COVID-19 Pandemic in Nigeria: The Implications on Social Lives in Akwa Ibom State

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ABSTRACT

Man is a social being. The denial of his social lives is therefore the denial of his very own existence. The study sought to assess the implications of COVID-19 on social lives. The design used for this study was an Expost-Facto. In this type of design, the researcher assessed the impacts of COVID–19 on social lives. The research area for this study was Akwa Ibom State. The population of this study comprised all the hospitality services in the state. Simple random sampling technique was used to select 40 respondents as the sample size. The main instrument used in this study was an interview schedule titled "COVID-19 AND SOCIAL LIVES QUESTIONNAIRE" (CSLQ). The reason for using the interview schedule was on the ground that the researchers needed to adopt phone calls method where the respondents were called and interviewed over the phone due to lockdown of hospitality in Akwa Ibom State. Cronbach Alpha technique was used to determine the level of reliability of the instrument. In the trial test, a total of 10 respondents were randomly selected and the questions put before them. The reliability coefficient obtained was 0.78 and this was high enough to justify the use of the instrument. The researcher subjected the data generated for this study to appropriate statistical techniques such as descriptive analysis and simple regression. The test for significance was done at 0.05 alpha levels. Among others the study revealed that there is significant influence of COVID-19 pandemic on social lives in Akwa Ibom State. One of the recommendations was that individuals should engage in creative activities that will keep them busy and sane during the COVID-19 lockdown, activities such as making music, dancing, using Facetime to catch up with friends and loved ones, can reduce boredom and psychological trauma.

KEYWORDS: Covid-19, pandemic, symptoms, preventive measures, social life

Introduction

Coronaviruses are a family of viruses known to cause respiratory infections with such symptoms as pneumonia, fever, breathing difficulty, and lung infection (WMH, 2020). It was first identified in December 2019 at Wuhan in China, Hubei Province, China among people linked to a local seafood market ("wet market") and has spread to about 196 countries and territories in every continent except Antarctica (Li et al, 2020). The information on the spread of the new virus was

made public by (WHO 2020). Specifically, coronaviruses are thermos labile, which means that they are susceptible to normal cooking temperatures (70°C). Therefore, as a general rule, the consumption of raw or undercooked animal products should be avoided. Raw meat, raw milk or raw animal organs should be handled with care to avoid cross-contamination with uncooked foods. SARS-CoV and MERS-CoV are susceptible to the most common cleaning and disinfection protocols and there is no indication so far that SARS-Cov-2 behaves differently. The virus is observed to spread rapidly in large crowds and social gatherings. With the alarming levels of spread and severity, the WHO as a means to avoid viral transmission, has placed interventions such as home self-isolation, school and business closures.

It is important that measures that are appropriate and proportionate to each phase of the epidemic are immediately put in place to interrupt human-to-human transmission chains, prevent further spread, reduce the intensity of the epidemic and slow down the increase in cases. Hit by the Covid-19 slump in all spheres of human life, followed by social distancing and a nationwide lockdown, individuals are experiencing trauma since these policies has strongly affected the social life of individuals, where people are forced to stay indoors, separated from their family and loved ones, to avoid social gatherings and parties which has strong negative impacts on individuals whose "every day is a weekend".

Statement of the Problem

Due to the COVID-19 pandemic, man has been denied his very own cause of existence – social life. Focusing on the social aspect of man including spending quality time with family and friends, attending social events and parties, all these activities has been ceased amidst the pandemic. The globe has been thrown into a state of total lockdown where man is in isolation- how appalling! The study therefore sought to assess the impact of COVID-19 pandemic on social lives.

Aim/Objectives of the Study

The main objective of the study is to assess the impact of COVID-19 pandemic on social life. Specifically, the study sought to;

1. Find out the extent of covid-19 pandemic in Nigeria.
2. Determine the preventive measures against covid-19 virus
3. Examine the influence of COVID-19 pandemic on social life in Akwa Ibom State.

Research Questions

1. What is the extent of covid-19 pandemic in Nigeria?
2. What is the preventive measures against covid-19 virus?
3. What is the influence of COVID-19 pandemic on social life in Akwa Ibom State?

Formulation of Hypotheses

Ho1: There is no significant influence of COVID-19 pandemic on social lives in Akwa Ibom State.

The Concept of Coronaviruses

Coronaviruses comprise a vast family of viruses, 7 of which are known to cause disease in humans. Some coronaviruses that typically infect animals have been known to evolve to infect humans.

