



Review Article

Appraisal of Fieldwork Data: COVID-19 and the Human Experience

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Abstract	Manuscript Information
<p>Natural disasters and community upheaval can have far-reaching and long term consequences. This research paper scrutinizes the psychological effects of long-term home quarantine, fear of the pandemic, distant employment and remote communication on individuals’ well-being, family and social interactions as well as the academic and research implications of pandemic scenarios of lives of all age groups in different job sectors. The study’s findings could be useful in determining work under pressure among villagers of different age groups, especially senior citizens and students. The study also suggests the importance of counselling in every difficult stage of the life of an individual. The pandemic’s emergence is an unpredictable shock, necessitating a prolonged lockdown to address the issue. This research would detail the alterations and evaluate the shock’s possible impact on several aspects of the daily life of villagers. This information gap may be required to keep a family cluster shielded or isolated safely from future epidemics, as well as to improve control strategies.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 15-11-2023 ▪ Accepted: 21-12-2023 ▪ Published: 31-12-2023 ▪ IJCRM:2(6);2023:142-156 ▪ ©2023, All rights reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes <hr/> <p>How to Cite this Manuscript</p> <p>Arya, C. Appraisal of Fieldwork Data: COVID-19 and the Human Experience. International Journal of Contemporary Research in Multidisciplinary. 2023; 2(6):142-156.</p>

Keyword: COVID-19, Community, Research implications, Psychological effect, Control strategy

1. Introduction:

COVID-19 is an important matter of current social and medical research worldwide. Central to the discipline of medicine and health, medical specialists and public health experts are focusing on taking charge of critically ill patients. Recent developments in the field of research have shown the need for multiple lines of evidence on psychological and social effects of a family and environment. This study builds on pervasive awareness and contributes to a selective approach, in an anthropological perspective. Over the past two years (2020-2021), there has been a major decline in growth and development of various facets of

a country due to the pandemic. Recently, there has been renewed interest in accessibility of mental health care and social media news stories. Impact of COVID-19 is an increasingly important issue in a familial environment. Most of the studies on pandemic have only been carried out on students, professionals, health care specialists as a set of groups and also various sectors of development. Until now, little importance has been given to the influence of COVID-19 in a family life in total. The issue of the spread of the virus, social distancing, financial impacts, lockdown, and governmental response to the pandemic had

recently grown in importance to every individual's life as a member of a family to improve control strategies in future.

2. Methodology

Area of study

The research setting in this study is Kolachery Grama Panchayath belongs to Kannur district and distributed in 17 wards namely, (1)Pamburuthi, (2)Kambil, (3)Panniyankandi (4)Naniyur, (5)Kolachery, (6)Perumachery, (7)Kodipoyil, (8)Palliparamba, (9)Kayachira, (10)Cheleri, (11)Noonheri, (12)Karayappu, (13)Cheleri Central, (14)Valavil Cheleri, (15)Edakkai, (16)Kolacheri Paramba, (17)Pattayam.

Data Collection

Data from the target groups of healthcare personnel were mostly procured through personal group interviews according to the availability of source. Almost all the age groups of students, professionals, and workers filled out questionnaires. Other information was gathered from randomly selected 1000 respondents. Interviews conducted in each group varied from 30 to 60 minutes during participant observation. From the rest of the target population, data were gathered through formal interviews via telephonic conversation according to the procedure outlined by the anticipatory research design. The initial sample consisted of the quantitative samples and was partly done within one month and the qualitative part was addressed within the 5 months of intensive fieldwork (15th December 2021-18th June 2022).

To increase the reliability of measures, face to face interviews with selected key informants conducted with all the security measures using an interview schedule. Interviews were planned through online mode because of the increase in number of COVID positive cases and framed questions in accordance with the time and convenience of informants. To understand social skills and social networks of the primary school, high school, higher secondary and college going students' data collected from different households by questionnaires and chatting during the fieldwork. The empirical comparisons were illustrated by using statistical methods and integration in social networks examined in the research area accordingly. Case study was employed as an essential tool for this time bounded study.

Review of relevant studies on the aftermath of COVID-19 in various zones and also the compilation of existing literature on the pandemic related activities worldwide is important for research work. There are a number of studies available that are found to be focusing on different facets of Corona virus and how it impacted the daily lives of different individuals from different regions. The seventh Coronavirus (COVID-19) would be considered as the most noteworthy warning to humanity following World War II. India reported its first COVID-19 case when a Wuhan University student returned to Kerala and tested positive on 30th January 2020. The impact of the virus made the history of mankind into two: Pre-COVID and Post-COVID periods. The pandemic is posing threats to global health with unforeseen repercussions. It looks for instance habitual changes and a sharp mind to survive. Health care sector went through one of the most difficult challenges and the frontline workers who worked tirelessly.

The Disruptive Impacts of COVID-19

Resilience in different perspectives has inclined to a standard of living. Post-COVID-19 pandemic including rare black fungal infections in contemporary society and in the way of increasing price of life, coordination with neighbourhood, principally for the most part of the village population had no stable income, were utilizing to a scope of amplifications to get a grip on the challenges.

Private bus owners including tourist buses would say that COVID-19 pandemic would sound the death knell for the private bus sector which was reeling due to fall in demand for public transport in the wake of COVID-19. A gazette notification proclaimed by October 2020 to regulate long-distance services and to pave the way for introducing KSRTC services had encountered much criticism. The notification said that private buses could operate only ordinary or ordinary limited stop services, which made them troubled. In addition to this, their route length had been capped at 140 km and the right to operate any new services and increase the number of trips was reserved exclusively for the KSRTC. In the midst of the pandemic the number of private buses was down in several places and the notification would further bleed the private bus sector, rendering the workforce of bus operators, crew, workshop, and spare part shop employees jobless. Private bus operators could challenge it in the court. There was no adequate number of buses in routes where private buses operated at some of the village areas in the Panchayat.

Some of the tourist bus owners put up contract-carriage buses for sale to stay afloat in COVID-19 hit in the Panchayat. Many old buses were being sold as scrap, for owners to mobilise funds to procure cargo-auto-rickshaws in which they could sell produce like fruits and fish. The situation was such that many were on the verge of suicide. They would say that the 'insensitive' attitude of banks towards them is unable to repay loans due to the COVID-19 induced financial crisis and made matters worse. Most of the bus owners were banking on their buses for their livelihood. They added that Kerala Government's uncaring attitude in providing tax sops, including on diesel had aggravated the crisis. Tourist bus operators had also approached the court on the issue in 2021.

Due to extreme mobility restrictions, workers' vulnerability had gotten greater during COVID-19. These exploited women labour as housewives, beauticians, and cleaners at hospitals and large corporate employees. Housemaids in particular were more vulnerable when staying on the employer's property. Elderly family members who used to properly handle housekeeping were unaware of what had happened outside regarding the emerging waves of pandemic surge. While the major part of the elderly populace simply has basic phones, some do not even have one. They have limited contact with the outside world, including their family, and it is challenging to get in touch with them.

With the fear of COVID-19 spreading quicker than the infection itself, many employers had asked their housemaids to stay away till the pandemic subsided. Prior to this, many such workers had lost their jobs since the outbreak of the COVID-19 in different places other than Panchayat. The domestic workers would say that they did not have much earnings and the wages from the

houses where they worked was their only means of income. Then they could not go anywhere and hence did not have any earnings. Most of them were women who worked in 3 to 4 houses before the first lockdown was imposed. Some women had several loans to repay and when, the going got difficult they contemplated to commit suicide. Most of the housemaids survived only because of free rations. The lack of transportation facilities during the lockdown had also affected domestic workers who were unable to travel to the houses they work at. They also lost their earnings when they had to go quarantine when some of their employers got infected.

