

Question: Covid-19 pandemic has brought the worst fears in people's lives world over. To what extent is this statement justifiable?

Originated from Wuhan, China Covid-19 is a worldwide pandemic causing worst fears in people's mind in the present scenario. With more than 5 million active cases and more than 300,000 deaths, this deadly virus has established a state of fright among individuals. Almost all the countries in the world are practicing state of complete or partial lockdown and physical distancing but the pandemic is still not in control. Due to this pandemic people are facing state of economic crisis. People are suffering, losing their jobs, shelter, family, friends and lives not only due to the infection from the virus but also due to the immediate effect of this situation to their mental health.

People are rushing towards the pharmacies buying masks and sanitizers, washing their hands frequently, which is a good step but they are doing so as they are panicking. People have developed a sort of fear of getting infected in them and that fear is controlling them. Fear accelerates one's mind towards unplanned and undesired activities. Due to this fear, some people have kept them inside the four walls of their room in a very strict manner which might lead to frustrations and many other mental illness. People should try to keep these conditions within their hands and not let the fear overcome them, which does not mean not following safety measures but following them up to the required extent.

The number of deaths are increasing day by day, people are losing their loved ones. People now have the fear of losing their friends and families especially those who are abroad. This fear has led to maximum psychological impact on humans. Talking in the context of Nepal many of us have our friends and family involved in foreign employment sectors which has led us Nepalese to worry about their health. People due to various kind of miscommunication are obliged to think that they are losing their loved ones. When person's behaviors are driven by fear, it can lead to discrimination and decision-making out of line which can make the outbreak even worse.

Covid-19 pandemic has led to discrimination and prejudice ranging from economic classes to discrimination on health and frontline workers. Due to lack of awareness and our terrified state our attitude towards these people is knowingly or unknowingly found to be discriminatory. We even hesitate to talk to the doctors and nurses thinking that they might infect us as they remain in contact with many people. Applying safety precautions is fine but discriminating leads to

discouragement which is a harm to ourselves. We should not forget that these people who we are discriminating are risking their lives to save us and promote our health.

The worldwide fall of economy has established a difficult situation for the countries globally. People are losing their jobs, the sources of income are obstructed. Due to the shutdown of industries and employment sectors the global value chain is in danger. Lack of supply of food and other necessary items are the major problems in developing and under developed countries. People are unable to manage what to eat and where to sleep. People are terrified , have fear of losing jobs and shelter. Lack of income has obliged people to come on roads without food. People now are fearing about their sources of income and how will they continue if this pandemic continues for a longer period of time.

Communication of false information by the media has also contributed in expanding the fright among the people. In such time of pandemic and crisis media should be involved in resolving the problems and presenting it to the suitable authorities. But, we can see that media personnel are involved in covering the cases of infections and deaths and elaborating it to the audience in petrifying ways. People often turn to misinformation out of fear and they can't access the right information or don't trust information from experts or public health officials. Mythbusting and the dangers of promoting unproven medicines are also found. Taking a simple example of sanitizers, there were various medical institutions distributing false and defective sanitizers among the people in very high prices. Various myths can be seen flowing in social media about the transmission of this infection which has enforced fear in people's mind.

During a disease outbreak, anxiety and worry are reasonable reactions, and it's important to take precautions to reduce the spread of disease. During this time of pandemic, rather than separating people we should show some sympathy to people who are facing difficulties to fulfill their needs. The over-whelming effort of frontline workers and health personnels should be appreciated. It's a good time to spend our days with our family members talking about love and hope which will surely overcome our fear and anxiety. Scientists are on their way to find a proper vaccine for this virus but till then we should stay calm and follow the health precautions. Never lose our hope keep waiting and everything will get normal as before.