoid touching eyes, nose and mouth

Practice respiratory hygiene

If a person feels fever, cough and difficulty breathing, seek medical care early

Avoid contact with others and take care. Be safe, be smart, and be kind, protect others, etc.

Respondents are very conscious about this corona virus and they follow the instructions given by WHO.

Previously people believed that co-operate and private hospitals are better than government hospitals but after the experience during this period, they orient respect for government health services.

Swatch Bharat is a mission of our prime minister due to corona virus. People take care of cleanness not only at personal and family level but they keep surrounding of their residential area clean and do not waste food also

There are some other latent functions related to society. Most of the respondents agree that during lockdown our country saves fossil fuels and reduce all type of pollution, i.e. noise pollution water pollution, air pollution, etc. In regular time so much traffic and many accidents but due to lockdown, we reduced traffic and accidents and also daily wastage because of closing of restaurants, offices, transports, schools, and colleges, etc. It is also good for the society and earth that public discipline has increased and people understand the social responsibilities and civic sense. People feel that environment being cleaned, they can enjoy nature.

There are some other benefits as said by 33 respondents, i.e. increase in social co-operations, connect with our soul, increase in interaction with family and other social groups and it is a new experience about the human being and simple life. This is a learning process of new life also.

So there are so many latent functions of lockdown but the main functions are to protect human lives and control to spread the corona virus.

NEGATIVE IMPACTS OF LOCKDOWN

Corona viruses (COVID-19) are a large family of viruses. An epidemic of COVID-19 has spread rapidly since December-2019 in china. Now it is a global public health problem which has created so many economic psychological, social and development risks for daily life.

The German sociologist Ulrich Beck defines it as a systematic way of dealing with hazards and insecurities induced and introduced by modernization itself. He calls it reflexive modernization where unintended and unforeseen side effects of modern life backfire on modernity, questioning the very basis of its definition.

Corona viral outbreaks show so many risks. Society leads to a valuable society. Health crisis is directly linked to human behavior and other problems of the society.



Table – 11 Negative Impacts of Lockdown

Sr. No.	Item	Yes		No		Maybe		Total	
		No.	%	No.	%	No.	%	No.	%
1	Increase stress, depression, anxiety, and loneliness	33	16.5%	107	53.5%	60	30%	200	100%
2	Restriction of Personal freedom	57	28.5%	103	51.5%	40	20%	200	100%
3	Increase negativity/fear	41	20.5%	112	56%	47	23.5%	200	100%
4	Increases alienation	32	16%	117	58.5%	51	25.5%	200	100%
5	Increase selfishness	25	12.5%	148	74%	27	13.5%	200	100%
6	Economic loss for the Society	139	69.5%	26	13%	35	17.5%	200	100%
7	Harmful to individual/national development	107	53.5%	47	23.5%	46	23%	200	100%
8	Harmful to education	121	60.5%	38	19%	41	20.5%	200	100%

More than half of the respondents disagree and almost forth of the respondents are not certain that lockdown and social distancing increase stress, depression anxiety, and loneliness increase negative fear and alienation which is harmful to Individual-level, people became more selfish, etc.

These are mental impacts. A few of the respondents feel personal trauma, they have fear of corona virus and pain of isolation which is not a high good human condition forces isolation and no support – this situation creates selfishness because everyone wants to meet others but social distancing is needed for preventing the corona virus. In this time no direct social connection so two-third respondents agree that they may be people feel stress, depression without work, and employment feeling loneliness. Those who are affected with corona virus they feel that they are untouchable man is a social animal they want to meet their friends and relatives, want to do outside but in this lockdown, they have no choice so they feel some mental problems

28.5 percent said that during lockdown they feel the restriction of personal freedom. They have no freedom for trade, teaching and learning, outside guests and exercises, restrictions for outside food and entertainment with friends, etc.

69.5 percent of respondents agree that there is great economic loss during the lockdown. This is one of the world's biggest lockdowns that shut out majority of production, business, suspended flights, stopped all types of transport, hotel, restaurant, and real estate restricted so many other things. It is great economic loss in terms of investment, exports and other money measures.