The COVID-19 occurrences had nearly wiped the long-established hotel sector, necessitating enumerable hotels and the street food sources to lock up. Small-scale earners deprived from stable income and a tiny amount of eateries belonging to the Panchayat lingered in the same condition, depending on the change in pattern of food delivery such as ready-made meal and e-payment. The government guardedly restrained ordinances and welcomed more sectors. As the COVID situation stabilised and the government removed the curbs, people began to resume their normal lives. However, there are chances that COVID is still active and despite the substantial circulating variants including recombinant strains and the risk of contracting the virus again could not be discounted.

The amount that street sellers who were having roadside eateries preparing food items primarily catered to lower income groups could raise their rates were restricted. Even a small increase of one percent would result in a decline in the number of customers. Along with the COVID-19 situation, rising cooking gas prices have made street sellers' businesses unprofitable. Many of them had given up trade and joined the sanitation workforce since they were the only earners in their families. While someone remained and made an effort to survive. After the pandemic crisis many vendors' futures became uncertain due to the rise in fuel and commercial cooking gas prices as well as the increase in import demand. Fruit dealers were also having trouble paying back the loans that they had taken out for their small unit and for the education of their children who are enrolled in private institutions. They said that business had decreased to one-fourth of what it had been prior to the outbreak. Many street sellers have discussed how their enterprises have become unsustainable at all of the recent discussions with them. Since they have been doing it for so long and it is too late to start something new, many people remain with it.

The restrictions imposed to curtail the subsequent wave of Coronaviruses in the research areas hit hotels, travel trade, event management companies, bus operators that have been limping back to normality post lockdown. Inquiries had stopped reaching reservation desks of hotels and resorts were deserted till December, 2021. The limiting of stay of tourists to seven days and insistence on RT-PCR tests by states for those returning from the other state had played spoil spot. The directive to close down shops and restaurants was imposed and the home delivery had come in for flak. Respondents belonging to hotel and restaurant management would say that it was caused due to the flouting of COVID-19 guidelines during elections by politicians. Small units were the worst hit till June, 2021. Those who had fixed

weddings and receptions were confused as only 100 people were allowed to participate in indoor and outdoor functions and overserving of food for invitees. Whereas, they failed to arrange people to participate and some individuals were excluded, causing them to face personal grudges between the families during April, 2021.

COVID-19 connected spikes, struggling to lighten up the business hours and advent of inextricably linked trade activities and respective apps throughout the pandemic had made life difficult for men and women taking part in fish marketing over the different places beyond the research setting. They would say that they were targeted by the police and local officials despite following the COVID-19 guidelines till August, 2021. These days they have panic attacks serving government vehicles and have disoriented various customers as villagers grew accustomed to e-shopping and home dispatches due to the shutdown of usual business. Most of the days they would deliver ordered things unpunctual other-wise they were compelled to manage business dealings at unrelated edges caused by the inconsistent terms. Fisher folk had been encountering such problems at some spots in the Pamburuthi Island and other locations of the Panchayat and the concerned authorities kept bearing and answering the police. When these incidents continued, the fish sellers were compelled to move in pursuit of possible means such as agriculture and wage labour.

Lack of demand for artefacts and furniture left craftsmen and small-scale carpenters and their families in desperate straits. However, some of them were fortunate enough to find work during the pandemic. With temples and shops being closed and people reeling under financial stress, the artisans in the Panchayat were compelled to think of leaving their work and turning to other jobs for survival. With the outbreak of COVID-19 many had fallen into debt traps and felt incompetence without work. The escalation in the cost of raw materials had compounded the difficulties of the artisans and the temples, traders, and the public were not coming forward to buy the products. They were instead going for cheaper materials; they were unable to increase the cost of materials even though the production cost had increased several folds during 2021. As a result, they were bearing the loss by paying from their own pocket. Even traders had exploited them by trying to purchase the product at discounted prices, claiming that there were no buyers. Most of the craftsmen feared that the COVID cluster started here might have the same fate that faced by their association all over the state without getting any support from the government. They responded that there was no fixed income and unless the products were sold, that they would have no revenue.

Most of the middle-aged inhabitants, especially homemakers in the Panchayat responded towards the hefty private hospital bills during the pandemic. They could not pull themselves together when doctors at private hospitals asked for almost 1 to 2.5 lakh to treat their COVID positive loved ones. They found themselves helpless with no great savings from the meagre income. The amount was needed urgently for three doses of an urgent COVID drug which a doctor from the KOYILI hospital said would cost at least 30,000 each and 2 lakh and above for Angioplasty

surgery and treatment for an already deceased individual. Most of the private hospitals overcharged with facilities offered by them. They stayed helpless about exorbitant bills served by the hospital, including for PPE (Personal Protection Equipment) kits. As a matter of fact, the case comes under IPC 420 (“cheating and dishonestly inducing delivery of property”) but relatives of some patients kept silent on excessive bills and ensured the safety of their loved ones, at the time of admission. There was no uniformity regarding the billing for COVID-19 treatment for those having comorbidities by private hospitals.

The pandemic aggravated social and economic imbalance besides, family members becoming jobless and contracted COVID-19 had turned their life upside down. With not enough money found it hard to buy medicines for their loved ones and some lived all those difficult hours on the canned foods distributed by the Kolachery Panchayat. For them, they had not at all faced such tribulation of this enormity in their whole life. COVID-19 with ensuing curtailments had interfered with individuals who are working in the informal sector and having small establishments such as tailoring shops from acquiring a livelihood. The contagious virus had driven them impoverished. The labourers had lost many working days due to the second wave and due to the extended lockdown, when the traditional sectors were struggling to stay afloat.

For hairdressers, the lockdown had compounded their miseries. Their family survived and lost some of their relatives during the peak of COVID-19. They were forced to remain at home surviving with the cash borrowed from their friends and their shops had remained closed for over six weeks in the time of the first phase of the COVID-19 in 2020. Hairdressers are a skilled class of people who hardly get any relaxation during the lockdown. They had faced the worst of helplessness and misery during the COVID days, it was due to their type of duties they are bound to perform, because they dexterous in making moustaches, beard and hair in close propinquity to male persons. Apparently, possibilities were higher for catching the widespread virus. The lockdown had brought in added worries about repaying the cash they have borrowed for their house construction work. Many in the profession and pottery makers also in the Panchayat were going through hardships and that it was not an isolated case. Pottery makers, cashew industry workers, handloom workers, small-scale beauty parlour workers and tailors shared the same experience and most of them were going through debts. A section of such workers however, were managing to gain their daily needs by going to customers’ houses in the village areas of the Panchayat and unfortunately many had paid a price by contracting COVID-19 in the meantime. Some of them were out of labour surviving on their parents’ pension. For the past year in 2020 they were depending on the old-age pension of their parents even to recharge the phone for them and their children wanted to attend online classes.

The concussion and surge in COVID-19 occurrences on all parts of the Panchayat and the corollary lockdowns had plunged cloth merchants in several wards to the extremity, since they were confronting the huge deprivations in the last 2019 to 2021 years due to the pandemic allied restrictions. However, the unforeseen debt was the outcome of agents storing up destructively for the

expected festive seasons such as Ramzan. Usually the retail outlets would be left over up to early morning throughout the last few days of the *Eid* festival season to serve some of the last-minute buyers, in contrast to this, which was not applicable in 2020 and 2021 due to COVID-19. Almost all the textile markets here are owned by Muslim community and the Ramzan was formerly the mass money making period, until the upcoming Onam. Hence, the COVID-19 scenario had relieved abruptly all the while in January and the consecutive two months as well as the cloth merchants forecasted a good Ramzan sale. Many retail outlets had stockpiled with expensive readymade materials and had lodged extra spaces all the more to store their goods for the forthcoming season. Although, the setting curved the wrong side up by the end of the month April, 2021 and many of the retail outlet owners are still beholden.

