

**Effects of Post-Covid-19 on Laborers: A Study of District****Rajan Pur, Pakistan****Shafiqulrehman†**

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ABSTRACT

Covid-19 has sparked the closure of industries and factories. This led to a significant impact on laborers in many ways. This study examined the effects of post-Covid-19 on laborers, focusing on their employment patterns, job security, daily wages, and workers' well-being. To achieve the objectives of examining the socio-economic impact of post-Covid-19 on the respondents and analyzing the psychosocial effects of post-Covid-19 on the respondents, an interview survey was conducted, focusing on aspects of psychosocial well-being, safety, financial stability, and work-from-home implications. This study was conducted in the Rajan Pur district of Punjab. In this research, the population consisted of laborers from the total population in the Rajan Pur district. A sample of 300 people was selected through convenient sampling. Structured interviews were conducted for data collection. The data was analyzed using SPSS-24, and the t-test was applied. The findings indicated that the male population was more affected by social, psychological, and economic factors compared to females. The preliminary results indicated significant changes in the labor market, including increased remote work arrangements, reduced labor satisfaction, increased stress, and concerns about future prospects. In terms of financial stability, laborers, daily wage earners, and private employees faced more instability. Based on the standard of living, people were more affected by the COVID-19 pandemic. The findings will assist policymakers in understanding and devising appropriate policies considering the psychosocial and work-related economic issues faced by the working population of Rajan Pur district after the COVID-19 pandemic.

Keywords: Post-Covid-19, Rajan Pur, Laborers, Psychosocial Well-Being.

Introduction

The epidemic produced by COVID-19 was first activated in December 2019 in the city of Wuhan, China. The stigma initially focused on China a few weeks after the infection was discovered but then spread to various regions and countries. A contagion of different proportions and characteristics has affected nearly every country and nation. Presumed deaths occurred; the infection originated in and was later exported to the United States and the United Kingdom. Among these regions, Italy, Japan, South Korea, and Pakistan have suffered the most so far, with the number of infected people dynamically calculated in different parts of the world. Cases detected in China are expected to have spread substantially over the past 90 days, although the number of privately reported cases in the country is currently declining. (Campello et al., 2020).

The COVID-19 epidemic has brought about social and economic difficulties, causing enormous problems for people around the world. The most pressing concerns regarding the COVID-19 pandemic and its aftermath include the thousands of jobs and incomes at risk, social security and assistance programs, the difficulties faced by women, the situation of migrants and workers in the unregulated economy, mental health issues, and restrictions on economic activity, such as production halts that prevent businesses from selling their goods and services.

The financial and economic disruptions caused by the pandemic have also generated anxiety and fear. The governments of many nations have implemented prolonged quarantines, restrictions on internal movement, and closures of international borders to "attenuate the curve." Economists predict that the COVID-19 pandemic may result in a 0.5 percentage point reduction in the GDP growth rate of all countries in 2020, declining from 2.9% to 2.4%. Government shutdowns, quarantines, and social distancing measures have significant adverse impacts on both the economy and society, disrupting production and consumption patterns, which ultimately leads to the collapse of financial markets.

Consequently, business operations will cease. The pandemic has also highlighted several issues with crisis management (investing in emergency preparedness), coordinated funding during public health disasters, and global health collaboration and security. The global economy has been severely impacted, with the agro-livestock sector experiencing its lowest growth rates in several countries. During the pandemic, there was a decline in input availability and agricultural production, affecting food security. Approximately 3.3 billion people globally were impacted by lockdowns, accounting for 81% of the world's workforce. Of those affected, 61% worked in the informal economy, and 90% were from low- or middle-income countries. During the COVID-19 pandemic, national lockdowns divided and isolated a significant portion of the migrant community. Due to a lack of economic opportunities and extremely limited or nonexistent public transit, thousands of migrant workers were forced to return to their home countries, counties, or villages. Migrants faced extraordinary logistical challenges and health-related obstacles as they attempted to return to the states they had left. Additionally, social security systems in many developing and impoverished countries are inadequate, offering limited access to economic security and healthcare. When several states' borders were sealed, approximately 30 million people fell into poverty due to restrictions on international travel and trade, as well as a lack of effective policies to safeguard or replace income sources for vulnerable groups. These decisions, policies, and actions harmed the health and well-being of many individuals. The epidemic revealed shortcomings in rural infrastructure across nearly every country, as there has been a persistent lack of investment in both the rural economy and healthcare. (The Hensvik Group, 2020). The Effects of Pandemics on Different Societies Damage to human health and progress can be substantial after a pandemic or other catastrophic event. These effects include, but are not limited to, difficulties in making a living, psychological distress, and loss of life. Societies and communities may suffer long-term imbalances as a result of pandemics. The public's struggles stemming from the epidemic have highlighted shortcomings in the management of health risks, injuries, illnesses, disabilities, mental health issues, and loss of life. Every facet of human existence and the international economy has been affected by the COVID-19 epidemic. Global trade organizations and economic development groups have identified the COVID-19 pandemic as the greatest threat to global economic growth since the financial crisis. The globe is currently facing several significant challenges, including new problems regarding millions of people's jobs and incomes, the social safety net, the future of income support schemes, the impact on women, and the hardships experienced by migrants and workers in the informal sector. According to Oxfam's predictions, if COVID-19 leads to an economic downturn, half a billion people may fall into poverty. The lockdown has had far-reaching effects on economic activities and livelihoods, impacting areas such as consumption, production and distribution, trade and business,

large-scale market uncertainty, resource scarcity, and the abrupt elimination of informal employment and sectors. The global outbreak has developmental implications that influence health, gender, education, the economy, politics, and the environment. Massive health disparities, stemming from preexisting social stratification and resource allocation, have been exacerbated by the COVID-19 epidemic. Persons from lower socioeconomic backgrounds have been particularly affected. The Effects of Pandemics on Different Societies Damage to human health and progress can be substantial after a pandemic or other catastrophic event. Among these impacts are, but are not limited to, difficulties with making a living, psychological distress, and loss of life. Social and community dynamics can be permanently disrupted by pandemics. (Del Boca et al., 2020). This research aims to investigate and ascertain the reasons for the widespread impact of major disasters occurring on a worldwide scale once every century. This formidable pandemic has profoundly impacted individuals globally, altering their lifestyles and affecting various societal aspects. The Rajanpur District is regarded as an underdeveloped area in Pakistan, lacking essential amenities in several aspects of life, including education, healthcare, and small-scale commerce. While the government implemented a smart lockdown policy and attempted to assist daily wage workers through the Ihsas Income Support Program, it is important to note that these measures are not a long-term solution for those who have been severely affected by the pandemic. The pandemic has decimated school education, rendering educational activities entirely non-functional, which is a national detriment to the entire population. Rajanpur District experienced significant psychological strain during the pandemic, particularly when visitors from Iran were placed in the Quarantine Center at Rajanpur. The fear of a pandemic instilled psychological distress in individuals, greatly impacting education, health, and trade.