SARS-CoV-2 is likely one such virus, postulated to have originated in a large animal and seafood market. Severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) are also caused by coronaviruses that "jumped" from animals to humans. More than 8,000 individuals developed SARS, nearly 800 of whom died of the illness (mortality rate of approximately 10%), before it was controlled in 2003. MERS continues to resurface in sporadic cases. A total of 2,465 laboratory-confirmed cases of MERS have been reported since 2012, resulting in 850 deaths (mortality rate of 34.5%). Many domestic and wild animals, including camels, cattle, cats, and bats, may serve as hosts for coronaviruses. It is considered that, generally, animal coronaviruses do not spread among humans. However, there are exceptions, such as SARS and MERS, which are mainly spread though close contact with infected people via respiratory droplets from cough or sneezing. With regard to COVID-19, early patients were reported to have some link to the Huanan Seafood Market in Wuhan, China, suggesting that these early infections were due to animal-to-person transmission. However, later cases were reported among medical staff and others with no history of exposure to that market or visiting Wuhan, which was taken as an indication of human-to-human transmission Worldometers (2020).

The most commonly reported symptoms are fever, cough, myalgia or fatigue, pneumonia, and complicated dyspnea, whereas less common reported symptoms include headache, diarrhea, hemoptysis, runny nose, and phlegm-producing cough. Patients with mild symptoms were reported to recover after 1 week while severe cases were reported to experience progressive respiratory failure due to alveolar damage from the virus, which may lead to death. Cases resulting in death were primarily middle-aged and elderly patients with pre-existing diseases (tumor surgery, cirrhosis, hypertension, coronary heart disease, diabetes, and Parkinson's disease). Case definition guidelines mention the following symptoms: fever, decrease in lymphocytes and white blood cells, new pulmonary infiltrates on chest radiography, and no improvement in symptoms after 3 days of antibiotics treatment.

The Concept of COVID-19

Coronavirus disease 2019 (COVID-19) is defined as illness caused by a novel coronavirus now called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2; formerly called 2019-nCoV), which was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. It was initially reported to the WHO on December 31, 2019. On January 30, 2020, the WHO declared the COVID-19 outbreak a global health emergency. On March 11, 2020, the WHO declared COVID-19 a global pandemic, its first such designation since declaring H1N1 influenza a pandemic in 2009.

The Centers for Disease Control and Prevention (CDC) has stated that more cases of COVID-19 are likely to be confirmed in the near future. They also anticipate widespread SARS-CoV-2 community spread and that most of the population will be exposed to the virus in coming months, leading to a CDC recommendation against gatherings of 10 persons or more.

On April 3, 2020, the CDC issued a recommendation that the general public, even those without symptoms, should begin wearing face coverings in public settings where social-distancing measures are difficult to maintain in order to abate the spread of COVID-19. The CDC has postulated that this situation could result in large numbers of patients requiring medical care concurrently, resulting in overloaded public health and healthcare systems and, potentially, elevated rates of hospitalizations and deaths. Population-wide social distancing of the entire

population plus other interventions (eg, home self-isolation, school and business closures) is strongly advised. These policies may be required for long periods to avoid rebound viral transmission.

According to the CDC (2020), individuals at high risk of infection include persons in areas with ongoing local transmission, healthcare workers caring for patients with COVID-19, close contacts of infected persons, and travelers returning from locations where local spread has been reported, due to high rate of person-to-person spread. Individuals who believe they may have been exposed to SARS-CoV-2 should immediately contact their healthcare provider.

Symptoms of COVID-19

Covid-19 is highly infectious, and its main clinical symptoms include fever, dry cough, fatigue, myalgia, and dyspnea. Presentations of COVID-19 have ranged from asymptomatic/mild symptoms to severe illness and mortality. Symptoms may develop 2 days to 14 days following exposure to the virus. A pooled analysis of 181 confirmed cases of COVID-19 outside Wuhan, China, found the mean incubation period to be 5.1 days and that 97.5% of individuals who developed symptoms did so within 11.5 days of infection.

According to Li et al., (2020), the symptoms are grouped into mild symptoms, severe symptoms and critical symptoms.