The traders were in dissimilar instances of inconvenience. Several providers summoned them perpetually for settlement at the moment a few traders were being upset by liabilities of bank repayments in the year 2021. Many merchants were on the verge of suicide and the ward members had attended distress calls frequently during the year 2021. Merchants association called as *Samithi* had appealed to the chief minister to permit cloth and footwear outlets to be unlocked for coming weeks in line with COVID-19 protocol. Although, the chief minister of Kerala was not equipped to pull the probability; however, the shop owners had petitioned one more time to be unlocked their outlets from 5 to 11 night hours for the last two days of *Eid* season.

Financial crisis subsequent to the COVID-19 pandemic was compelling many auto-rickshaw drivers in the Panchayat to go in search of other odd jobs to pay the monthly installments of their vehicle loans obtained from different banks. The number of defaulters had also increased in terms of violation of COVID protocol as many were found alternative jobs such as wage labour, cooking and online delivery of *Biryani* (food item) varieties, birthday cakes and fishing. For some of the auto-drivers the early morning services and night emergency services were profitable during the COVID waves in 2020. However, passengers were minimal with the continuing containment zone regulations and prohibitory orders in place. Majority of them managed to survive the situation as banks would not attempt to seize the vehicles in the name of interrupted payment due to the pandemic related orders by the state government, till November, 2020. Only some individuals who owned a vehicle were mostly spotted on the streets in the late night hours till January, 2021. The dilemma for them was that they could not go for all types of jobs with the continuing COVID-19 threat till December, 2021. In addition to this, there were openings for paid-bystanders in various hospitals for caring for financially secured patients. Nevertheless, it was difficult to go for such tasks then as many of them had older beloved ones at home. Many of the drivers managed difficulties by borrowing money from close friends and relatives. With the shut down public transportation including auto-rickshaws virtually disappeared. People are still a little hesitant to use these automobiles.

The pandemic curbs were unrivalled shocks for Auditorium owners and workers. Most of the management were considering conversion, lease or permanent shutdown of halls. Since the

pandemic broke out in 2020 the auditorium's typical number of monthly events including weddings and conventions had decreased from ten to zero, with only three salaried employees remaining. They were asked to lease the hall during the initial lockdown, but they declined in the hopes that things would get better. Auditorium managers were attempting conversion, leasing, or even a permanent shut down as options because organising events involving large-scale gatherings of people remains a remote possibility since life alternates between lockdowns. According to respondents from the Panchayat who work in auditoriums, there have been numerous cancellations ever since 2021. Before immunisation efforts were stepped up to enable normal life, it seemed unlikely that business would improve.

Numerous people in many areas of Kannur district, including Kolachery Grama Panchayat, were unable to donate blood for sick patients in hospitals because of the pandemic and oppressive heat of summer season in the years 2020 and 2021. Due to limits on social gatherings, the larger blood donation camps had been unable to be held for the past two years. Before, large camps were held in colleges and auditoriums but in 2021 only tiny camps were organised because the plans did not proceed as expected. The primary factor was the 28-day blood donation restriction for COVID-19 vaccination recipients who had received the second dose and also, there was a lengthy interval of 28 days between the first and second immunisation doses. This implies that those who had the initial dose of vaccination had to wait 56 days before donating blood. Many people were receiving vaccination therefore they were unable to donate blood.

Many young adults had confronted an augmentation in uneasiness, hopelessness, insomnia and destructive or suicidal notions right through the pandemic. In addition, they had gone through a number of pandemic related effects that could be linked to poor mental health including college closures, the switch to remote work and loss of income or employment. According to household income, critically ill patients and young children the percentage of adults who claim that stress or worry related to the coronavirus has negatively impacted their mental health.

There were 250 selected both male and female adult respondents in the Panchayat and their responses revealed that sleep disturbances were the major concern for them during the pandemic. Unwanted social media consumption, stress of accepting a new environment, children's education and related network issues, fear of pandemic related death, having old age members at home with severe health issues were the main reasons that could lead to sleep disturbances for instance insomnia, nightmares, urinating frequently, late bedtime, oversleeping, vision impairments and headache. The respondents who engaged in pandemic related activities reported that they had anxiety including ASHA workers, Anganwadi workers and teachers.

The shift to online learning all of a sudden came as a shock for overburdened teachers and this was also a shock for students, some of them also lacked the facility to attend online classes. A lesser number of teachers had no time to obtain appropriate IT

tools, platforms, devices and no training was provided before initiating such an experience at the beginning. Such a situation had given the difference in primary school teachers' access to digital education and their performance was low at the same time ASHA workers and Anganwadi workers distressed by the COVID-19 situation. This created an asymmetrical society and led to anxiety among them.

A big share of people had financial issues and they had to borrow money from their relatives, who were working as wage labourers, handloom and garment workers and tailors. Frequent COVID-19 induced restrictions troubled them to earn independently, as they are the earning member in their family and caregivers having children and parents with severe health queries, people depressed due to job loss, work and safety issues, home quarantine and unhealthy clinical records. Over and above that, some of the respondents are former ward members, ASHA workers and Private hospital Nurses were more depressed during the multitude of unidentified societal and likelihood details (age, sex, travel route, acquaintance with unknown COVID-19 carriers, lasting incurable state of being, current use of chronic chemical substances and smoking) on every COVID positive occurrence in each ward and also the extended working hours. They thought of quitting their job more often during the first wave. Because, the first COVID case in Kannur district belonged to the Kolachery Grama Panchayat (Pamburuthi, ward no.1) during the first wave of COVID-19. Ward members and ASHA workers were overly concerned about their health and their family members' opinions regarding the pandemic situation. People reported loneliness due to the COVID related early death of their loved ones. Handful of people having serious health issues worsened after testing positive. These health issues made them over-thinking. Over all, the fact that for largely unknown reasons made them mentally down that reflected in doubling health queries.

Pandemic has reminded people of their mortality and a sizable proportion of adolescent sufferers were poignant at the time of the second wave worsened the set of circumstances. Mortality rate had been intensified for every age group except in the lower than the 20 age group. Loss of life in the middle of bedded patients exacerbated during the second wave and a prominent percentage of victims spoke out against shortness of breath and many of the required oxygen support and ventilators. Most of the general population has slight or severe fever-like issues because this was the repeated symptom in the initial and subsequent waves of the virus and also a larger aggregation of perturbed villagers had chest pain and related issues such as strain in breathing and adversity with Pneumonia. Fatalities had also been higher in the second wave compared to the first wave.

The age-wise vaccination striving would be quotient in curtailing the threat of virus infection to the children. When comparing the data of COVID deaths, Most of the deceased individuals were aged 50 years above and all individuals in the table had severe illnesses like heart, kidney, and lung issues as well as their Sugar, BP, and Cholesterol levels were high, and they were under medication except the 24 year old pregnant woman. She was tested positive during her pregnancy and died after her delivery and her girl child was safe in her husband's hands.

About 46 COVID deaths were reported in the Kolachery Grama Panchayat. Anxiety, depression, and post-traumatic stress had been among the prevailing disputes faced by the relatives concerned to deceased ones in the Panchayat when the first phase lockdown ended and at the time of the second wave started. An increase in mental stress was visible in the second wave in the view of ASHA workers. Some of the individuals called the Panchayat helpline numbers in the first wave had raised concerns regarding their safety and they had suicidal tendency. Some enquired about vaccination efficacy and hence, callers were counselled first and were connected to psychiatrists and other experts depending on the need. The majority of the callers had been men and in the age groups of 25 to 40 narrated by the former Panchayat President Mrs. Thahira K, who wished not to be named any of the individuals.