1.2 Statement of the Problem

The COVID-19 pandemic has significantly impacted laborers, particularly in regions like District Rajan Pur, Pakistan. This study aims to explore the post-pandemic effects on laborers, focusing on their social, economic, and psychological well-being. Laborers in this area have faced job losses, financial instability, and increased mental health issues due to the economic shutdowns and the lack of sufficient government support. The research will examine the changes in labor market dynamics, daily wages, and overall worker satisfaction post-COVID-19, providing insights into the socioeconomic conditions and mental health struggles faced by this vulnerable population.

1.3 Objectives

1. To examine the socio-economic effects of post-COVID-19 on the respondents.
2. To analyze the psychological effects of post-COVID-19 on the respondents

1.4 Research Questions

1. What are the socio-economic conditions of laborers in the post-COVID-19 period, 2020-24?
2. What are the psychological effects of COVID-19 on laborers?
3. What are the socio-political factors that affect the labor market?

1.5 Significance of the Study (100 words)

The significance of this study lies in its potential to highlight the severe effects of the COVID-19 pandemic on laborers, a crucial segment of the working class in District Rajan Pur. By investigating the socio-economic and psychological challenges faced by these workers, this research will provide valuable data to inform policy decisions. Understanding the impact of the pandemic on laborers can guide government initiatives and social support programs aimed at enhancing their welfare and resilience.

The findings can also contribute to broader discussions on labor rights and the recovery strategies needed for post-pandemic economic stabilization in Pakistan.

2 Literature Review

First, the COVID-19 pandemic completely changed workplace dynamics, so people did a good deal of research on how it affected work habits. We have collected relevant findings from 30 studies and organized them in this review, so that readers can get an overview of employee behavior changes after COVID-19 as well as organizational responses and psychological effects.

According to studies, telework took off, especially among office workers, that shortened the physical distance to work and facilitated activities (Oldeva 2023). Blurred boundaries for work and family, increased sedentary behavior, and lower productivity for some employees (Xsiao 2021). It was only with the help of employer policies and employees' adaptability that remote work could be sustained effectively (Carnevale & Hatak 2020;).

With one in four workers affected, mental problems naturally spiraled downward (Rajkumar 2020;): workers who had toiled on the frontline felt portrayed on stage as if they themselves were muzzin--which is what the managers tended to forget about but should be considered too (Bolisani et al. 2021;). Employees' career behavior changed too: when they felt workplace safety was inadequate, absence from work increased (Gregori 2020;). Women were bearing the brunt of psychological pressure, with differences between the genders generally smaller but noticeable (Duncan 2020;).

Many researchers are now emphasizing the importance of matching policy with staff well-being against effects on turnover intentions (Soga 2022;). Event system theory was used to explain how COVID-19 and other disruptive events shaped behavior (Morgeson et al 2015;). However, research also indicates a lack of attention in response to diverse social groups' needs (Kirkman 2020;).

Instead, people traveling to work now use private transportation or non-motorized means so as to avoid infection risks (Muley et al 2023;). This shift has changed the urban landscape and on-site accessibility, affecting future directions that sustainable transportation policies should take (Abduljabbar et al., 2022;).

Research is predominantly focused on quantitative papers with few qualitative explorations of actual experience. Vulnerable groups such as migrant labor and the elderly have not been well studied in this field (Yang 2020).

Decerf et al. (2021) stated that Covid-19 has severely impacted communities globally, including businesses, the working class, and employees. Companies are attempting to weather the economic storm unleashed by COVID-19 by embracing remote work models and other forms of disruptive technologies. In the past, telecommuting was only permitted in the information technology and engineering sectors. Despite WFH proving to be an effective business strategy, many industries were hesitant to adopt it. The worldwide expansion of the epidemic has compelled numerous organizations to establish work-from-home policies for their employees, marking the most significant change in the business landscape today. Over the past two months, businesses have found the WFH model to be quite advantageous. In the future, WFH is likely to play a crucial role in the business models of most organizations. To a lesser extent, the WFH approach is helping certain industries and functions continue their operations. Working from home (WFH) employees are forced to experience social isolation and emotional separation amid the current COVID-19 crisis; thus, this research study examines the pros and cons of this approach. It is possible to maintain a healthy work-life balance, even when faced with challenging circumstances that require equal focus on one's professional and personal lives.

Fu & Zhai. (2021) investigated how the COVID-19 pandemic has influenced people's daily lives at work. Moreover, this study highlights the importance of HR managers and companies developing innovative solutions to challenges and rethinking HR responsibilities during crises. Enhancing our workforce's competence and talent necessitates a system of skilling, reskilling, upskilling, and multiskilling individuals in areas such as technology, design thinking, storytelling, analytics, and artificial intelligence. This research paper will illuminate several crucial issues related to this topic. The COVID-19 epidemic disrupted numerous lives globally. Extensive studies indicate that school closures and increased childcare responsibilities have adversely affected women's career progress.

Araghchi and Mangai (2021) conducted research on how COVID-19 has influenced the socio-economic and psychological aspects of the labor class and the global education system. The findings highlighted the importance of workplace changes, including improved leave policies, more flexible work arrangements, childcare, and other support services, as well as government policies aimed at eliminating gendered barriers to women's professional advancement. The COVID-19 epidemic has had far-reaching implications for society, government, and the economy. Nevertheless, a large body of research indicates that the labor market is among the sectors most significantly impacted. The presence of the epidemic in workplaces has driven many workers to leave their jobs, and this article aims to provide a comprehensive review of the consequences of COVID-19 on job markets. It is widely recognized that the COVID-19 pandemic has reduced the number of people actively seeking employment and has led to significant job losses.

3 Research Methodology

Research methodology is the systematic approach to understanding the research problem (Gay, et al., 2012). It involves choosing the best tools, techniques, approaches, and processes to collect and analyze data.

In the current study, quantitative methodology was applied. Interview schedules were conducted for data collection, and close-ended questions were asked. SPSS was used for data analysis. In the current study, descriptive t-tests were applied. The numeric data was collected and analyzed to learn about the socio-economic and psychological factors affecting the working population community.

3.1 Population

The research population consisted of laborers from the total population of the district of Rajanpur. The primary objective of the study was to understand the socio-economic and psychological factors affecting the working community. Laborers, who form a significant part of the working population in Rajanpur, are particularly vulnerable to these factors due to their often-precarious employment conditions and lower socio-economic status.

The reason for selecting the laborers was that they represent a substantial segment of Rajanpur's population. By targeting this group, the study aimed to capture a comprehensive picture of the challenges faced by a critical part of the local workforce. The laborer population has been notably affected by the COVID-19 pandemic, experiencing unemployment, low income, and increased psychological stress. Focusing on this population allowed the study to assess the specific effects of the pandemic on those most affected.

3.2 Sample size

The sample of 300 labourers was selected from district Rajan Pur by using convenient sampling technique.

3.3 Data Collection

Structured interviews were conducted for data collection. Primary data was collected by asking questions to labourers' class. Questions were developed for data collection. 61 questions were asked 300 participants. Questions were asked in three sections, social, economic and psychological effects of Covid-19 on the laborers.