60.5 percent of respondents agree that this situation is harmful to education. Due to corona virus pandemic, so many students and teachers are stuck at home. It is a great inconvenience to educational institutions. Study at home is not an Indian culture so teachers and students miss the educational environment. Online examination is not possible at every stage. Board Exams, entrance exams, admissions, etc. are closed down so embracing situation. Students and teachers get bored also.

CONCLUSIONS AND SUGGESTIONS

Novel corona virus is very harmful to global society. India has imposed nationwide lockdown for one month and extended still 17 may, 2020 to stop the imminent spread of corona virus COVID-19 social distancing is the best way to prevent it.

India suspended almost all visas to the country to prevent the spread of corona virus. They canceled International and domestic flights so aviation have great loss.

Hospitality, Hotel business, and restaurants are closed. All types of Indian markets are almost closed. School, College, Multiplexes, Jim, Sports complex, swimming, Pul, etc are closed. All social, religious, political educational, etc. functions are closed. All religious places are closed. All types of Transportation and migration are closed. Government, Public and Private offices, Industries, shops are closed. These lead heavily economic lost and it is very harmful to society for development.

On the other side, there are some positive impacts on the environment.

The online survey shows the result of opinions of 200 respondents from different parts of India. They have positive fillings about the lockdown and also show that there are some latent functions of lockdown and social distancing which is quite different.

SUGGESTIONS

People should strictly follow the guideline of WHO and the Government of India to take control over the situation.



People should prevent themselves from going out and meeting people closely in these epidemics. 'Stay home' is the best suggestions and solutions

Human Interaction is important all the time. In this period, first we should interact with our soul, then to our family and friends with the use of video chat or phone calls.

Encouragement and appreciation of fist volunteers i.e. Doctors, Nurses, Ward boys-Girls, Police, Government Officers, and Service providers are useful. Use time for academic resources available on the Internet. The entire public can take the opportunity for these E-classes, projects, Quiz, fun, Games, Video and many other new things to learn. It will help all people for a better future.

We should respect those who are working in essential duties in corona pandemic for their valuable services.

We should help poor people who are dependent on daily wages. There is also an inspiration of people under lockdown, singing, playing, music, etc will help at this time.

Technology can help in social distancing, WhatsApp, Texting, Email, Face book, Skype, Face time, etc. help people to stay in touch in the lockdown. No doubt this is not as good as face to face interactions but it is better than no integrations.

Older people have other physical problems. They will not able to go outside. In this worse situation, we should help them for mental support.

The lockdown brought the golden opportunity for students, teachers, and parents. The Government and some institutions have started online classes. Students should attend them. Teachers can make e-content, self-creation of videos, lesson plans, question banks, assignment, etc so it will be used in the future. A new system should be introduced by using technology. Teachers should work with students online which are introduced in some aspects but time table should be followed at every level. We should make adequate planning for preparation from teachers, parents, and students. It may give some positive outcomes.

Parents should plan for the daily activities of the children. Parents should teach them how to use the time and become good citizens. They should spend quality time and work i.e. making their bed, cleaning up the room, development of life skills. Involve them in housework and assign duties. They should involve their children in more productive work. Parents have golden moments to play with children, make friends and provide them emotional support and develop good habits and skills, i.e. work participation in house, meditation, yoga, etc.

It is for the first time that men are cooped up at home more than one month. It is a good sign to help in household duties. But mindset requires change in everyday life to help each other gender role in the family.

We should be alert that lockdown does not create domestic violence problems. We have to make adjustment to each other and respect all the members.

Respect lower-class labour people who get daily wages. We should understand their problems and help them

Lockdown is a forced situation but if we take it positively, it brings golden opportunities for giving mental and physical relaxing. It will help in increasing our concentration, creativity, discipline, patience integration, and sense of belonging to our nations, which are the latent functions

This century is a century of capacity building and skill development. In free time, one can make oneself a creator and an innovator with the collaboration of education, training and skill people can get good leadership and team spirit.

At last, in this digital revolution, we should update ourselves with changing technology and take advantage and opportunity of lockdown. We should follow the rules and take collective actions to remove the corona virus. So our dream 'Ek Bharat Shreshtha Bharat' comes true.

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