Almost 90% of the COVID deaths continue to be in the category of those who are aged above 45. Obviously, the unvaccinated ones remained a significant vulnerable group, most of them from Muslim population and some old age female members from Hindu community. Each ward in the Panchayat has at least 10 - 12 individuals unvaccinated. However, it was evident in the data collection, that among patients who are 50 years and above, especially those who had multiple co-morbidities or any individual with serious illness regardless of their age, whether the second dose of vaccine was administered would not protect them adequately. Irrespective of the age, those who had the second dose of immunisation within the last 6 months would not have any issue after they tested positive. It is pointed out that there is a value in the booster dose. Clinical studies show that the protective efficacy of the booster dose vaccine would prevent more waves on the pandemic.

Villagers found it difficult to adopt new healthy habits, so the government charged the Police personnel with making sure everyone adhered to the rules. The success of any public interventions depends critically on this health behaviour. The importance of health awareness is the primary factor in health behaviour. Despite being aware of their risk, many at-risk villagers found it difficult to change their health-related behaviours. People were aware that taking preventative measures such as donning masks, cleaning their hands, and maintaining physical distance might put an end to the escalation of the virus.

There were reports per the view of newspapers and on television that even public-travelling politicians, celebrities, and healthcare professionals might test positive for COVID-19. This suggests that a person's ability to alter and maintain a behaviour without changing their living and working circumstances has a limit. If the outbreak could not be contained, there was a propensity to hold the populace responsible. The fact that health hygiene and balance are merely one particular small subsection of human behaviour and is directly related to the meaning-making and functioning circumstances was not understood. When society is structured so that engaging in risky or unhealthy behaviour is not an option due to one's working condition or social background and behavioural transformation occurs. In the modern era, individuals who can afford to change their living circumstances without doing so at the expense of one-another means of support

are the lines that tend to be fit to steer clear of the peril of COVID-19.

Models for preventing disease concentrate on reducing certain risk factors. With very limited room for action, the function of public health in this situation is basically reduced to "propagating". In order for the government to modify behaviour of the people, a strategy that instils fear of punishment was required. When people break the law, the police are in charge of issuing fines. This has significant ethical ramifications, particularly for individuals who cannot afford to engage in some of the health-promoting behaviours. From historical evidence, it is known that people are inclined to spontaneously adapt to those health behaviour routines that can be 'natural' moreover inextricably connected to living and working environments. Understanding these health behaviour patterns and how they interact with social structures and organisations is the responsibility of public health experts. Anything less than this dedication to public health would ultimately result in placing the burden of "self-control" on the populace in situations where there is little room for action.

The considerable relationship that healthy behaviour has with epidemic prevention is another important feature that is tied to it. The main goal of communal well-being initiatives surrounded by an outbreak would be to stop the scourge from spreading among the populace in total. Meanwhile guidelines specify the one, only those with symptoms should indeed be checked and laboratory tests designed for clinical practice serve as the initial step, this does not aid in the prevention of the spread of virus variants. This is due to the fact that testing is done on people who are already exhibiting symptoms and who could potentially spread the illness by the time test results are available. There is a loss of chance to seek for high risk behaviour in individuals as well as the chance to identify those who may be at high risk of transmission due to the overreliance on laboratory tests. In other words, the strategy used to combat COVID-19 enables for the stealthy spread of the disease inside populations by purpose. The difficulty is that it is up to individuals, who frequently lack the ability to change their line of work and to change their health behaviours. The epidemic made it clear that public health had failed to internalise the information about the social causes of human behaviour. If an epidemic is successfully contained, science, institutions and the government are appreciated not the ordinary populace.

COVID appropriate behaviour and the responses collected from 1142 individuals in different households. People from the Panchayat believed that quarantine was the most difficult in COVID appropriate protocols and a high share of them had remained, and seemed to have aggravated even more with COVID-19 as people were house arrested. They wanted to have some personalised help and environment with a balance of work and life. They opined that sanitising hands was difficult due to their odour and the nature of their work. People said social distancing was difficult to follow because isolation in village homes was nearly impossible and they had not experienced this ever before. With COVID-19 variants getting identified and cases rising in some parts of the Panchayat, they said that revealing their own tested positivity was most difficult to ensure

and they were not even interested in getting tested. The reason is that, restricting them from others to the confines of four walls of home was quite tough for them. The respective religious backgrounds of Hindus and Muslims have shaped their social ties. Their interactions were limited to online resources and were only accessible for 16-40 age groups. Elderly population was under pressure in view of the fact they had to perform their religious rituals that they were practising from time immemorial. Wearing a mask is not only for self-protection but also to protect others and around 4% of the people responded that wearing masks was difficult. They have faced common issues like face discoloration, breathing difficulty with textile masks, and sweating.

In 1500 respondents who succumbed to COVID-19 during the first, second, third waves were symptomatic. They were facing post- COVID illness after the recovery. While 337 respondents had allergic as a consistent symptom, 326 people had hair fall and other symptoms such as joint pain, high BP, lung issues, fatigue, chest pain, skin issues and acidity. 50% of the total population of the Panchayat were symptomatic after testing positive of COVID. The deceased individuals from the Panchayat were symptomatic while tested positive and the youngest patient who died during the second wave was a pregnant woman recorded as a patient with anaemia and hypertension. The oldest inhabitants who died were critically ill patients.

According to the responses, a larger number of people had allergic symptoms and key observation from the Post-COVID symptoms in patients was that they have relatively lower risk of death when compared to kidney failure patients in the Panchayat. Almost all the post-COVID symptoms were easily curable and adequate rest and medicines were needed. Overall, it was visible in the analysis that a large number of those who needed intensive care were unvaccinated or completed only one dose of vaccination. Some of the individuals had unknown vaccination status and patients with COVID pneumonia were unvaccinated. It is understood that vaccination is an effective remedy to a great extent that could stop it becoming severe. Severely ill patients had multiple Post-COVID symptoms for instance allergic, acidity and skin issues. The point should be noted here is that a person with unvaccinated status or completed only one dose had long lasting symptoms rather than the fully vaccinated individuals, as the quantity of COVID-19 occurrences and mortality rate had been on the rise in different wards. People believed that free Homeo medicines to every household as part of preparedness in the context of the pandemic had significantly reduced stress about the fear of the pandemic. After all, the vaccine provided over 95% protection against severe disease and hospitalization in accordance with all the clinical records available, which meant post-COVID vaccination. Poor people had suffered far more than well-to-do.

After a long hiatus due to the COVID-19 pandemic, that it has left behind a devastating environmental consequence plastic wastes were mounting from masks to gloves and testing kits generated by hospitals, clinics, private labs and some of the individuals from the general population have abolished 'healing' state of nature as people stayed indoors.

Photo 3.1: shows that since the starting phase of the pandemic, people have been throwing plastic debris and masks into various locations in the Panchayat, which are still visible in different areas.



Source: Field data

Technological Advancements on Human Brain

The pandemic has had a serious impact on teenagers. More than 32 crore students in India were impacted by the COVID-19 related nationwide shutdown. However, depending on their family background, over all social structure of their society, the elements that affected their lives and education as well as the degree of the influential forces varied. Curriculum given in a COVID environment changed many things that it clearly impacted 2020 and 2021 batches and the pandemic has forced them to adopt technology faster and digitise the content of education.