4 Data Analysis

Table 4.1 Income of Respondents

Categories	Frequency	Percent
10k	54	18
11-15k	98	32.7
16-20k	88	29.3
21-25k	45	15
25 and above	15	5
Total	300	100

Table number 4.1 shows the frequency distribution regarding the respondents' income. This table indicates that 54 (18.0%) earned 10K, 98 (32.7%) earned 11-15K, 88 (29.3%) earned 16-20K, 45 (15.0%) earned 21-25K, and 15 (5.0%) earned 25 and above. The majority of the respondents' income falls within the range of 98 (32.7%), 11- 15 K.

Table 4.2 Age of Respondents

Categories	Frequency	Percent
20Years	46	15.3
21-40Years	216	72.0
41Years and above	38	12.7
Total	300	100.0

Table number 4.2 showed the frequency distribution of the respondents' ages. This table revealed that 46 (15.3%) of the respondents were 20 years old, 216 (72.0%) were between 21 and 40 years old, and the remaining 38 (12.7%) were 41 years old and above. The majority of the respondents, 216 (72%), were between 21 and 40 years old.

Table. 4.3 Gender

Categories	Frequency	Percent
Male	300	100.0
Total	300	100.0

Table number 4.3 presented the frequency distribution concerning the respondents' gender. This table indicated that 300 (100.0%) were male. The majority of the respondents were 300 (100%) and belonged to the Male.

Table. 4.4 Family size

Categories	Frequency	Percent
1-3	19	6.3
4-6	110	36.3
7-9	77	25.7
10 or above	94	31.3
Total	300	100.0

Table number 4.4 presents the frequency distribution of the respondents' family size. This table indicates that 19 (6.3.0%) were in the 1-3 range, 110 (36.3%) were in the 4- 6 range, 77 (25.7%)

were in the 7-9 range, and the remaining 94 (31.3%) were in the 10 or above category. The majority of the respondents, 110 (36.3%), belong to the 4-6 family size category.

Table. 4.5 Family Type

Categories	Frequency	Percent
Nuclear	162	55.0
Joint	138	45.0
Total	300	100.0

Table 4.5 shows the frequency distribution with respect to the respondents' family type. This table showed that 162 (55.0%) were Nuclear, and 138 (45.0%) were Joint families. The Majority of the respondents, 162 (55%), belonged to the Nuclear family.

Table. 4.6 Marital Status

Categories	Frequency	Percent
Married	230	76.7
Unmarried	70	23.3
Total	300	100.0

Table number 4.6 showed the frequency distribution with respect to the respondents to the Marital status. This table showed that 230 (76.7%) were married and 70 (23.3%) were unmarried. The Majority of the respondents were 230 (76.7%) belong to the married.

Table. 4.7 Resident

Categories	Frequency	Percent
Urban	199	65.0
Rural	101	35.0
Total	300	100.0

Table 4.7 shows the frequency distribution with respect to the residents' respondents. This table shows that 199 (65.0%) were urban and 101 (35.0%) were rural. The Majority of the respondents were 199 (65%) urban.

Table. 4.8 Occupation

Categories	Frequency	Percent
Labour	188	62.7
Daily wages	69	23.0
Employees	43	14.3
Total	300	100.0

Table number 4.8 showed the frequency distribution with respect to the respondents to the occupation .This table showed that 188 (62.7%) were Construction labor and 69 (23.0%) were Daily wages and 43 (14.3%) were belong to employees. The Majority of the respondents 188 (62.7%) were Labourers.

Table. 4.9 Do you feel any difficulty to find work after Covid-19?

Categories	Frequency	Percent
Strongly Agree	190	63.3
Agree	91	30.3
Neutral	5	1.7
Disagree	4	1.3
Strongly Disagree	9	3.0

Total	300	100.0
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Table number 4.9 shows the frequency distribution regarding the respondents' feelings about the question, " Do you feel any difficulty in finding work after COVID-19? " This table indicates that 190 (63.3%) strongly agreed, 91 (30.3%) agreed, 5 (1.7%) were neutral, 12 (41.3%) Disagreed, and 9 (3.0%) strongly disagreed. The majority of the respondents, 91 (30.3%), strongly Agreed.

Table. 4.10 Do you considered that your labour is secure after covid-19

Categories	Frequency	Percent
Strongly Agree	16	5.3
Agree	67	22.3
Neutral	62	20.7
Disagree	94	31.3
Strongly Disagree	61	20.3
Total	300	100.0

Table number 4.10 shows the frequency distribution regarding the respondents' views on the question, " Do you consider that your job is secure after COVID-19? " This table reveals that 16 (5.3%) strongly agree, 67 (22.3%) agree, 62 (20.7%) are neutral, 94 (31.3%) disagree, and 61 (20.3%) strongly disagree. The majority of the respondents, 94 (31.3%), disagree.

Table. 4.11 Do you get any financial help from relatives and friends afterCovid-19?

Categories	Frequency	Percent
Strongly Agree	29	9.7
Agree	74	24.7
Neutral	25	8.3
Disagree	83	27.7
Strongly Disagree	89	29.7
Total	300	100.0

Table number 4.11 showed the frequency distribution concerning the respondents' answers to the question, " Do you get any financial help from relatives and friends after COVID-19? " This table indicated that 29 (9.7%) strongly agreed, 74 (24.7%) agreed, 25 (8.3%) were neutral, 83 (27.7%) disagreed, and 89 (29.7%) strongly disagreed. The majority of the respondents, 89 (29.7%), strongly disagreed.

Table. 4.12 Are you doing daily job after covid-19?

Categories	Frequency	Percent
Strongly Agree	19	6.3
Agree	51	17.0
Neutral	58	19.3
Disagree	103	34.3
Strongly Disagree	69	23.0
Total	300	100.0

Table 4.12 showed the frequency distribution regarding the respondents' answers to the question, "Are you doing your daily job after COVID-19?" This table indicates that 19 (6.3%) strongly agreed, 51 (17.0%) agreed, 58 (19.3%) were neutral, 103 (34.3%) disagreed, and 69 (23.0%) strongly disagreed. The majority of the respondents, 103 (34.3%), disagreed.

Table. 4.13 Your working hours have increased after covid-19.

Categories	Frequency	Percent
Strongly Agree	110	36.0
Agree	79	26.3
Neutral	32	10.7
Disagree	46	15.3
Strongly Disagree	33	11.0
Total	300	100.0

Table number 4.13 showed the frequency distribution concerning the respondents regarding whether their working hours have increased after COVID-19. This table indicated that 110 (36.0%) strongly agreed, 79 (26.3%) agreed, 32 (10.7%) were neutral, 46 (15.3%) disagreed, and 33 (11.0%) strongly disagreed. The majority of the respondents, 110 (36.0%), strongly agreed.

Table. 4.14 Are you spending the same hours with your family and friends after Covid -19?

Categories	Frequency	Percent
Strongly Agree	33	11.0
Agree	99	33.0
Neutral	29	9.7
Disagree	80	26.7
Strongly Disagree	59	19.7
Total	300	100.0

Table number 4.14 showed the frequency distribution with respect to the respondents about the Are you spending the same hours with your family and friends after Covid-19? .This table showed that 33 (11.0%) did strongly agree and 99 (33.0%) did Agree and 29 (9.7%) did Neutral and 80 (26.7%) did Disagree and the 59 (19.7%) did Strongly Disagree. The Majority of the respondents were 99 (33%) did Agree.