Mild symptoms include the following:

- Fever
- Cough
- Myalgia
- Fatigue
- Pneumonia

Severe symptoms include the following:

- Headache
- Sputum production
- Diarrhea
- Malaise
- Shortness of breath/dyspnea
- Respiratory distress/failure
- Multiorgan dysfunction
- Shock

Critical symptoms that could lead to death include the following:

- Hypoxia
- Dyspnea
- Lung failure
- Acute respiratory distress
- Septic shock
- Difficult to tackle metabolic acidosis
- Bleeding and coagulation dysfunction

The above list is however not exhaustive but the most common serious manifestation of COVID-19 is the pneumonia. Patients with mild symptoms were reported to recover after 1 week while severe cases were reported to experience progressive respiratory failure due to alveolar damage from the virus, which may lead to death. Cases resulting in death were primarily middle-aged and elderly patients with pre-existing diseases (tumor surgery, cirrhosis, hypertension, coronary heart disease, diabetes, and Parkinson's disease).

Preventive Measures Against COVID-19

Based on the available evidence, the COVID-19 virus is transmitted between people through close contact and droplets, not by airborne transmission. The people most at risk of infection are those who are in close contact with a COVID-19 patient or who care for COVID-19 patients. Preventive and mitigation measures are key in both healthcare and community settings. The most effective preventive measures in the community according to Nigeria Centre for Disease Control (NCDC) 2020 includes:

- Using PPE Appropriately; this involves selecting the proper PPE and being trained in how to put on, remove and dispose of it.
- Performing hand hygiene frequently with an alcohol-based hand rub if your hands are not visibly dirty or with soap and water if hands are dirty;
- Avoiding touching your eyes, nose and mouth;
- Practicing respiratory hygiene by coughing or sneezing into a bent elbow or tissue and then immediately disposing of the tissue;
- Wearing a medical mask if you have respiratory symptoms and performing hand hygiene after disposing of the mask;
- Maintaining social distance (a minimum of 1m) from individuals with respiratory symptoms.

The diagram below by NCDC, illustrates how to appropriately wear a face mask:

Additional precautions are required by healthcare workers to protect themselves and prevent transmission in the healthcare setting. Knowledge such as regular hand washing, using hand sanitizers, wearing face masks, respiratory etiquettes, social distancing and self-isolation when sick are vital to reducing widespread infection (Leppin & Aro, 2009).

Concept of Social Life

Social life according to the Webster dictionary is defined as the part of a person's time spent doing enjoyable things with others. Man is a social being. Society plays an important role in determining physical, psychological, behavioral and attitudinal factors. Perception, values and expectations are also greatly influenced by the society where an individual belongs to. The role of social support enhances particularly in case of disablement, pain, anxiety and loss of income of a person. It ultimately reflects on the person's various domains of quality of life of a person. It has been seen that supportive social interactions are related to higher quality of life in all of the four domains. Yanos et. al. (2001) states that it is seen in various studies that lack of social interaction has caused anxiety, insomnia, stress, social dysfunction and severe depression which ultimately effects on physical as well as psychological morbidity and hence quality of life of a person decreases. More often this deterioration is significantly associated with poor quality of life of a person. There is a positive correlation between social interaction and quality of life. According to Ono et al., (2011), family and friends plays vital role in this social support system. In spite of physical and psychological morbidity, one's quality of life may be better enough due to strong social support and association of supportive family members. This finding is supported by other studies also. According to Umberson et al. (2010) and Sapp et al., (2003), stress, loneliness, loss of income, ill health, feeling of neglect, loss of superiority in family are very common problems faced by lonely and idle individuals in our society which ultimately leads to poor quality of life.

Effects of COVID-19 on Social Life symptoms of this viral infection are fever, cold, cough, bone pain and breathing problems, and ultimately leading to pneumonia. This, being a new viral disease affecting humans for the first time, vaccines are not yet available. Thus, the emphasis is on taking extensive precautions such as extensive hygiene protocol (e.g., regularly washing of hands, avoidance of

COVID-19 (Coronavirus) has affected day to day life and is slowing down the global economy. This pandemic has affected thousands of peoples, who are either sick or are being killed due to the spread of this disease. The most common face to face interaction etc.), social distancing, and wearing of masks, and so on. This virus is spreading exponentially region wise. Countries are banning gatherings of people to the spread and break the exponential curve (Chinazzi, 2019 & Campbell, 2020). Many countries are locking their population and enforcing strict quarantine to control the spread of the havoc of this highly communicable disease. COVID-19 has rapidly affected our day to day life, businesses, disrupted the world trade and movements. Identification of the disease at an early stage is vital to control the spread of the virus because it very rapidly spreads from person to person. Most of the countries have slowed down their manufacturing of the products (Huang et al., 2020). The various industries and sectors are affected by the cause of this disease; these include the pharmaceuticals industry, solar power sector, tourism, Information and electronics industry. This virus creates significant knock-on effects on the daily life of citizens, as well as about the global economy. According to Wang et al., (2020), presently the impacts of COVID-19 on social life are extensive and have far reaching consequences, such as:

- Service sector is not able to provide their proper service.
- Cancellation or postponement of large-scale sports and tournaments
- Avoiding the national and international travelling and cancellation of services
- Disruption of celebration of cultural, religious and festive events
- Social distancing with our peers and family members
- Closure of the hotels, restaurants and religious places
- Closure of places for entertainment such as movie and play theatres, sports clubs, gymnasiums, swimming pools, and so on.

According to Cilliers (2020), here are some tips on how to fill the social gap and get through this crisis with a smile on your face:

Make Music: There's nothing more uplifting than singing and playing instruments together from our balconies. If you have children, you could encourage them to make instruments or make up their own songs. Sing to each other, sing to each other, and show your community that your spirit hasn't been broken.

Catch up with Friends: Social isolation can have a negative impact on your physical and mental health. Beat the loneliness by using your free time to catch up with friends via Skype or Facetime or Google Hangouts to stay in contact and check in on loved ones. Technological advances mean that you don't have to be in the same room to spend time with your loved ones.

Read a Good Book: Most of us have a stack of books we've been meaning to read, and there's no better time to get stuck in than now! If you're staying in with smaller children, then encouraging them to keep up with their reading will also make reintroducing them to school much easier when the time comes.

Hola Happy Hour! Just because you can't get to your favorite bar doesn't mean you can't enjoy happy hour or date night at home. Practice your cocktail making skills, mix your own drinks, and play at being a bartender.

Dance: It doesn't matter whether you enjoy weekly dance classes or only dance at weddings, put on some music and move your body. Dancing releases endorphins that will make you feel happy and is a great way to bond and reconnect with your family too. With time to spare, you could learn whole dance routines: practice your skills for that next family party!

Set up a Home Spa and Stay fit: Just because your local spa is closed doesn't mean you can't pamper yourself! Take a long bubble bath, paint your nails, and give yourself a facial. Make the most of having time to relax and focus on your beauty regime: then be sure to take photos of your perfect skin for social media, create daily family fitness time and download a fitness app to keep it interesting or learn yoga together

Plant some Seeds: It doesn't matter whether you have a large back garden or an apartment with a window box, now is the perfect time of year to start planting some seeds and watch flowers, herbs or vegetables grow other the coming months. The new growth will serve as a timely reminder that life is going on outside your four walls, and will make your home look great and smell great too.

Indulge yourself: During a quarantine, there's no shame in watching an entire season of your favorite TV show. Exploring your favorite indoor game can also help.

Make a time capsule – and write down your experiences. These are unprecedented times and one day your kids can use it to tell their kids all about these crazy times. According to Cilliers (2020), these are unprecedented times clouded by uncertainty and worry about the future, however, it will eventually pass and we should try to focus on the few positive aspects, especially the opportunity to spend quality time with our families and create new memories.

Research Methodology

The design used for this study was an Expost-Facto. In this type of design, the researcher assessed the implication of COVID–19 on social lives in Akwa Ibom State and so the research area for this study was Akwa Ibom State. The population of this study comprised all workers in the hospitality firms in the state. Simple random sampling technique was used to select 40 respondents which constituted the sample size. The main instrument used in this study was an interview schedule titled "COVID-19 AND SOCIAL LIVES QUESTIONNAIRE" (CSLQ). The reason for using the interview schedule was on the ground that the researchers needed to adopt phone calls method where the respondents were called and interviewed over the phone due to lockdown of hospitality organizations in the state. The 40 respondents were selected using s simple random sampling technique and the questions in the interview question put before them on phone. The exercise took about six days. Cronbach Alpha technique was used to determine the level of reliability of the instrument. In the trial test, a total of 10 respondents who did not form part of the main study were randomly selected and the reliability coefficient obtained was 0.78 and this was high enough to justify the use of the instrument. The researcher subjected the data generated for this study to appropriate statistical techniques such as descriptive analysis and simple regression. The test for significance was done at 0.05 alpha levels.