As a result of the responses collected from parents, they believe that the traditional way of teaching is the surest option for their children to learn effectively, while some parents disagree, in view of the fact that they have a child with special needs, and others among supporters of online education have a diligent child. They favour online education for this reason and believed that online lessons saved children's time and allowed parents to effectively manage every aspect of their children's lives. Above all, particularly wealthy parents have expressed scepticism regarding the opening of schools by arguing that schools cannot enforce normal COVID-19 regulations and their children would be put in danger. Generally, eighteen months of not having schooling was a major setback for any child in the process of his/her learning, though the majority of the parents responded that an online class was no match for a physical classroom, it was not available to a majority of students. Hybrid learning for instance, offline classes for half the days in a week supplemented by digital or online classes for the remaining was allowed earlier. Schools had been closed since the national lockdown started in March 2020 and costs of school closure were immense. People

made considerable investments in their children's education to pursue a better future and living standard. Parents purchased electronic accessories including Desktop PC, Tablet, Laptop, and Smartphones to create new virtual learning for their children. A questionnaire operated among 1500 students showed that a larger number of students used WhatsApp and a lesser number of students used zoom for online learning. Schoolchildren, utilised television based instruction in KITE VICTERS channel, the educational television channel of the Government of Kerala, and the recipients belonging to the age group 6-15. Most of the students used multiple online platforms for learning. WhatsApp was the common platform for all age groups and well-to-do students used Paid apps additionally to enhance their learning. Google Meet used for PTA meetings, seminars, and examinations among students of all age groups. Degree and PG students commonly used WhatsApp, Google Meet, Teach Mint and WebEx Meet and private college students were using Telegram and Teach Mint App for learning. Teach Mint is more prevalent among private college students and Google Meet was used only for official conferences.

A questionnaire operated among 1000 students of all age groups, it is understood from the figure that Smartphones were the online medium for the majority of the students which was cheaper than any other devices. Students belonging to a financially secured family background used Laptops and Tablets and the preferences were made for their own choices. Pupils used paid apps such as '90+ My Tuition App' belonging to a financially secure environment. A larger number of students relied on YouTube videos and many of them have multiple access to different Apps. The preferences of available materials facilitated quality performances in their annual examinations and they are much aware to perform many tasks related to the online platforms for education. After all, online classes were inadequate for many and it was the less used session and they used to record all classes time after time. Hence, they could manage their study time.

Many students in high school and higher secondary education between the age group of 12-18 ages were occupied swiping their mobiles unwelcome apps and games. Students are getting more and more enamoured with the virtual world as schools and universities continue to be closed. Students aged between 18 and 23 were becoming addicted to several sites, where some were making fictitious profiles and trading private information. Teenagers were increasingly using online gaming applications and spent money on online shopping. Ageless IT misuse has become commonplace, during 2021, a year after the pandemic.

The fundamental reason for this behavioural change is lockdown. Student's behaviour has changed because of missing all parts of school life as usual. They were drawn to the digital world in the lack of social interaction. Parents who were worried have reportedly been calling teachers and counsellors or ASHA workers in a panic. Abuse of online application was a word that had not been recently encountered. Since the majority of activities now take place online, cybercrime has sharply increased, as evidenced by published and unpublished studies from the post-COVID era. Gaming, device addiction and abuse have increased together with the rise of online financial fraud. According to Police personnel, there has been an increase in

cybercrime in Kerala during the last 1.5 years. They continue by saying that the usage of gaming apps is not a post-COVID phenomenon and the user duration must have just doubled.

According to the published research on cyber abuse, adult websites saw massive global traffic during the epidemic, and the tendency is applicable to some of the financially secure students in the Panchayat. The studies revealed that compulsive usage of the internet could have long-term effects including aberrant sexual behaviour. This frequently turns into an obsession and has an impact on one's mental health. One could progressively wean themselves off games and conversation, but not necessarily adult websites. Parents attempted to control the issue on a wider scope but they failed to recognise the issue, teenagers often retaliate violently. They have developed a quick temper and aggressive tendencies. However, these could be fixed with prompt action and attentive parental guidance. Because they are financially secure, teenagers with iPads, Tabs, and other visual comforts could reach such unwanted sites. The education system was inadequately equipped to provide skills that made them attain lower grades, and the road ahead was uncertain for them.

The media consumption within these two years since the starting phase of the pandemic. The Pandemic prompted sleeplessness, anxiety and depression led to over social media consumption. This subsequent consumption of media had affected every facet of daily well-being. As an individual, a new environment cordially invited mobile phones as the last resort to reduce stress and spare leisure since people were the most valuable assets and personalized help had been provided through social media and became a support for many. Gaming Apps like PUB G, Candy Crush, various Football game applications, Water Sort puzzle, Free Fire etc., Instagram, Facebook, WhatsApp, YouTube, Telegram, Snap Chat and the recently banned App TikTok were most prevalent, had significant features and consistent performance back up among the populace.

200 responses are selected to identify popular mobile applications as shown as the line graph denoted that most of the individuals used YouTube, TikTok, WhatsApp and Gaming Apps were the most used during lockdown and all the respondents using multiple apps largely allowing them enough time to relax and resources to recoup daily in accordance with personal preferences for instance education, entertainment, art, agriculture, knowledge and awareness of pandemic, cultural events, cooking, craft making, singing, dancing, fun games etc. Moreover, popular apps provided empathetic social support to overcome distress pertaining to misinformation.

Internet and OTT platforms are full of passive entertainment options. With the help of YouTube and other entertainment apps, all people, even children, were exceptionally able to grasp technology fast and managed to do several jobs such as cooking, craft making, gardening, agriculture activities etc., like professionals. It was a nice way of entertainment for people and they ended up doing something as a bonus with the internet. In passive entertainment, they invested energy, time and resources to enjoy lockdown days. Earning members of households faced a lot of stress due to job loss, learning gap, lack of physical movements, gym closure, etc., and generally found an escape in passive entertainment. The stressful life of lockdown encouraged

parents to provide something quickly to pacify their children like a mobile phone as a pacifier. The elderly suffered from a lack of quality entertainment options. Due to the lockdown, they were unable to participate in physical activities. Moreover, the passive industry of entertainment did not offer much space. Television entertainment was the only option for most of the elders. Spending hours and hours on such passive entertainments resulted in poor health outcomes and sleep disturbances.

The subsequent second wave of the COVID phase subsided liberal travel confidence of the total populace. The remarkable ground boosted hours spent on social media repeatedly in the midst of the pandemic. Most people were preferring entertainment over fear of tested positive, unhealthy complications and work related pressures. The gloom of the past two COVID-19 years, festivities came to a grinding halt and they dressed up together with family members to post pictures on social media. A traditional way of celebrations set as WhatsApp status option and gradually hours spent on social networking interfaces increased. The results adversely affected their lifestyle following unfavourable situations.

COVID-19 furthered electronic media usage for gaming, chatting, posting videos, sharing stories and video conferences. The main challenge was there in adjusting their sleep hours due to the lack of adequate physical movements and addiction to technologies. Television channels are providing marketing of various programmes in order to attract audiences. This over consumption of watching on the small screen and big screen such as Television and Laptop overnight led to sleeping disturbances. Skill, focus and stamina had reduced tremendously led to drowsiness and fatigue for no reason. Use of wearable gadgets, touch-free services, and other such modern amenities made technologies as blockhouses. Technology and an entire range of opportunities had arisen E gaming as a trending new sport platform, and nowadays children were becoming more addicted to it. Most of the individuals had inadequate or lack of satisfactory sleeping where constantly using social media resulted in fatigue, headache, muscle pain and visual impairments. Among those who had post-COVID-19 syndrome, fatigue as the major symptom and abdominal discomfort are the two reasons reported sleep disturbances subsequently anxiety-like psychological disorders are the severe outcome of lack of sleep or overnight consumption of social media. Some respondents among 200 had a good amount of sleep hence, they were engaging with agricultural activities.