Table. 4.15 Do you spend some free time with your co-workers after Covid-19?

Categories	Frequency	Percent
Strongly Agree	70	23.3
Agree	75	25.0
Neutral	39	13.0
Disagree	74	24.7
Strongly Disagree	42	14.0
Total	300	100.0

Table 4.15 showed the frequency distribution with respect to the respondents about Do you spend some free time with your co-workers after COVID-19? This table showed that 70 (23.3%) strongly agreed, 75 (25.0%) agreed, 39 (13.0%) was Neutral, 74 (24.7%) disagreed, and 42 (14.0%) Strongly Disagreed. The Majority of the respondents were 75 (25%) who Agreed.

Table. 4.16 Do you considered that your saving have been effected after covid-19?

Categories	Frequency	Percent
Strongly Agree	142	47.3
Agree	101	33.7
Neutral	23	7.7

Disagree	22	7.3
Strongly Disagree	12	4.0
Total	300	100.0

Table number 4.16 showed the frequency distribution with respect to the respondents about the Do you considered that your saving have been effected after Covid-19? This table showed that 142 (47.3%) did strongly agree and 101 (33.7%) did Agree and 23 (7.7%) did Neutral and 22 (7.3%) did Disagree and the 12 (4.0%) did Strongly Disagree. The Majority of the respondents were 142 (47.3%) did Strongly Agree.

Table. 4.17 Are you satisfied with the financial situation of your household after the Covid-19

Categories	Frequency	Percent
Strongly Agree	38	12.7
Agree	52	17.3
Neutral	30	10.0
Disagree	71	23.7
Strongly Disagree	109	36.3
Total	300	100.0

Table number 4.17 showed the frequency distribution with respect to the respondents about the Are you satisfied with the financial situation of your household after the Covid -19? .This table showed that 38 (12.7%) did strongly agree and 52 (17.3%) did Agree and 30 (10.0%) did Neutral and 71 (23.7%) did Disagree and the 109 (36.3%) did Strongly Disagree. The Majority of the respondents were 109 (36.3%) did Strongly Disagree.

Table No.18 Do you faced lack of empathy by the families after pandemic

Categories	Frequency	Percent
Strongly Agree	128	42.7
Agree	94	31.3
Neutral	25	8.3
Disagree	30	10.0
Strongly Disagree	23	7.7
Total	300	100.0

Table number 4.18 showed the frequency distribution with respect to the respondents about Do you faced lack of empathy by the families after Covid -19? .This table showed that 128 (42.7%) did strongly agree and 94 (31.3%) did Agree and 25 (8.3%) did Neutral and 30 (10.0%) did Disagree and the 23 (7.37%) did Strongly Disagree. The Majority of the respondents were 128 (42.7%) did Strongly Agree.

Table No. 4.19 Do you faced lack of empathy by the friends after covid-19?

Categories	Frequency	Percent
Strongly Agree	116	38.7
Agree	129	43.0
Neutral	16	5.3
Disagree	22	7.3
Strongly Disagree	17	5.7
Total	300	100.0

Table 4.19 showed the frequency distribution with respect to the respondents about whether they faced lack of empathy from friends after COVID-19. This table showed that 116 (38.7%) strongly agreed, 129 (43.0%) agreed, 16 (5.3%) were Neutral, 22 (7.3%) disagreed, and 17 (5.7%) Strongly Disagreed. The Majority of the respondents, 129 (43%), Agreed.

Table. 4.20 Do you faced lack of empathy by the community after covid-19?

Categories	Frequency	Percent
Strongly Agree	118	39.3
Agree	121	40.3
Neutral	26	8.7
Disagree	23	7.7
Strongly Disagree	12	4.0
Total	300	100.0

Table number 4.20 showed the frequency distribution with respect to the respondents about whether they faced a lack of empathy by the community after COVID-19? This table showed that 118 (39.3%) did strongly agree and 121 (40.3%) did Agree and 26 (8.7%) did Neutral and 23 (7.7%) did Disagree and the 12 (4.0%) did Strongly Disagree. The Majority of the respondents were 121 (40.3%) did Agree.

Table. 4.21 Have you faced discrimination by the family members after covid-19.

Categories	Frequency	Percent
Strongly Agree	122	40.7
Agree	94	31.3
Neutral	35	11.7
Disagree	21	7.0
Strongly Disagree	28	9.3
Total	300	100.0

Table number 4.21 showed the frequency distribution with respect to the respondents about Have you faced faced discrimination by the family members after Covid -19?. This table showed that 122 (40.7%) did strongly agree and 94 (31.3%) did Agree and 35 (11.7%) did Neutral and 21 (7.0%) did Disagree and the 28 (9.3%) did Strongly Disagree. The Majority of the respondents were 122 (40.7%) did Strongly Agree.

Table. 4.22 Have you faced discrimination by the friends after covid-19

Categories	Frequency	Percent
Strongly Agree	124	41.3
Agree	107	35.7
Neutral	17	5.7
Disagree	36	12.0
Strongly Disagree	16	5.3
Total	300	100.0

Table 4.22 showed the frequency distribution with respect to the respondents about the question: Have you faced discrimination by your friends after COVID-19? This table showed that 124(41.3%) strongly agreed, 107(35.7%) agreed, 17 (5.7%) were Neutral, 36(12.0%) disagreed, and 16(5.3%) Strongly Disagreed. The Majority of the respondents, 124 (41.3%), strongly Agreed.

Table. 4.23 Have you faced discrimination by the community after covid-19

Categories	Frequency	Percent
Strongly Agree	120	40.0
Agree	117	39.0
Neutral	22	7.3
Disagree	26	8.7
Strongly Disagree	15	5.0
Total	300	100.0

Table number 4.23 showed the frequency distribution with respect to the respondents about the Have you faced discrimination by the community after Covid -19? .This table showed that 120 (40.0%) did strongly agree and 117 (39.0%) did Agree and 22 (7.3%) did Neutral and 26 (8.7%) did Disagree and the 15 (5.0%) did Strongly Disagree. The Majority of the respondents were 120 (40%) did Strongly Agree.

Table. 4.24 Do you faced isolation after pandemic

Categories	Frequency	Percent
Strongly Agree	123	41.0
Agree	88	29.3
Neutral	35	11.7
Disagree	18	6.0
Strongly Disagree	36	12.0
Total	300	100.0

Table number 4.24 showed the frequency distribution with respect to the respondents about the Do you faced isolation after Covid -19? .This table showed that 123 (41.0%) did strongly agree and 88 (29.3%) did Agree and 35 (11.7%) did Neutral and 18 (6.0%) did Disagree and the 36 (12.0%) did Strongly Disagree. The Majority of the respondents were 123 (41%) did Strongly Agree.

Table. 4.25 Do you participated public gathering in majority of the cases?

