
**Covid-19 Pandemic: An Empirical Study of its Implication on the
Social Well-Being of the Nigerians**

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ABSTRACT

The study sought to assess covid-19 pandemic: an empirical study of its implication on the social well-being of the Nigerians. The research design used for the study was Expost-facto. The area of the study was Nigeria. The population comprises of all home economist, social scientists and journalist in Nigeria. A sample fifty (50) respondent was selected for the study using Simple random sampling technique. The instrument used for data collection was an interview schedule titled "COVID 19 PANDEMIC IMPLICATION ON SOCIAL WELL-BEING QUESTIONNAIRE" (CPISWQ). Cronbach Alpha technique was used to determine the level of reliability of the instrument. The reliability coefficient obtained was 0.81 and this was high enough to justify the use of the instrument. The researcher subjected the data generated for this study to appropriate statistical techniques such as percentage analysis and simple regression. The test for significance was done at 0.05 alpha levels. The study reveals that the outbreak of COVID-19 pandemic has caused economic crises in many countries and also to the psychological well-being of citizens thereby increasing unemployment and hard leaving. The study concluded that there is significant effect of covid-19 on social well-being of the Nigerians. The study recommended that the federal and state governments should start an awareness campaign on basic means of overcoming psychological distress on media and in communities generally in Nigeria to foster mental healthiness.

KEYWORDS: Covid-19 Pandemic, Social Well-Being, Nigerians, Implication

Introduction

A great threat of a novel virus, coronavirus otherwise known as COVID-19 pandemic rocked the entire world in the wake of the year 2020. COVID-19 which was first reported in December 2019 in Wuhan China, declared as Public Health Emergency of International Concern in January 2020 and later a pandemic in March 2020 by the World Health Organization (2020) and Web News, (2020). The threat is so active that the entire world was placed on lockdown in the matter of social restriction such as on international and national transport links, market or business transaction, school and organization activities, and all related social and religious gatherings. According to Xiang et al., (2020), the experience of the ongoing COVID-19 pandemic is triggering tension and a timely understanding of mental health is very essential for the government, health agencies and the public. Recent studies

affirm the high and huge level of psychosocial consequences of outbreaks like COVID-19 on individuals, the general public, and the international community.

COVID-19 being a member of the Coronaviridae family, inter-human transmission of this microorganism is mostly due to respiratory tract infection, mediated by the so-called respiratory droplets, which are formed by water and various inclusions, and can be generated while talking, breathing, coughing or sneezing (Guo, et al. 2020). Some additional vehicles of potential contagion have been identified (e.g. direct contact with infected environmental or biological materials such as feces or saliva), though respiratory drop-lets remain the largest source of contagion. The most recent statistics of the World Health Organization (WHO 2020) attests that SARS-CoV-2 has already infected nearly 635,000 persons around the world, causing over 30,000 deaths. As such, a combination of contact tracing and social isolation seems to be the most effective strategy to control the COVID-19 outbreak, as this strategy will be effective for flattening the curve of new infections due to human-to-human transmission, limiting morbidity, mortality and the ensuing surge of demand on healthcare system.

Considering the fact that COVID-19 pandemic is posing a lot of psychological effect on the wellbeing of citizens in many countries (Fetzer, Witte & Hensel, 2020). The three domains of societal variation across countries in examining whether country-level features can predict wellbeing beyond individual level variables: COVID-19 related measures, global indices, and cultural values. Number of deaths per-million and per country was used to index this verity of the outbreak. More stringent policies restrict individuals' opportunities to work, study, and socialize, and this adversely affect wellbeing of many individual (WHO, 2020), yet careless policy measures in relation to the COVID-19 outbreak have been found to be associated with higher levels of psychological distress (Jacobson, Lekkas & Price, 2020) and economic inequality is generally associated with worse health and wellbeing of citizens in many affect countries (Okulicz-Kozaryn, & Mazelis, 2017; De Neve et al 2018).

Statement of the problem

COVID-19 seems to have caught the world health system, and the economic system unprepared. At the micro-level, we observe that the virus does not only threaten our health but also seriously affects psychological and social well-being of many individuals. While the unemployed, the poor, and the homeless experience the feeling of insecurity and uncertainty, wealthy people also encounter similar emotions during the pandemic. Hopefully this study sought to find out COVID-19 pandemic implication on social well-being of Nigerians.