The Manageable Impacts of COVID-19

Most of the Ayurveda medical shop owners and Pharmacists would say that the sales of immunity booster Ayurveda medicines had increased ever since the unlock phase of the pandemic began. There was an increased demand in honey and organic-labelled products. The general population bought the products and believed that these products protect them from COVID-19 while improving their immune defences. Ward members distributed Homoeopathic tablets and some Ayurveda products like *Chyavanprash* and *Indukandam Kashyam* within a kit. People believed that such products did not torment and played a big part in total robustness. This was prevalent in almost

all the families and the local body encouraged the usage of such products. Some of the laboratory findings show that *Ashwagandha* herb provides immunity into healthy cells and high binding efficacy against SARS-CoV-2 virus compared to the chemical compounds like *Favipiravir*, *Lopinavir*/*Ritonavir*. However, these drugs had no clinical trials and human trials show promising antiviral activity, however these were not significantly effective in improving disease outcomes.

People had their own herbal use with turmeric, black pepper, ginger, lemon garlic mix of medications. Hence, turmeric, black pepper, and ginger infusions were more prevalent among the community. There were varying degrees of benefit to different individuals in a family depending on their individual satisfaction. The several herbs have ancient significance and that had been assessed in autoimmune disorders as well there was indications to convey that innumerable individuals had adaptive immunity during the first wave of COVID-19. Several local enterprises had been marketing Ayurveda products online in the connection regarding COVID-19 and dispensation and the local body's uplifting of Ayurveda over and above that yoga practices for slight and bearable infections for mending convalescence from post-COVID-19.

If one individual exposes symptoms related to COVID-19 for instance, viral fever, watery eyes and sore throat, headache and dry cough, body pain, and deficit of smell or taste, he is being tested COVID for the safety of his elderly members. Luckily, there are diagnostic labs, and the labor and training to be able to conduct several RT-PCR tests. The function of healthiness and attitude such as foodstuffs, deliberate bodily movements, deep sleep and taking a nap, smoking and chemical abuse, and the rest in community health and hygiene need peculiar attentiveness during an ongoing pandemic. The real task for health workers was to identify high risk categories from the existing social sphere which could be exceedingly unsafe at any unspecified juncture. It was difficult for screening those groups and made well organized when greater risk groups are pinpointed and bagged for methodical scrutiny to prevent probable catching of virus.

COVID-19 has forced many individuals to innovate and invent new levels and that opened the ways more functioning unknowingly. Individuals having work from home understood that it had challenges and was an opportunity under COVID surge. Many Gulf returnees who are new farmers or hoteliers nowadays are satisfied with their current job. The three sectors: health, education, and digital have set the vision that they tested, worked and scaled up.

Government endorsed online recording procedure for COVID-19 vaccination drive had revealed the flagrant digital divide in the Panchayath. This divide was clearly visible as slots were available for 45-60 age groups villagers. The local body had rectified this issue with spot vaccination and giving priority for them, after the problems increased. There were many children and adolescents coming with fever to PHC. However, no critical issues were recorded for them. The government had detailed guidelines on treatment for critically ill patients, however not many doctors were aware of it. There was an obvious communication gap or proper allocation which was altered

further. The studies have come up recently with approvals of various drugs on people who were unvaccinated although it could not be practical for people who are fully vaccinated.

Most of the students strictly followed COVID appropriate protocols and parents were very satisfied with it. During the pandemic, the population of Kerala in some places faced problems for instance monetary, mental, medical wariness issues related to pandemic and hence there were no critical cultural problems, early childhood marriage, childhood abandonment as the population of other states were faced. This was applicable to the Kolachery Panchayat and children were safe in their parents' hands. They tried to understand that conformance to COVID annex behaviour was the unilateral course of action to bring down the impact of pandemic waves on unhealthy conditions.

Medicine is evolving constantly in accordance with the contemporary researches about hospitalization, complications and death, and preventing serious infections are conscious in the health sector. It has changed the unvaccinated population to the vaccinated. The working of each drug depends on the type of population and the human behaviour. The susceptibility of each individual infection was different even if they were unvaccinated. This has given an important lesson to mankind that infection, prevention, and after effect would depend on the types and sub types of virus variants and how they behave to the living body. This has addressed the issue in education and dissemination, the medical evidence is based purely on science. There is a necessity for a booster in preventing serious infections. The government had mandated work from home in accordance with the situation. It was beneficial for mothers with children less than two or having a differently-abled child and also for cancer patients and others suffering from serious illnesses. The teachers and students switched to online learning and made opportunities to secure high scores, improve skills and join other useful online resources for those who are good at studying. Pandemic-driven lockdowns prevented the spread of virus to a great extent and every individual had calculated more emotionally to overcome this crisis at a family level. The decisions made by them depend on the values, attitude, behaviour, habits, interests and their overall lifestyle.

Children were fascinated by 'YouTube Videos' and filled their leisure with painting, craft making, cooking and planting. Most of them have acquired new skills apart from their school syllabus. During the 2020 lockdown teachers and PTA were active in extracurricular activities in supporting children for their skill development and children had an active participation for schools' YouTube channels and they are still maintaining it. LSS (Lower Secondary Scholarship) winners were appreciated and a trophy was given that was delivered to their home by the teachers. The participation of programmes to upload videos in YouTube channels and the appreciation given by the teachers could literally keep children's mindfulness and happiness.

Photo 3.2: Teachers delivering a trophy to a 10-year-old LSS winner who is studying at DESA SEVA English Medium School during the lockdown period (2020)



Source: Field Data

The resumption of offline classes came as a relief for many college students of the Panchayat who feared the consequences that a zero academic year potentially has on a career prospect. Higher education institutions were set to partially reopen amid challenges posed by the pandemic by 4th January, 2021. The classes held at 50% attendance and on a shift basis depending upon the student strength. Students had to attend a maximum of five class hours a day to compensate for the lost time. Students of all age groups were aware of the origin and transmission of viruses in detail and they faced pandemic posed troubles in family spaces and establishments that had an impressionable plight on their mental health. The government's decision to apply formative evaluation that would be applied to the prior class performance owing to the epidemic, which was signalled by a switch to online classrooms and the TV based instruction were the main source of concern for CBSE students in the Panchayat. For evaluation of students' performance, there are two terms: summative assessments and formative assessments. Summative assessment includes the yearly, high stakes school public exam. Due to the pandemic, it had to be postponed or cancelled in 2020, and the educational system was forced to, reverting continuous evaluation methods or other measures. The term "formative assessment" refers to this. It was a complete loss of access for some pupils without electricity, connectivity, computers and smartphones. Formative assessments had taken the place of annual exams that could not be held using pen and paper. Students were left wondering about the nature of formative academic assessment. Students belonging to 12-15 age groups were watching YouTube videos and were well informed on the pandemic, origin, transmission, and myths surrounding the virus. Even 5-6 age group pupils had access to all mobile phone applications, which helped them fully inform them about the disease.

Even amidst the COVID-19 pandemic the people were welcoming Christmas, Onam, Diwali, Vishu, Ramzan and Navratri festivals with joy and hope, and the celebrations were confined within their family. They kept themselves safe and went shopping and had taken all precautions, maintained physical distance with others during 2021. In 2020, they were more conscious about the virus and concerned about the elderly in their family and had celebrated the festivals and special occasions such as birthdays and anniversaries. Temples and Mosques were closed in the Panchayat where the Muslim population is high out of the total general populace.

One of the general observations throughout the time of COVID-19 at the family level was that each individual within the family experienced the situations in their own way. There were created spaces to share feelings, eating together, games, gardening, cleaning, reading and having a pet animal as a new possession. There were two challenges during the pandemic, namely sustain mental health and addressing the distress related to pandemic appropriate behaviours. They had overcome the issues with social networking apps such as chatting, posting daily videos, posts, photos, and sharing feelings via WhatsApp to their loved ones as a common platform for many. Though the pandemic symptoms had been severe or mild or moderate in terms of degree and duration every individual within the family experienced differently. However, illness of any individual could affect the full members and the decisions were taken together to cope up. Sleeping time, their daily diet, and relaxation techniques improved and made facing the pandemic a joint effort.