Categories	Frequency	Percent
Strongly Agree	115	38.3
Agree	82	27.3
Neutral	33	11.0
Disagree	37	12.3
Strongly Disagree	33	11.0
Total	300	100.0

Table 4.25 showed the frequency distribution with respect to the respondents about the question, "Did you participate in public gathering in the majority of the cases after ?" This table showed that 115 (38.3%) strongly agreed, 82 (27.3%) agreed, 33 (11.0%) was neutral, 37 (12.3%) disagreed, and 33 (11.0%) Strongly Disagreed. The Majority of the respondents, 115 (38.3%), strongly Agreed.

Table. 4.26 Do you participated the religious events after covid-19?

Categories	Frequency	Percent
Strongly Agree	96	32.0
Agree	124	41.3

Neutral	11	3.7
Disagree	36	11.3
Strongly Disagree	33	11.0
Total	300	100.0

Table number 4.26 showed the frequency distribution with respect to the respondents about whether they participated in religious events after COVID-19. This table showed that 96 (32.0%) strongly agreed, 124 (41.3%) agreed, 11 (3.7%) were Neutral, 36 (11.3%) disagreed, and 33 (11.0%) Strongly Disagreed. The Majority of the respondents were 124 (41.3%) who Agreed.

Table. 4.27 Your daily wages income increased after covid-19?

Categories	Frequency	Percent
Strongly Agree	35	11.7
Agree	70	23.3
Neutral	26	8.7
Disagree	78	26.0
Strongly Disagree	91	30.3
Total	300	100.0

Table number 4.27 showed the frequency distribution with respect to the respondents about the Your daily wages income increased after covid-19?. This table showed that 35 (11.7%) did strongly agree and 70 (23.3%) did Agree and 26 (8.7%) did Neutral and 78 (26.0%) did Disagree and the 91 (30.3%) did Strongly Disagree. The Majority of the respondents were 91 (30.3%) did Strongly Disagree.

Table. 4.28 Are you able to earn enough for your family after Covid-19?

Categories	Frequency	Percent
Strongly Agree	26	8.3
Agree	77	25.7
Neutral	38	12.7
Disagree	84	28.0
Strongly Disagree	75	25.0
Total	300	100.0

Table number 4.28 showed the frequency distribution with respect to the respondents about the Are you able to earn enough for your family after covid-19 ? .This table showed that 26 (8.3%) did strongly agree and 77 (25.7%) did Agree and 38 (12.7%) did Neutral and 84 (28.0%) did Disagree and the 75 (25.0%) did Strongly Disagree. The Majority of the respondents were 84 (28%) did Disagree.

Table. 4.2 Did you find any economic support from government/ NGOs or any other organization after Covid-19?

Categories	Frequency	Percent
Strongly Agree	33	11.0
Agree	47	15.7
Neutral	24	8.0
Disagree	65	21.7
Strongly Disagree	131	43.7
Total	300	100.0

Table number 4.29 showed the frequency distribution with respect to the respondents about the did you find any economic support from government/ NGOs or any other organization after covid-19? .This table showed that 33 (11.0%) did strongly agree and 47 (15.7%) did Agree and 24 (8.0%) did Neutral and 65 (21.7%) did Disagree and the 131 (43.7%) did Strongly Disagree. The Majority of the respondents were 131 (43.7%) did Strongly Disagree.

Table. 4.30 Do you find labor opportunity easily after covid-19?

Categories	Frequency	Percent
Strongly Agree	35	11.7
Agree	45	15.0
Neutral	21	7.0
Disagree	105	35.0
Strongly Disagree	94	31.3
Total	300	100.0

Table number 4.30 showed the frequency distribution with respect to the respondents about the Do you find labour opportunity easily after covid-19? .This table showed that 35 (11.7%) did strongly agree and 45 (15.0%) did Agree and 21 (7.0%) did Neutral and 105 (35.0%) did Disagree and the 94 (31.3%) did Strongly Disagree. The Majority of the respondents were 105 (35%) did Disagree.

Table. 4.31 Did you faced difficulties to run your daily expenditures after covid-19?

Categories	Frequency	Percent
Strongly Agree	157	52.3
Agree	84	28.0
Neutral	19	6.3
Disagree	28	9.3
Strongly Disagree	12	4.0
Total	300	100.0

Table number 4.31 showed the frequency distribution with respect to the respondents about the question: Did you face difficulties running your daily expenditures after COVID-19? This table showed that 157 (52.3%) strongly agreed, 84 (28.0%) agreed, 19 (6.3%) were Neutral, 28 (9.3%) disagreed, and 12 (4.0%) Strongly Disagreed. The Majority of the respondents, 157 (52.3%), strongly Agreed.

Table. 4.32 Do you easily manage your house hold expenditure after covid-19?

Categories	Frequency	Percent
Strongly Agree	38	12.7
Agree	55	18.3
Neutral	31	10.3
Disagree	84	28.0
Strongly Disagree	92	30.0
Total	300	100.0

Table number 4.32 showed the frequency distribution with respect to the respondents about the Do you easily manage your house hold expenditures after covid-19? .This table showed that 38 (12.7%) did strongly agree and 55 (18.3%) did Agree and 31 (10.3%) did Neutral and 84 (28.0%) did Disagree and the 92 (30.0%) did Strongly Disagree. The Majority of the respondents were 92 (30%) did Strongly Disagree.

Table. 4.33 Do you borrow from relatives/ friends after covid-19?

Categories	Frequency	Percent
Strongly Agree	53	17.7
Agree	75	25.0
Neutral	33	11.0
Disagree	71	23.7
Strongly Disagree	66	22.0
Total	300	100.0

Table number 4.33 showed the frequency distribution with respect to the respondents about the Do you borrow from relatives/friends after covid-19 ? .This table showed that 53 (17.7%) did strongly agree and 75 (25.0%) did Agree and 33 (11.0%) did Neutral and 71 (23.7%) did Disagree and the 66 (22.3%) did Strongly Disagree. The Majority of the respondents were 75 (25%) did Agree.

Table. 4.34 Have you faced any difficulty to find work after covid-19?

Categories	Frequency	Percent
Strongly Agree	125	41.7
Agree	116	38.7
Neutral	19	6.3
Disagree	29	9.7
Strongly Disagree	11	3.7
Total	300	100.0

Table number 4.34 showed the frequency distribution with respect to the respondents about the Have you faced any difficulty to find work after covid-19 ? .This table showed that 125 (41.7%) did strongly agree and 116 (38.7%) did Agree and 19 (6.3%) did Neutral and 29 (9.7%) did Disagree and the 11 (3.7%) did Strongly Disagree. The Majority of the respondents were 125 (41.7%) did Strongly Agree.

Table. 4.35 Have you loss of income and food after covid-19?

Categories	Frequency	Percent
Strongly Agree	148	49.3
Agree	107	35.7
Neutral	22	7.3
Disagree	16	5.3
Strongly Disagree	7	2.3
Total	300	100.0

Table number 4.35 showed the frequency distribution with respect to the respondents about the Have you loss of income and food after covid-19? .This table showed that 148 (49.3%) did strongly agree and 107 (35.7%) did Agree and 22 (7.3%) did Neutral and 16 (5.3%) did Disagree and the 7 (2.3%) did Strongly Disagree. The Majority of the respondents were 148 (49.3%) did Strongly Agree.

