

Psychological Impacts of Covid-19 on Humans

When I first heard of Covid-19, I thought it is a normal disease which will be controlled soon. But with the passage of time my thoughts about Covid-19 changed. Especially after looking at the posts, news, and videos about Covid-19 on social media platforms, my thoughts completely changed. It was portrayed to be the most dangerous diseases we humans have ever witnessed. For instance, I watched a video on Facebook about a Chinese two years old boy who was locked in a box made of glass. The boy was crying and trying to reach his parents from the box and his parents were looking at him from fair distance. The parents were also crying and wanted to hug their child and make love, but unfortunately they could not because of the Covid-19 risks. That video made me emotional and I almost cried by looking at the baby's will to reach his parents and his parents' drive to hug their kid.

After some time we were evacuated from UCA and I reached my home after facing a lot of hurdles. My home is located in the remote village in Gilgit-Baltistan, Pakistan. At the time when I reached my village, there were no cases of Covid-19. The people coming from foreign countries were very threat to the area as they might have Covid-19 and it might spread in the village. After reaching home I got sick and I thought that I have Covid-19. The symptoms which I used to watch in the social media pages were matching with my symptoms. I really got depressed after realizing that I am infected with Covid-19. I got depressed not because I might die, but because due to me the Covid-19 will spread in the whole village including my family members. As everyone's parents are very important to them and similarly my parents were more important than my life. I was feared that the Covid-19 might cause worse consequences to my parents' health and I did not want that at any cost. Another reason behind my depression was the fear that due to me Covid-19 might spread in the whole village. The people will blame me and my family for that and I did not want that as

well. So, due to the above mentioned reasons I was psychologically damaged. It is not just me who had these feelings, there were many people who got depressed because of Covid-19.