Photo 3.3: In a Hindu family, a woman initiating her twin children into the world of letters during *Vidyarambham* Ceremony at her home due to the pandemic in 2021



Source: Field Data

Community level support improved villagers' emotional health and the festivals have had a remarkable role in connecting together in such a familial environment. Cultural rituals were a relief to strengthen individuals from halted lives and plans. One

of the activities that had been strengthened during the pandemic was religious discourses in each ward. People were participating in online discourses and finding emotional relief. Cultural practices and rituals could strengthen individuals, families and communities and they had utilised inner guidance to convert their sad state of affairs due to the pandemic.

A gulf returnee, habituated to be a small-scale farmer as late as the epidemic pressurized to abolish his futuristic plans, had a bad patch on what was a prospering and sturdy business. With five cows and cattle in the unvarying firm, he used to sell around 15 to 20 litres of milk in the morning and the earnings was amplified by the vending of fresh curd, butter and ghee which are churned out from the milk. His family upheld him with green fodder accumulation and subsidized livestock feed from the *Milma*, Kannur Unit was a reassuring agent. Nevertheless, he has to manage with the increase in price of livestock feed and lowering the abundance of green fodder along with an exorbitant sum of existence activated by the raise of fuel price together with cooking gas and rising prices of vegetables. At this time, he has joined a WhatsApp group for farming assistance and it is a lot tougher than before in consonance with his words. The cash went on into providing food to his ménage of six including elderly and rearing the animals kept up for, besides bearing the expense of repayment obligations of the bank loans that have been benefitted for copious reasons. When his life turned to agriculture, has given much flexibility to chase for additional income, moving from one work to further envisioning him more comfortable to earn freely.

The concomitant side effect of COVID-19 was also the shock waves in the tourism sector. The backwater tourism sector had hardly recovered from the scars left by the initial wave of the COVID-19 epidemic, when it was starting at another headwind due to a stake in COVID-19 occurrences. With a dip in tourist flow, the stakeholders feared the second COVID-19 wave would spell doom for the sector which had faced numerous setbacks in 2020 and 2021 in the form of COVID-19 outbreaks and floods at the Pamburuthi Island, the 1st ward in the Panchayat. Houseboat owners found it difficult to keep the business afloat in the face of recurring setbacks. After the COVID-19 induced lockdown, the sector from Pamburuthi Island (ward no. 1) belonging to the Panchayat was on the path of revival. They did some good business during the festival periods. However, COVID-19 reared again with the virus variants and the government tightening restrictions and the boat owners then worried a lot.

The houseboat sector was among the first to come to a grinding halt after the outbreak started to sweep every place in common. The boats remained anchored for more than six months before the government allowed the sector to resume operations in October 2020. In the absence of foreign tourists the sector was dependent on domestic tourists till October 2021. Boat owners would say that there were hardly any enquiries or bookings in the years 2020 and 2021. They were getting zero visitors from other states. They opined that the tightening of curbs like mandatory quarantine was not helping either. The holy month of Ramadan was very special for Pamburuthi inhabitants who could witness the tourists from the regions of Kasaragod and Kannur

districts visiting the place after the second wave of the pandemic. Apart from houseboats, shikara boat operators, ordinary boats, homestays and hotels from the neighbouring Panchayats too were anxious about their future. It was suggested from their association that, to double the revenue, all members of the small-industrial community should have explored the scope of digital marketing tools and e-commerce.

The all Kerala watercraft operators' union had petitioned to Kerala government to permit them consolation from remitting license fee of the year 2020, taking into consideration the disarrangement in operation created mostly by the COVID-19 in December, 2020. The fishing boats have been going through an acute financial crisis since the outbreak of COVID-19. There was an insufficiency of trawling largely since seasonal fluctuations as usual. In addition, the COVID-19 curbs had driven in the loss of catching days all through the years 2020 and 2021. The phase shifting of the COVID-19 curbs has resulted in many tourist boats resuming operations in the Panchayat.

Pamburuthi Island is a place where nature abounds and this breeding colony has reportedly been present in this area with 93 acres with 300 Muslim community households. The entrance of travellers to tourism exploration at Pamburuthi was beneath expected, in spite of moderation of epidemic related restrictions from November 2021. Water bodies now are exerting a sensible number of sightseers inclusive of travellers from neighbouring communities and districts during day offs and long weekends. Comparatively visitors in abundance are coming to Pamburuthi in larger numbers, the tourists to the top-level are largely urbanites from alongside locals, and they would rather arrive home by late afternoon. Though the tourism sector has been fully opened, houseboat owners have been directed to disinfect their vessels after each trip. They ensured that the boat crew and tourists would not come in close contact and install a partition separating the driver's cabin.

Photo 3.5: Pamburuthi backwater tourism sector and sole route between the Island and the outside world



Source: Field Data

Disinformation on COVID-19

Social media highfalutin for instance Facebook, Twitter, and Google embattled due to fake news in the year 2021. Healthcare professionals are better prepared and more knowledgeable about the virus now. There are diagnostic tools to combat different COVID-19 variants and infection, and vaccination was a great move. Digital technology has given vaccine scepticism a boost. Misinformation outbreaks that spread through social and digital media have the potential to have a big negative influence on public health in this era of excess misinformation. Because everyone is increasingly consuming news and information online through social media, the village population is particularly exposed to this dilemma. When spread through prominent social media platforms, this kind of false information, notably when it is related to public health initiatives like immunisation, virus variations, pandemic - related deaths, and drug usage could have

a negative effect on public trust. The line of action in opposition to falsehood and exaggeration on television broadcasts created an agony that did not already exist. In fact, any piece of the bulletin might call attention to divergent events, circulation and incidents across the populace via the possible course of action by the content creator. It was for the observer to make a choice from the persuasions offered by the unconnected media platforms. Fact checking media outlet reports from different newspapers had helped the villagers to abolish fear of vaccination. The authoritative had already obstructed “743 social networking platforms and URLs circulating fake stories on Coronavirus disease by 17th November 2020”.

The virus induced deadly moments worsened even more due to misinformation and inhabitants started feeling stressed and miserable while COVID-19 cases actually were on the rise. The deliberate proliferation of misinformation against present-time

medical science and immunisation by particular people with contingent interests dramatically increased vaccine hesitancy among villagers. As a matter of fact, any person or a group of individuals who proliferates misinformation against the vaccination and vaccination drive, which was meant to confront the COVID-19 pandemic must be prosecuted in accordance with the law under the applicable provisions of the “Epidemic Diseases Act, 1897, the Indian Penal Code and Disaster Management Act, 2005”. Certain attempts of certain individuals to mislead the naive public and foster supposed medicaments or drug development in the absence of the assent ought to be curtailed. Hence, forth, the government promoted free vaccination to all age groups.

At the time of spreading misinformation, post-COVID-19 aggravations of lung fibrosis, and grown thrombotic turn outs and other fungal contagions were on the riot was the main reason still some of the individuals in the Panchayat were hesitant to get vaccinated at least a single dose. Social media coverage and rapid spread of misinformation complicated government guidelines to ensure the safety and awareness about the pandemic. In general, creators across the media are adapting to the new economic realities of a post-COVID period and celebrities, musicians, artists, reputed doctors through social media to vanish spreading misinformation and this digital solution made an end to vaccine hesitancy largely. A reliable time-bounded awareness about COVID-19 and other pandemics disappeared doubtful thoughts of people. People who were prepared to make tough choices had a significant digital influence-led strategy by the social media platforms.