Table. 4.36 Have you faced lack of work after covid-19

Categories	Frequency	Percent
Strongly Agree	170	56.7

Agree	90	30.0
Neutral	23	7.7
Disagree	9	3.0
Strongly Disagree	8	2.7
Total	300	100.0

Table number 4.36 showed the frequency distribution with respect to the respondents about the Have you faced lack of work after covid-19 ? .This table showed that 170 (56.7%) did strongly agree and 90 (30.0%) did Agree and 23 (7.7%) did Neutral and 9 (3.0%) did Disagree and the 8 (2.7%) did Strongly Disagree. The Majority of the respondents were 170 (56.7%) did Strongly Agree.

Table. 4.37 Have you faced lack of income after covid-19

Categories	Frequency	Percent
Strongly Agree	153	51.0
Agree	107	35.7
Neutral	18	6.0
Disagree	13	4.3
Strongly Disagree	9	3.0
Total	300	100.0

Table number 4.37 showed the frequency distribution with respect to the respondents about the Have you faced lack of income after covid-19 ? .This table showed that 153 (51.0%) did strongly agree and 107 (35.7%) did Agree and 18 (6.0%) did Neutral and 13 (4.3%) did Disagree and the 9 (3.0%) did Strongly Disagree. The Majority of the respondents were 153 (51%) did Strongly Agree.

Table. 4.38 Have you faced lack of food after covid-19

Categories	Frequency	Percent
Strongly Agree	122	40.0
Agree	110	36.7
Neutral	13	4.3
Disagree	33	11.0
Strongly Disagree	22	7.3
Total	300	100.0

Table number 4.38 showed the frequency distribution with respect to the respondents about the Have you faced lack of food after covid-19 ? .This table showed that 122 (40.0%) did strongly agree and 110 (36.7%) did Agree and 13 (4.3%) did Neutral and 33 (11.0%) did Disagree and the 22 (7.3%) did Strongly Disagree. The Majority of the respondents were 122 (40%) did Strongly Agree.

Table. 4.39 Have you faced lack of transport after covid-19

Categories	Frequency	Percent
Strongly Agree	96	32.0
Agree	103	34.3
Neutral	18	6.0
Disagree	42	14.0
Strongly Disagree	41	13.7
Total	300	100.0

Table number 4.39 showed the frequency distribution with respect to the respondents about the Have you faced lack of transport after covid-19?.This table showed that 96 (32.0%) did strongly agree

and 103 (34.3%) did Agree and 18 (6.0%) did Neutral and 42 (14.0%) did Disagree and the 41 (13.7%) did Strongly Disagree. The Majority of the respondents were 103 (34.3%) did Agree.

Table. 4.40 Did you getting more angry after covid?

Categories	Frequency	Percent
Strongly Agree	125	41.7
Agree	111	37.0
Neutral	38	12.7
Disagree	14	4.7
Strongly Disagree	12	4.0
Total	300	100.0

Table number 4.40 showed the frequency distribution with respect to the respondents about the Did you getting more angry after covid-19? .This table showed that 125 (41.7%) did strongly agree and 111 (37.0%) did Agree and 38 (12.7%) did Neutral and 14 (4.7%) did Disagree and the 12 (4.0%) did Strongly Disagree. The Majority of the respondents were 125 (41.7%) did Strongly Agree.

Table. 4.41 Are you experiencing mood disorder after covid-19?

Categories	Frequency	Percent
Strongly Agree	104	34.7
Agree	115	38.3
Neutral	28	9.3
Disagree	35	11.7
Strongly Disagree	18	6.0
Total	300	100.0

Table 4.41 showed the frequency distribution with respect to the respondents about the question, "Are you experiencing mood disorder after COVID-19?" This table showed that 104 (34.7%) strongly agreed, 115 (38.3%) agreed, 28 (9.3%) were Neutral, 35 (11.7%) disagreed, and 18 (6.0%) Strongly Disagreed. The Majority of the respondents were 115 (38.3%) who agreed.

Table. 4.42 Do you shout more on your family after covid?

Categories	Frequency	Percent
Strongly Agree	100	33.3
Agree	102	34.0
Neutral	38	12.7
Disagree	35	11.7
Strongly Disagree	25	8.3
Total	300	100.0

Table number 4.42 showed the frequency distribution with respect to the respondents about the question, " Do you shout more at your family after COVID-19? .This table showed that 100 (33.3%) did strongly agree and 102 (34.0%) did Agree and 38 (12.7%) did Neutral and 35 (11.7%) did Disagree and the 25 (8.3%) did Strongly Disagree. The Majority of the respondents were 102 (34%) did Agree.

Table. 4.43 Do you sleep well after covid?

Categories	Frequency	Percent
Strongly Agree	68	22.7
Agree	82	27.3

Neutral	30	10.0
Disagree	62	20.7
Strongly Disagree	58	19.3
Total	300	100.0

Table number 4.43 showed the frequency distribution with respect to the respondents about the Do you sleep well after covid-19 ? .This table showed that 68 (22.7%) did strongly agree and 82 (27.3%) did Agree and 30 (10.0%) did Neutral and 62 (20.7%) did Disagree and the 58 (19.3%) did Strongly Disagree. The Majority of the respondents were 82 (27.3%) did Agree.

Table. 4.44 Are you experiencing any headache, or mental disorder after Covid-19?

Categories	Frequency	Percent
Strongly Agree	106	35.0
Agree	92	30.7
Neutral	32	10.7
Disagree	37	12.3
Strongly Disagree	33	11.0
Total	300	100.0

Table number 4.44 showed the frequency distribution with respect to the respondents about the Are you experiencing any headache, or mental disorder after covid-19? .This table showed that 106 (35.0%) did strongly agree and 92 (30.7%) did Agree and 32 (10.7%) did Neutral and 37 (12.3%) did Disagree and the 33 (11.0%) did Strongly Disagree. The Majority of the respondents were 106 (35%) did Strongly Agree.

Table. 4.45 Are you spending more time with family or outside after covid-19?

Categories	Frequency	Percent
Strongly Agree	81	27.0
Agree	100	32.7
Neutral	43	14.3
Disagree	36	12.0
Strongly Disagree	40	13.3
Total	300	100.0

Table number 4.45 showed the frequency distribution with respect to the respondents about the Are you spending more time with family or outside after covid-19 ? .This table showed that 81 (27.0%) did strongly agree and 100 (32.7%) did Agree and 43 (14.3%) did Neutral and 36 (12.0%) did Disagree and the 40 (13.3%) did Strongly Disagree. The Majority of the respondents were 100 (32.7%) did Agree.

Table. 4.46 Do you have any fear that covid can be again and you will lose you work again?

Categories	Frequency	Percent
Strongly Agree	100	33.3
Agree	85	28.3
Neutral	46	15.3
Disagree	31	10.3
Strongly Disagree	38	12.7
Total	300	100.0

Table number 4.46 showed the frequency distribution with respect to the respondents about the Do you have any fear that covid can be again and you will lose you work again?. This table showed that 100 (33.3%) did strongly agree and 85 (28.3%) did Agree and 46 (15.3%) did Neutral and 31 (10.3%) did Disagree and the 38 (12.7%) did Strongly Disagree. The Majority of the respondents were 100 (33.3%) did Strongly Agree.

