

Editorial

How COVID 19 disease impacts our future?

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The COVID-19 crisis has tremendous negative impacts on communities and economies around the world. The pandemic will be the tip of the iceberg of a much larger systemic crisis. The inter-relationship between natural environment and human activities has a negative shift. The pandemic has highlighted domestic and international weaknesses, driving the need for global paradigm shift.

This pandemic has revealed significant domestic and international loopholes, it exposed some misunderstandings and fallacies of conventions used to explain the world. Changes of human interactions and interpersonal relationship are already happening in the societies. Communication and personal perceptions are being largely influenced by the pandemic. This will certainly mold the next generation leaders to think and modulate the opportunity future challenges.

The pandemic has raised the issue to challenge our perceptions and understanding. The world leaders need to change the way they think and act. The following are some of the areas where they should take actions: Transforming the corporate world, rethinking monetary policy for public good, reimagining growth, abandoning the 'free hand of the market', revoking the free ride of the gig economy, valuing work that is essential, reframing development priorities, rebuilding the collapsed food system, start a managed retreat from nature and geopolitics behind Western supremacy.¹

As time has passed and the pandemic has its impact, it becomes clear that much of what is most distressing about this crisis is not new at all, the COVID-19 infections and outcomes seems to reflect existing economic inequalities; mismatches between the social value and social justice, health, availability of vaccines and so on.

The future becomes clearer faster than thought, along with its challenges—many of them potentially multiplied—such as income polarization, worker vulnerability, and the need for workers to adapt to occupational transitions. This momentum of changes is the result not only of technological advances but also epistemological changes for health and safety, and economies and labor markets and this paradigm shift may be permanent.²

That tragedy of the current pandemic has combined with another potentially life-threatening problem — an alarming quantity of poor-quality and often directly harmful information about the pandemic and quack

cures. World Health Organization (WHO) Director-General Dr. Tedros Adhanom Ghebreyesus warned back in February about this “infodemic.” It is obvious that every people do not have and will not have equal purchasing capability of health in all countries; it was “an expected global health concern,” as several other infectious diseases. While no one could have predicted the exact timing and trajectory of COVID-19, many public health experts have long been raising the alarm about zoonotic diseases and their capacity to spread rapidly around the world and this will definitely shape the future market of food of animal origin.³

The pandemic creates a situation where governments, local communities, health and school systems, as well as families and businesses have to face tough choices for how to re-open and run safely, what will be the safeguard for people's lives and protect their livelihoods. The allocation of scarce resources is a big question for the poorer nations. Social safety net is under tremendous pressure for most of the nations.⁴

Human societies are vulnerable to adverse situations, but some suffer far more and need longer support to recover. Countries having lower level of human development index, experience challenges which affects their vulnerability, such as high inequality, high poverty rates, and limited access to public safety nets, COVID 19 is worsening the situation and make difficult for the nations which will further deteriorate their Human Development Index.

The future world, specially the third world is going to face problem related to **scarcity of food, infectious diseases, drop out from education, unemployment, access to ICT, immunization, travel and communication will be more difficult for these countries.**⁵

The responses to the COVID-19 pandemic by the countries and nations are the dynamic that drives and modify the prioritization of one type of value over others. This dynamics has played a large part in driving global responses to COVID-19. From an economic point of view, there are four possible futures: a descent into barbarism, a robust state capitalism, a radical state socialism, and a transformation into a big society built on mutual aid.⁶

For a post-Covid lifestyle, People have to adjust enough to have a balance between optimism and pessimism. It may take long time to return to normal life, but never be the life as before. Life is proportional to the time and will

never be such a turn back where the people lived in the past will return. Lifestyle defines the definition of life and circumstances define the lifestyle. Circumstances are never the same and so does life.⁷

A mental health crisis has emerged during the COVID-19 pandemic. The consequences of COVID-19 for mental health have been dire, among those identified as a specific population of concern were adolescents and young adults, societies faced large disruptions to their education and living situations and may suffer lifelong economic impacts from the pandemic. Several findings linking lifestyle disruptions to mental health. These are large disruptions to physical activity, sleep, and time use, substantial declines in mental health with dramatic increases in depression, risk factors for depression diverge substantially during the pandemic compared to prior cohorts and ultimately strained relationship between the maintenance of lifestyle habits and mental health. Disruption of physical habits is a leading predictor of depression during COVID-19, the restoration of habits through short-term intervention may not help restore well-being during and after the pandemic.⁸

The pandemic has significantly changed daily patterns of lifestyle among people irrespective of age/sex, age, occupation or social status. With changed daily schedules caused by social distancing, the closure of educational institutions, market places, and electronic media-based communication, people rescheduled their working hour and leisure period. Decreased physical activities and spending less time for social activities, leisure, and education, definitely has impact on the future of the present generation and will have impact on the future. The pandemic is still ongoing, these changes in human behavior and lifestyle may have crucial public health implications and provide evidence for the development of future intervention studies.⁹

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