Objective of the study

1. To find out the extent of covid-19 in Nigeria.
2. To examine the effect of covid-19 on social well-being of the Nigerians.
3. To find out the strategies to mitigate covid-19 pandemic effect on the Nigerians social well-being.

Research question

1. What are the extent of covid-19 in Nigeria?
2. What are the effect of covid-19 on social well-being of Nigerians?
3. What are the strategies to mitigate covid-19 pandemic effect on the Nigerians social well-being?

Hypotheses

1. There is no significant effect of covid-19 on social well-being of the Nigerians.

Concept of Coronavirus

The coronavirus belongs to a family of viruses that may cause various symptoms such as pneumonia, fever, breathing difficulty, and lung infection (WMHC, 2020). These viruses are common in animals worldwide, but very few cases have been known to affect humans. The World Health Organization (WHO) used the term 2019 novel corona-virus to refer to a coronavirus that affected the lower respiratory tract of patients with pneumonia in Wuhan, China on 29 December 2019 (Li Q, et al 2020 & WHO 2020). WHO announced that the official name of the 2019 novel corona-virus is coronavirus disease (COVID-19) (WHO (2020). Moreover, the current reference name for the virus is severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It was reported that a cluster of patients with pneumonia of unknown cause was linked to a local Huanan South China Seafood Market in Wuhan, Hubei Province, China in December 2019. (Zhu, et al 2020). The disease is highly infectious, and its main clinical symptoms include fever, dry cough, fatigue, myalgia, and dyspnea. WHO (2020) declared COVID-19 as a Public Health Emergency of International Concern.

Concept of covid-19 pandemic

Being a novel disease that is highly contagious, spreading fast across the world, and the fact that there is yet to be an established cure for it, the COVID-19 pandemic has created a lot of panic in every part of the world. Also, information and misinformation about such factors as those associated with the transmission of the virus, period of incubation, and impact on the socio-economic, political and psychological livelihood of people in the society put the general population at risk of mental health distress. Considering its grave impact, the COVID-19 pandemic has been likened to natural disasters (Morganstein & Ursano, 2020), mass dispute, and war outbreaks (Fiorillo & Gorwood, 2020). The present pandemic is, however, more devastating because unlike during a natural disaster or war outbreak whereby people can relocate or build a sophisticated defence system to minimize or escape any foreseeable negative impact, there is nowhere to run to escape the impact of COVID-19 pandemic (Olapegba et al., 2020). The effect is far-reaching beyond a specific geographical location as the political and socio-economic structure of the whole world is disrupted and crashing, thus putting people more at risk of experiencing psychological distress (Raviola et al., 2020).

Concept of Social Well Beings

Social connection is the key to well-being. Wellbeing has been described from the perspective of the self (of individuals), this is most often referred to as 'subjective wellbeing'. In this perspective, wellbeing tends to be viewed as something that happens within an individual (Carruthers and Hood, 2004). The theory of 'Wellbeing Homeostasis' is an example of how subjective wellbeing may be explained from a narrow perspective. This theory posits that individuals maintain subjective wellbeing by psychological devices similar to how the body maintains its blood temperature and blood pressure (Cummins, Eckersley, Pallant, Van Vugt and Misajon 2003). However, it is more useful to view wellbeing as a social 'thing' something that goes beyond the psychological aspect of being an individual or a group. Keyes & Lopez (2002), argued, 'wellbeing consists of five social dimensions, including: Social acceptance (accepting others as they are); Social actualisation (positive

comfort level with society); Social contribution (a feeling that one has a contribution to make to society); Social coherence (understanding the social world as predictable comprehensible) and Social integration (feeling as a part of the community) (Carruthers and Hood, 2004).