Table. 4.47 Do you feel crying easily for the simplest reasons after covid-19?

Categories	Frequency	Percent
Strongly Agree	132	44.0
Agree	103	34.3
Neutral	23	7.7
Disagree	23	7.7
Strongly Disagree	19	6.3
Total	300	100.0

Table 4.47 showed the frequency distribution with respect to the respondents about Do you feel crying easily for the simplest reasons after COVID-19? This table showed that 132 (44.0%) strongly agreed, 103 (34.3%) agreed, 23 (7.7%) were Neutral, 23 (7.7%) disagreed, and 19 (6.3%) Strongly Disagreed. The Majority of the respondents, 132 (44%), strongly Agreed.

Table. 4.48 You always feel sad and hopeless about your life after covid-19?

Categories	Frequency	Percent
Strongly Agree	118	39.0
Agree	94	31.3
Neutral	37	12.3
Disagree	23	7.7
Strongly Disagree	28	9.3
Total	300	100.0

Table number 4.48 showed the frequency distribution with respect to the respondents about the You always feel sad and hopeless about your life after covid-19?. This table showed that 118 (39.0%) did strongly agree and 94 (31.3%) did Agree and 37 (12.3%) did Neutral and 23 (7.7%) did Disagree and the 28 (9.3%) did Strongly Disagree. The Majority of the respondents were 118 (39%) did Strongly Agree.

Table. 4.49 You discomfort over the simplest things dramatically?

Categories	Frequency	Percent
Strongly Agree	96	32.0
Agree	111	37.0
Neutral	43	14.3
Disagree	31	10.3
Strongly Disagree	19	6.3
Total	300	100.0

Table number 4.49 showed the frequency distribution with respect to the respondents about the you discomfort over the simplest things dramatically? This table showed that 96 (32.0%) did strongly agree and 111 (37.0%) did Agree and 43 (14.3%) did Neutral and 31 (10.3%) did Disagree and the 19 (6.3%) did

Strongly Disagree. The Majority of the respondents were 111 (37%) did Agree.

Table. 4.50 Your appetite for food is no longer what is used to be after covid-19?

Categories	Frequency	Percent
Strongly Agree	118	39.3
Agree	112	37.3
Neutral	20	6.7
Disagree	20	6.7
Strongly Disagree	30	10.0
Total	300	100.0

Table number 4.50 showed the frequency distribution with respect to the respondents about the Your appetite for food is no longer what is used to be after covid-19?. This table showed that 118 (39.3%) did strongly agree and 112 (37.3%) did Agree and 19 (6.7%) did Neutral and 20 (6.7%) did Disagree and the 30 (10.0%) did Strongly Disagree. The Majority of the respondents were 118 (39.3%) did Strongly Agree.

Table. 4.51 Do you feel more comfortable when you alone?

Categories	Frequency	Percent
Strongly Agree	104	34.7
Agree	110	36.7
Neutral	23	7.7
Disagree	32	10.7
Strongly Disagree	31	10.3
Total	300	100.0

Table number 4.51 showed the frequency distribution with respect to the respondents about the Do you feel more comfortable when you alone?. This table showed that 104 (34.7%) did strongly agree and 110 (36.7%) did Agree and 23 (7.7%) did Neutral and 32 (10.7%) did Disagree and the 31 (10.3%) did Strongly Disagree. The Majority of the respondents were 110 (36.7%) did Agree.

Table. 4.52 Do you feel frustrated or hopeless after pandemic?

Categories	Frequency	Percent
Strongly Agree	130	43.3
Agree	102	34.0
Neutral	27	9.0
Disagree	15	5.0
Strongly Disagree	26	8.7
Total	300	100.0

Table 4.52 shows the frequency distribution with respect to the respondents' answers to the question, "Do you feel frustrated or hopeless after the pandemic?" The Majority of the respondents were 130 (43.3%) who strongly agreed, 102 (34.0%) who agreed, 27 (9.0%) who were neutral, 15 (5.0%) who disagreed, and 26 (8.7%) who Strongly Disagreed.

Table. 4.53 I feel cramps in the chest and heart as soon as I think of the corona pandemic?

Categories	Frequency	Percent
Strongly Agree	138	46.0
Agree	95	31.7

Neutral	14	4.7
Disagree	22	7.3
Strongly Disagree	31	10.3
Total	300	100.0

Table number 4.53 showed the frequency distribution with respect to the respondents about the I feel cramps in the chest and heart as soon as I think of the corona pandemic? .This table showed that 138 (46.0%) did strongly agree and 95 (31.7%) did Agree and 14 (4.7%) did Neutral and 22 (7.3%) did Disagree and the 31 (10.3%) did Strongly Disagree. The Majority of the respondents were 138 (46%) did Strongly Agree.

Table. 4.54 I feel trembling when I think of corona pandemic?

Categories	Frequency	Percent
Strongly Agree	84	28.0
Agree	135	45.0
Neutral	35	11.7
Disagree	28	9.3
Strongly Disagree	18	6.0
Total	300	100.0

Table number 4.54 showed the frequency distribution with respect to the respondents about the I feel trembling when I think of corona pandemic ? .This table showed that 84 (28.0%) did strongly agree, 135 (45.0%) did agree, 35 (11.7%) did Neutral, 28 (9.3%) did disagree, and 18 (6.0%) did Strongly Disagree. The Majority of the respondents were 135 (45%) did Agree.

Table. 4.55 I feel states of fear and fatigue after pandemic?

Categories	Frequency	Percent
Strongly Agree	108	36.0
Agree	114	38.0
Neutral	37	12.3
Disagree	19	6.3
Strongly Disagree	22	7.3
Total	300	100.0

Table number 4.55 showed the frequency distribution with respect to the respondents about the I feel states of fear and fatigue after pandemic ? .This table showed that 108 (36.0%) did strongly agree and 114 (38.0%) did Agree and 37(12.3%) did Neutral and 19 (6.3%) did Disagree and the 22 (7.3%) did Strongly Disagree. The Majority of the respondents were 114 (38%) did Agree.

Table. 4.56 I feeling psychologically upset and fidgeting after pandemic?

Categories	Frequency	Percent
Strongly Agree	133	44.3
Agree	87	29.0
Neutral	34	11.3
Disagree	24	8.0
Strongly Disagree	22	7.3
Total	300	100.0

Table number 4.56 showed the frequency distribution with respect to the respondents about the I feeling psychologically upset and fidgeting pandemic ? .This table showed that 133 (44.3%) did strongly agree and 87 (29.0%) did Agree and 34 (11.3%) did

Neutral and 24 (8.0%) did Disagree and the 22 (7.3%) did Strongly Disagree. The Majority of the respondents were 133 (44.3%) did strongly Agree.

Table. 4.57 I prefer to stay alone away from people for fear of contracting corona pandemic?

