
Novel Coronavirus Pandemic and Its Psychological Impact

Alam Zeb Khattak¹, and Sabir Zaman²

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¹Lecturer, Dept. of Education & Psychology,
Kohat University of Science & Technology,

Kohat.

²Lecturer, Dept. of Psychology,
Int'l Islamic University, Islamabad.

Corresponding Author Email:
alamzeb@kust.edu.pk

Novel Corona Virus or COVID-19 is spreading globally very fast. The Pakistan also got affected to some extent but fortunately, it spreads slowly in our country. The death reported as of 8th May 2020 in Pakistan is over five hundreds only (Government of Pakistan, 2020). Currently, there is no vaccine or any specific treatment protocols for the said disease due to genetic mutation that made it more dangerous. The disease appears to be caused by mutation of animal's and bird's virus, and has acquired the ability to infect mammals including human beings. According to the information provided by World Health Organization (WHO) and other related organizations, the virus attacks respiratory tract and causes dry cough, sneezing and irritation in the throat. In case of this stage, frequent use of water and Vitamin C can destroy the virus before reaching lungs. In case of no control, it becomes more dangerous and serious symptoms are reported including cough and severe chest pain.

Government of Pakistan announced country wide lockdown and closed all educational institutions and ordered immediate evacuation of hostels to curtail the spread of epidemic. The countrywide lockdown

created a panic like situation among all Pakistanis. The anxiety reactions and fear of unknown are completely understood reactions of COVID-19. The government of Pakistan has clearly ignored the psychological consequences while announcing countrywide lockdown and stopping all educational and other activities. The countrywide lockdown has serious psychological consequences (Li et al., 2020). The COVID-19 pandemic has psychological consequences for health care workers too. They are vulnerable to experience anxiety, stress reactions, and depression. Keeping this in mind, the proper training of medical personnel in dealing with COVID-19 cases is of utmost importance (Balkhi et al., 2020). It is, therefore, the responsibility of the government to devise COVID-19 specific mental health policy and make plan to create awareness by spreading scientific information among the masses. The key to stop the spread of COVID-19 is to educate the masses, and by providing timely psychological assistance to health care workers and those who develop COVID-19. The mental health professionals have the responsibility to come forward and play a significant role in devising such a policy.

Conflict of Interest

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