Most importantly, the fact-checking occurred much later in news pieces and magazine articles, which many readers would not get to. Over time, the fact-checking community had undergone truly remarkable and significant changes. In terms of journalism, there has been considerable acknowledgement of two issues that have historically hampered news organisations as they dealt with misinformation. One of them was that powerful people who lied and deployed journalistic convention by quoting them identically in headlines even when what they said was false were the basic drivers of misinformation. Some media outlets had demonstrated a greater openness to running headlines along the lines of “seeing as” had falsely stated without proof that it was the fact.

Two different types of fake news affected the villagers: organised disinformation on social media and news that came straight from officials. Few news organisations have fact-checked statements made by politicians. However, the political deeds worried some television outlets that tried to fact-check. The mainstream has acknowledged the problem of organised misinformation on social media, but few news organisations genuinely conducted fact-checking. Minority communities are the principal targets of misinformation, and little fact-checking has been done to lessen the harm.

The misinformation spread was of a fairly straight forward nature and was easily refuted. It was just the systematic way that numerous bogus claims were created everyday utilising texts, graphics and photographs. There had been tremendous surges in disinformation and it typically takes the form of old movies and photographs that were used to depict current events, particularly

if they had violent elements or were highly politicised. Old pictures and videos were the most popular sources of misinformation therefore it would take very little technological effort to create something as simple as an image database. The other thing that happened, particularly among the village population, was that alternative medicine watched the pandemic as a golden opportunity to become more well-known. Many treatments that purported to treat COVID-19 had been released. Many customers were repurchasing these medications without doing any fact-checking because these claims were available on Google search engine and Amazon online delivery App. The issue was considerably worse than it had ever been, and the science behind it was too complex for the newspaper stories to handle.

3. Discussion

COVID-19 has already had a massive smash on many facets of the general life of the village population. Even though a considerable amount of studies has been published on the topic, thus far, there has not been an inquiry on the impacts of Coronaviruses on the familial habitat from an anthropological perspective. The appraisal of fieldwork analysis would fill this gap by presenting a critical view of 1500 responses from the villagers of Kolachery Grama Panchayat on the link between COVID-19 and family clusters. Besides, a critical view of the experiences in each family cluster within a cultural background bridges the research gap between COVID-19 and familial environment. COVID-19 had spread globally which was not merely a health query however it also affects the life of each individual within a family causing mild experiences to excruciating experiences with dissimilar family backgrounds. Lockdowns have been a remarkable spin off in different aspects and repercussions varied from individual to individual also from one family to another.

The results showed that the COVID-19 epidemic has adversely distressed social media exhaustion of each individual per day between both male and female. . It is evident from the study that almost all age groups who are aware of internet access, had consumed at least 3 hours per day during the lockdown period. Overall data analysis reveals that the pandemic related prolonged situations had massively influenced the mental health of the villagers and mental health problems for instance depression, anxiety, financial distress and loneliness were more common in adults during the first phase and second phase of lockdown than in schoolchildren and adolescents. It was estimated that this might be due to the closure of shops and organizations and as well as low level of social interaction. Habits and social relationships that contribute to mental and physical development were hampered during COVID-19 isolation. It was said that this barrier was filled with isolation, anxiety, worry, uncertainty, and isolation which resulted in a behaviour change as well. Among the male population, the samples evidenced that financial issues had affected their mental health. Among the female population, they faced sleep disturbances due to lockdown, whereas staying at home had led to more stress, and stress related problems within the family environment, overconsumption of social media had increased its momentum. The male respondents had experienced

anxiety, loneliness and depression and health queries comparatively in higher degree than the female respondents had. Anxiety, depression, and loneliness were commonly found among the families of deceased individuals. Death of a family member and unhappiness were the main reasons for the increase in depression and health issues in all age groups. It also determines the need to place more emphasis on the mental health of adolescents and calls for an accelerating plan for rectification. The students of all age groups responded to the study and showed that female students had more access to available online materials for learning. YouTube videos and audio recordings had significantly contributed to their learning. Female students had used paid apps and free educational applications more than male students. E-books had used less among the student population and only female students utilised it. Both male and female students used multiple sources to enhance their learning outcomes.

Many of them utilised audio recordings and these students were from well-settled families especially among the Muslim community who have been using paid apps. Although YouTube videos and free apps were more accessible sources among students of all age groups and different families.

Field data displays, there were 1500 respondents among the villagers who had opined about Post-COVID symptoms revealed the relationship between the post-COVID symptoms with respect to age groups. It is determined from the study that, allergic symptoms were more common and it was found largely in the age range of 18-25 years and hair fall was the second common symptom among them. It is apparent from the cross tabulations that 15-64 age groups with pre-existing comorbidities were at high risk during COVID-19 in the Panchayat. Representation of quantitative data with mathematical models could help in detecting negative effects of mental state, and their respective preferences, which are highly subjective in nature and far better reporting of COVID-19 deaths, nature of related problems and viral transmission, are sensitive information. This inconsistency due to the state of affairs amid pandemic impacts was fast disappearing that the circumstances and behaviours with them are modified constantly even if it is good or bad.

It is evident from the data that time factor is a necessity to protect each individual from mishaps. Focus group discussions and frequent telephone calls to clarify subjective and sensitive information have helped in checking the reliability of the data. This aspect of the field data demonstrated that change in patterns of consumption of social media and hours spent and basic human nature to adapt have greatly influenced how they perceive things and handle. Data analysis confirms, human behaviour is strongly influenced by the perceptions, harmony and knowledge of members within a family. Overall, the results validate a strong effect of flexibility, a family's speed of operation and unity, and ability to respond quickly to change in circumstances.

Students in each family had a successful and peaceful environment so as the elder one decides and handles the power to revive in a village familial environment. Charitable support for the indigent families and victims' families could be achieved through empowering and capacity building. Hence, larger and

better surveys required in accordance with the state of families, in order to understand their emotional concern and build them confidence to face would benefit the secure future.

4. The major findings of the study

1. The study has shown that the pandemic has had a serious impact on teenagers, who are students, forced to adopt technology to study faster and digitised the content of education. In general, therefore the results show that smartphones were the only medium for the majority of the students, a larger number of students relied on YouTube videos and some of them have multiple accesses to different apps. This study enriches the framework of apprehension around the effects of information and technology on student's learning and the preferences of available online sources facilitated quality performances in their annual examinations and the student-teacher relationship became stronger than ever before. Meanwhile, the online live classes were inadequate for many and it was the less used session and they used to record all classes time after time to manage their study period, which gave them good results.
2. In the Panchayat, no significant reduction in disinformation on COVID-19 was found and it had spread through social and digital media and verbally, had a big negative influence on public health and vaccination drive. A reliable time-bounded awareness regarding the COVID-19 and other contemporary pandemics on reliable online platforms had disappeared doubtful thoughts of villagers. In recent times, they are prepared to make their respective choices on vaccination and health strategies because of the tremendous surges in disinformation.
3. This study confirms previous research findings and contributes to the understanding of post-COVID syndrome. A larger number of the respondents are confirmed to be allergic to the post-COVID illness and. Acidity, skin issues, joint pain are the persistent symptoms among them.
4. The findings from the field data have conclusively proved that, mental health status reciprocates a fear about the pandemic, post- COVID illness, hidden interests amid lockdown, physical health and educational status, over consumption of media for gaming, chatting, posting and sharing and had adversely affected their lifestyle followed to the unfavourable situations in a family.

5. Suggestion

COVID-19 had caused unrivalled desolation, however technological advancement had availed readily to overcome uncertainty in future. The population desperately needs restoration of mental health and healing of prolonged health queries in all age groups, hence, each individual lives in a different familial environment and having respective stress and differential problems in connection with disasters and dilemmas. Anthropology of counselling as an orientation can be helpful in sorting out riotous issues within a destined way of life of an individual.

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