

CHAPTER: 15

THE SYSTEMATIC REVIEW OF HABITS INDUCED IN SOCIETY DUE TO CORONA VIRUS PANDEMIC-THE BUTTERFLY EFFECT

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INTRODUCTION

The butterfly effect is a theory that has been applied to business, economics, and even human lives in addition to the weather. The butterfly effect is also used figuratively, outside of technical contexts, to illustrate how seemingly little occurrences or acts may have significant effects on a person's life. The butterfly effect is a term that people use colloquially to describe, defend, or explain how something little got out of hand in speech and writing [1].

Most people who contract COVID-19, a contagious disease brought on by a newly identified coronavirus, recover without the need for specialised care. Most people experience mild to moderate respiratory symptoms. Severe illness is more likely to strike older people and those with underlying medical disorders such as diabetes, cancer, cardiovascular disease, and chronic respiratory diseases. It is essential to have correct knowledge about the COVID-19 virus, appreciate the illness it produces, and realise its mode of transmission in order to stop and impede transmission. Avoid touching your face and always wash your hands or use an alcohol-based massage to protect yourself and other people. Respiratory etiquette is important since the main way that an infected individual spreads the infection is through droplets that are released when they cough or sneeze [2].

On March 11, 2020, the WHO declared the COVID-19 pandemic [3]. The number of instances recorded by Europe, Iran, the US, South Korea, and Japan surged, rapidly surpassing China's [4]. The worldwide recession is the biggest since the Great Depression because of the pandemic's tremendous socioeconomic upheaval [5]. Reduced greenhouse gas and pollution emissions, severe supply shortages exacerbated by panic buying, and the postponement or cancellation of sporting, religious, political, and cultural events are the outcomes [6,7].

RESEARCH OBJECTIVES

The study concentrated on specific behaviors, namely hand hygiene, exercise, and limited movement resulting from the pandemic, through a systematic review of literature.

RESEARCH METHODOLOGY

An electronic search was used to find the pertinent studies for the systematic review. A thorough and exacting search of pertinent papers, journals, and research was conducted, ideally between 2000 and 2020. Further investigation was conducted into the references of pertinent works. The examined studies employed a variety of research methods, including observational studies, cross-sectional designs, and descriptive investigations. The following were the primary selection criteria used to choose the article: publications and articles that were written in English and released between 2015 and 2020. The integrative analysis approach was followed for doing the analysis.

RESULTS & DISCUSSION

Each form of hand hygiene should have been appropriately applied based on requirements and guidelines. The overall effectiveness of hand hygiene was found to have a limited impact on respiratory illnesses. Generally, there was limited evidence supporting any additional benefits of new products, such as alcohol-based hand sanitizers or antibacterial soaps, compared to non-antibacterial soaps in alleviating symptoms of respiratory infectious illnesses. It was crucial to include microbiological assessments of agents potentially linked to clinical infection symptoms to assess targeted hand hygiene practices for specific agents. While there was a positive aspect, such as the decline in viral transmission resulting in reduced environmental pollution and saved lives, it was crucial not to perceive this as a positive environmental impact. Considering sustainability objectives was imperative, and targeted policies, both specific and overarching, needed to be enforced to diminish the carbon footprint, ultimately enhancing the quality of life and reducing the burden of disease. Moreover, there should have been an increased focus on upgrading both physical and digital infrastructure to elevate the overall quality of life. Embracing sustainable development goals was imperative, emphasizing the necessity for long-term solutions instead of opting for short-term fixes.

CONCLUSION

There was a brief decrease in air and water pollution because of the lockdown of industry and limited mobility of public transportation. This decline was noticeable as river water became cleaner, and air quality improved in many places. However, everything was expected to return to previous levels as soon as the lockdown ended, and pollution levels might once again approach dangerous levels. There was also the long-term problem of rising home garbage, which could eventually have an impact on marine life. Additionally, there would be a rise in medical waste, including gloves, PPE, plastic bottles, and containers, which would worsen the degradation of the land.

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