Effect of Covid-19 Pandemic on Social Well Beings

The COVID-19 pandemic effect is far reaching the mental well-being of individuals in many societies. Many of the anticipated consequences of isolation measures are themselves key risk factors for psychological health issues including suicide, self-harm, substance misuse, and domestic and child abuse. Social interaction has been widely interlinked with psychological well-being, social opportunities and employment. Previous epidemics have induced widespread fear, loneliness and psychological sequelae; COVID-19 is inducing similar effects (Alradhawi, Shubber, Sheppard and Ali, 2020). The COVID-19 pandemic is posing unprecedented challenges to the social well-being of individuals. The rise in anxiety, depression and self-reported stress with sleep disturbance which catastrophically impacts the well-being are associated the Covid-19 pandemic is posing effects. Yorgun, Bozkurt & Demirbas (2020) emphasizes that the effect of the pandemic is increasing in both narrow and broad, and social problems are now being experienced in countries that were unprepared based on the outbreak of the pandemic. In particular, poverty is increasing, wages are falling, and income distribution is deteriorating, and the rapid increase in unemployment also strengthen the psychological effect of covid-19 pandemic on the social well-beings of many individual around the world. Government must take into account not only the economic effects of social isolation, but the mental impact of Covid-19 on the community of those suffering domestic abuse and the most vulnerable and preventing further detriment.

Remedies to Covid-19 Pandemic Effect on Social Well-being

Social connections according to Taylor (2006) are of particular importance during times of threat, the association between love and well-being may be amplified during pandemic conditions. In order to reduce anxiety and depression symptoms widespread among the population, the World Health Organization (2020) proposed specific guidelines on the correct use of health protection with the aim to minimize the distress of Covid-19 in association with health-care professions. At the same time, as a consequence of the emerging issues, psychotherapists provided psychological support online, addressing the technological benefit in reducing the anxiety of Covid-19 (Liu et al., 2020).

Serafini, Parmigiani, Amerio, Aguglia, Sher, & Amore (2020) emphasis that resilience may generally support or retrieve psychological well-being during or after addressing stressful disabling conditions. Historically, different indices have been adopted to measure resilience and individual ability to react to social, economic and political threats, including public health emergencies. Unfortunately, being less resilient to social threats, such as pandemics, may enhance the risk of developing psychiatric conditions (Khan, Siddique, Li, Ali, Shereen, & Bashir, 2020). Social support according to Wang, Wang, & Yang, (2020) is associated with a reduced likelihood to develop psychological distress and psychiatric conditions. Adequate social support for the general population with regard to specific at-risk populations (e.g. infected patients, quarantined individuals and medical professionals) should be provided by offering targeted, tailored messages according to the most reliable scientific evidence. Relevantly, a variety of mental health supporting strategies are required in pandemic areas in order to facilitate lifestyle changes and re-adaptation activities required after the occurrence of invalidating outbreaks (Xiang, Yang, Li, Zhang, Zhang, & Cheung, 2020).

Method

The research design used for this study was an Expost-facto. The research area for this study was Nigerians. The population of this study comprised all home economist, social scientists and journalists. Simple random sampling technique was used to select 50 respondents as the sample size. The instrument used for data collection was an interview schedule titled "COVID 19 PANDEMIC IMPLICATION ON SOCIAL WELL-BEING QUESTIONNAIRE" (CPISWQ). Cronbach Alpha technique was used to determine the level of reliability of the instrument. The reliability coefficient obtained was 0.81 and this was high enough to justify the use of the instrument. The researcher subjected the data generated for this study to appropriate statistical techniques such as percentage analysis and simple regression. The test for significance was done at 0.05 alpha levels.

Result and Discussion

Research Question 1: What are the extent of covid-19 in Nigeria. In order to the research question, percentage analysis was performed on the data, see table 1.

Table 1: Percentage analysis of the extent of covid-19 in Nigeria

EXTENT	FREQUENCY	PERCENTAGE
VERY HIGH	32	64**
HIGH	12	24
LOW	4	8
VERY LOW	2	4*
TOTAL	50	100%

** The highest percentage frequency

* The least percentage frequency

SOURCE: Field survey

The above table 1 presents the percentage analysis of the extent of covid-19 in Nigeria. From the result of the data analysis, it was observed that the highest percentage 32(64%) of the respondents affirmed that the extent is very high while the least percentage 2(4%) of the respondents affirmed that the extent of covid-19 in Nigeria is very low.

Research Question 2: What are the effect of covid-19 on social well-being of the Nigerians. In order to the research question, percentage analysis was performed on the data, see table 2.

Table 2: Percentage analysis of the effect of covid-19 on social well-being of the Nigerians

EFFECTS	FREQUENCY	PERCENTAGE
VERY HIGH	20	40**
HIGH	18	36
LOW	7	14
VERY LOW	5	10 *
TOTAL	50	100%

** The highest percentage frequency

* The least percentage frequency

SOURCE: Field survey

The above table 2 presents the percentage analysis of the effect of covid-19 on social well-being of the Nigerians. From the result of the data analysis, it was observed that the highest percentage 20(40%) of the respondents affirmed that the effect is very high while the least percentage 5(10%) of the respondents affirmed that the effect of covid-19 on social well-being of the Nigerians is very low.