Categories	Frequency	Percent
Strongly Agree	65	21.7
Agree	96	32.0
Neutral	51	17.0
Disagree	42	14.0
Strongly Disagree	46	15.3
Total	300	100.0

Table number 4.57 showed the frequency distribution with respect to the respondents about the I prefer to stay alone away from people for fear of contracting corona pandemic?. This table showed that 65 (21.7%) did strongly agree and 96 (32.0%) did Agree and 51(17.0%) did Neutral and 42 (14.0%) did Disagree and the 46 (15.3%) did Strongly Disagree. The Majority of the respondents were 96 (32%) did Agree.

Table. 4.58 I feel so restless that I was moving much more than usual before pandemic?

Categories	Frequency	Percent
Strongly Agree	71	23.7
Agree	76	25.3
Neutral	55	18.3
Disagree	47	15.7
Strongly Disagree	51	17.0
Total	300	100.0

Table 4.58 shows the frequency distribution with respect to the respondents' answers to the question, "I feel so restless that I was moving much more than usual before the pandemic." This table showed that 71 (23.7%) strongly agreed, 76 (25.3%) agreed, 55 (18.3%) were Neutral, 47 (15.7%) disagreed, and 51 (17.0%) Strongly Disagreed. The Majority of the respondents were 76 (25.3%) who agreed.

Table. 4.59 I feel like I am going to lose my life because of coronavirus?

Categories	Frequency	Percent
Strongly Agree	72	24.0
Agree	112	37.3
Neutral	30	10.0
Disagree	49	16.3
Strongly Disagree	37	12.3
Total	300	100.0

Table 4.59 showed the frequency distribution with respect to the respondents answers to the question, " I feel like I am going to lose my life because of coronavirus." This table showed that 72 (24.0%) strongly agreed, 112 (37.3%) agreed, 30 (10.0%) were Neutral, 49 (16.3%) disagreed, and 37 (12.3%) Strongly Disagreed. The majority of the respondents, 112 (37.3%), agreed.

Table. 4.60 Watch news and stories about coronavirus on media makes me nervous/anxious?

Categories	Frequency	Percent
Strongly Agree	151	50.3
Agree	97	32.3
Neutral	21	7.0
Disagree	19	6.3
Strongly Disagree	12	4.0
Total	300	100.0

Table number 4.60 showed the frequency distribution with respect to the respondents about the Watch news and stories about coronavirus on media makes me nervous/anxious? .This table showed that 151 (50.3%) did strongly agree and 97(32.3%) said Agree and 21 (7.0%) did Neutral and 19 (6.3%) did Disagree and the 12 (4.0%) did Strongly Disagree. The Majority of the respondents were 151 (50.3%) did Strongly Agree.

Table.4.61 I feel pains that I do not know the sources?

Categories	Frequency	Percent
Strongly Agree	118	39.3
Agree	86	28.7
Neutral	26	8.7
Disagree	38	12.7
Strongly Disagree	32	10.7
Total	300	100.0

Table 4.61 showed the frequency distribution with respect to the respondents about the "I feel pains that I do not know the sources." This table showed that 118 (39.3%) strongly agreed, 86 (28.7%) agreed, 26 (8.7%) were neutral, 38 (12.7%) disagreed, and 32 (10.7%) strongly disagreed. The majority of respondents, 118 (39.3%), strongly agreed.

5 Conclusion

The Covid-19 pandemic has affected all socio-economic aspects of life. The United Nations Framework for the Immediate Socio-Economic Response to the COVID-19 crisis has warned that, "The COVID-19 pandemic is far more than a health crisis: its effects on societies and economies can be seen at their core." While the negative socio-economic impact of the pandemic may vary by country, it has surely increased poverty and disparities globally, making it even more urgent to achieve the Sustainable Development Goals (SDGs). Poor people are more likely to get infected and die from the COVID-19 pandemic. In Pakistan, low-income individuals are disproportionately affected, likely because poor families often live in crowded housing and work in places like supermarkets. Moreover, due to being uninsured or underinsured, many low-income individuals may not have proper access to healthcare facilities. As most employers provide health insurance, job loss has resulted in a loss of health coverage. The present study was conducted to assess the effect of the COVID-19 pandemic on the economic and social life of the people of Pakistan. The online survey indicates that the majority of respondents were males compared to females, suggesting that males are more socially active and therefore more responsive. We also found that most respondents were aged between 21 and 40 years, reflecting that internet availability and usage is very common in this age group. We reported that most of the participants (48.7%) were laborers at the time of this study, making them more likely to respond in a timely manner compared to employed and retired professionals. Furthermore, 55.6% of the study's responders identified COVID-19 as the main cause of their

unemployment and business damage. This increase in unemployment related to COVID-19 and its negative impact on businesses is corroborated by other studies. The rise in the unemployment rate is attributed to social distancing mandates by governments or individuals choosing to stay home due to the fear of COVID-19 spreading. The current study revealed that most responders (93%) identified COVID-19 as a viral disease, indicating their good level of knowledge about the pandemic. Similar results have also been reported recently from Pakistan. Here, we noted that as most responders of the present study are laborers, their understanding of COVID-19 is considered excellent. This study employed a quantitative methodology. Numeric data will be collected and analyzed to learn about the behavioral patterns observed regarding social distancing. The study was conducted in the Rajanpur district of Punjab, specifically in selected areas of Rajanpur. In this research, 300 people were selected as a sample based on non-random sampling. The primary method was used, and data will be collected with the help of a 5-point Likert scale questionnaire.

5.1 Recommendations in Future Researcher

The widespread prevalence of the infection and high casualties have made pandemic policies a high priority. In response to controlling the pandemic, the WHO has recommended that countries develop preparatory policies to combat the pandemic and address pandemic-induced developmental challenges. Creating appropriate COVID-19 control policies is a significant public health concern for all nations, necessitating combined inter-sectoral collaboration and governmental agreements through various coalitions. The policy response should be twofold: it must address current critical health and livelihood issues while proposing approaches for the long-term challenges introduced by the pandemic. The public health sector must take the lead for society as a whole, with a welfare approach aimed at minimizing the negative impacts of COVID-19 and aiding individuals in restoring balance in their lives and livelihoods. This includes implementing appropriate public health emergency actions, identifying economic repercussions, and effectively addressing the spread of misinformation about the disease. Governments need to prioritize providing authoritative information through multiple sources to ensure accurate data and appropriate social behavior. Enhancing transparency, ensuring proper restrictions, designing suitable prioritization guidelines for allocating scarce resources, and utilizing effective technologies are crucial. Acknowledging the potential for psychological burnout from extended work hours and the possible demoralization from ongoing stress among healthcare workers is another area requiring urgent attention from policymakers. Investment in vaccines and therapeutics, as well as research and development aimed at COVID-19 control and elimination, is also vital. Governments must navigate the balance between protecting health and respecting human rights. Identifying a new set of priorities and reevaluating national spending approaches will aid in utilizing available resources most effectively and facilitating a return to normalcy in people's lives. Additionally, governments should tackle the long-standing challenges of health and nutrition in low-income households, strengthen food supply chains, and empower women within food systems. In response to the COVID-19 crisis, the International Labour Organization (ILO) has structured a four-pillar policy framework based on international labor standards to address the socio-economic crisis, stimulate the economy and employment, protect workers in the workplace, and promote social dialogue for solutions.

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