Research Question 3: What are the strategies to mitigate covid-19 pandemic effect on the Nigerians social well-being. In order to the research question, percentage analysis was performed on the data, see table 3.

Table 3: Percentage analysis of the strategies to mitigate covid-19 pandemic effect on the Nigerians social well-being

STRATEGIES	FREQUENCY	PERCENTAGE
Psychological support online	11	22
Palliative	21	42**
Social distancing	8	16*
Correct use of health protection	10	20
TOTAL	50	100%

** The highest percentage frequency

* The least percentage frequency

SOURCE: Field survey

The above table 3 presents the percentage analysis of the strategies to mitigate covid-19 pandemic effect on the Nigerians social well-being. From the result of the data analysis, it was observed that the tagged “palliative” 21(42%) was rated the highest percentage affirmed by the respondents while “social distancing” 8(16%) was rated the least percentage of the strategies to mitigate covid-19 pandemic effect on the Nigerians social well-being.

Hypothesis one

The null hypothesis states that there is no significant effect of covid-19 on social well-being of the Nigerians. In order to test the hypothesis, simple regression analysis was performed on the data, (see table 4).

TABLE 4: Regression Analysis of the effect of covid-19 on social well-being of the Nigerians

Model	R	R-Square	Adjusted R Square	Std. error of the Estimate	R Square Change
1	0.97a	0.93	0.93	0.85	0.93

***Significant at 0.05 level; df= 48; N= 50; critical R-value = 0.279**

The table shows that the calculated R-value 0.97 was greater than the critical R-value of 0.279 at 0.5 alpha level with 48 degree of freedom. The R-Square value of 0.93 predicts 93% of the effect of covid-19 on social well-being of the Nigerians. This rate of percentage is highly positive and therefore means that there is significant effect of covid-19 on social well-being of the Nigerians. It was also deemed necessary to find out the effect of the variance of each case of independent variable as responded by each respondent (see table 5).

TABLE 5: Analysis of variance of the effect of covid-19 on social well-being of the Nigerians

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	463.55	1	463.55	645.77	.000b
Residual	34.46	48	.72		
Total	498.00	49			

a. Dependent Variable: social well-being

b. Predictors: (Constant), covid-19

The above table presents the calculated F-value as (645.77) and the P-value as (000). Being that the P-value (000) is below the probability level of 0.05, the result therefore means that there is significant effect of covid-19 on social well-being of the Nigerians. The result therefore is cognate to the research findings of Alradhawi, Shubber, Sheppard and Ali, (2020) who asserted that covid-19 pandemic effect is far reaching the mental well-being of individuals in many societies. Many of the anticipated consequences of isolation measures are themselves key risk factors for psychological health issues including suicide, self-harm, substance misuse, and domestic and child abuse. In particular, poverty is increasing, wages are falling, and income distribution is deteriorating, and the rapid increase in unemployment also strengthen the psychological effect of covid-19 pandemic on the social well-beings of many individual around the world (Yorgun, Bozkurt & Demirbas, 2020).

Conclusion

The outbreak of COVID-19 pandemic has caused economic crises in many countries and also to the psychological well-being of citizens thereby increasing unemployment and hard leaving. The posing unprecedented challenges of covid-19 on the well-being is rising the anxiety, depression and self-reported stress which catastrophically impacts the social well-being of many individuals. Policy makers managing the COVID-19 pandemic needs to understand the implications of COVID-19 on well-being to help address the population, especially the elderly and those with chronic diseases. Therefore, the concludes that there is significant effect of covid-19 on social well-being of the Nigerians.

Recommendations

1. Federal and state governments should start an awareness campaign on basic means of overcoming psychological distress on media and in communities generally in Nigeria to foster mental healthiness.
2. Healthcare stakeholders needed to collaborate with psychotherapists in the management of pandemic or disease outbreak to regulate residents' emotions and promote people's psychological wellbeing in society.
3. Nigeria's federal and state governments should acknowledge the devastating fact that COVID-19 has caused food and livelihood sources vulnerable to Nigerians, and that they need to deploy more resources, creativity, and transparency to ensure the basic necessities of life for everyone.

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