Results and Discussion

Results

Research Question 1

The research question sought to find out the extent of covid-19 pandemic in Nigeria. To answer the research percentage analysis was performed on the data, (see table 1).

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

EXTENTS	FREQUENCY	PERCENTAGE
VERY HIGH EXTENT	6	15*
HIGH EXTENT	15	37.5**
LOW EXTENT	11	27.5
VERY LOW EXTENT	8	20
TOTAL	**40**	**100%**

**** The highest percentage frequency**

*** The least percentage frequency**

SOURCE: Field survey

The above table 1 presents percentage analysis of the extent of covid-19 pandemic in Nigeria. From the result of the data analysis, it was observed that the highest percentage (37.5%) of the respondents affirmed that the extent of covid-19 pandemic in Nigeria is of high extent. This was seconded by those who affirmed that the extent is of low extent (27.5%). The third group of the respondents (20%) affirmed very low extent while the least percentage (15%) of the respondents stated that the extent of covid-19 pandemic in Nigeria is very high extent.

Research Question 2

The research question sought to find out the preventive measures against covid-19 virus. To answer the research percentage analysis was performed on the data, (see table 2).

Table 2: Percentage analysis of preventive measures against covid-19 virus

MEASURE	FREQUENCY	PERCENTAGE
Using PPE Appropriately	12	30**
Performing hand hygiene frequently with an alcohol-based hand rub if your hands are not visibly dirty or with soap and water if hands are dirty	7	17.5
Avoiding touching your eyes, nose and mouth	9	22.5
Practicing respiratory hygiene by coughing or sneezing into a bent elbow or tissue and then immediately disposing of the tissue;	5	12.5
Wearing a medical mask if you have respiratory symptoms and performing hand hygiene after disposing of the mask.	4	10

Maintaining social distance (a minimum of 1m) from individuals with respiratory symptoms	3	7.5*
TOTAL	**40**	**100%**

**** The highest percentage frequency**

*** The least percentage frequency**

SOURCE: Field survey

The above table 2 presents percentage analysis of the preventive measures against covid-19 virus. From the result of the data analysis, it was observed that the tagged "Using PPE Appropriately (30%) rated the highest percentage of the preventive measures against covid-19 virus. While "Maintaining social distance (a minimum of 1m) from individuals with respiratory symptoms" 3(7.5%) rated the least percentage of the percentage of the preventive measures against covid-19 virus.

Research question 3

The research question sought to find out the implications of COVID-19 pandemic on social lives in Akwa Ibom State. To answer the research questions percentage analysis was performed on the data, (see table 3).

Table 3: Percentage analysis of the influence of COVID-19 pandemic on social life in Akwa Ibom State.

EFFECTS	FREQUENCY	PERCENTAGE
Service sector is not able to provide their proper service	6	15
Cancellation or postponement of large-scale sports and tournaments	9	22.5**
Avoiding the national and international travelling and cancellation of services	1	2.5*
Disruption of celebration of cultural, religious and festive events	4	10
Social distancing with our peers and family members	5	12.5
Closure of the hotels, restaurants and religious places	7	17.5
Closure of places for entertainment such as movie and play theatres, sports clubs, gymnasiums, swimming pools, and so on	8	20
TOTAL	**40**	**100%**

**** The highest percentage frequency**

*** The least percentage frequency**

SOURCE: Field survey

The above table 3 presents the percentage analysis of the influence of COVID-19 pandemic on social life in Akwa Ibom State. From the result of the data analysis, it was observed that the strategy tagged "Cancellation or postponement of large-scale sports and tournaments" 9(22.5%) rated the highest percentage of the influence of COVID-19 pandemic on social life in Akwa Ibom State while that tagged "Avoiding the national and international travelling and cancellation of services" 1(2.5%) rated the least percentage of the influence of COVID-19 pandemic on social lives in Akwa Ibom State.

Hypotheses

The null hypothesis states that there is no significant influence of COVID-19 pandemic on social life in Akwa Ibom State. In order to test the hypothesis regression analysis was performed on the data, (see table 4).

TABLE 4: Simple Regression Analysis of the influence of COVID-19 pandemic on social life in Akwa Ibom State

Model	R	R-Square	Adjusted R Square	Std. error of the Estimate	R Square Change
1	0.83a	0.69	0.69	1.22	0.69

***Significant at 0.05 level; df= 38; N= 40; critical R-value = 0.312**

The table shows that the calculated R-value 0.83 was greater than the critical R-value of 0.312 at 0.5 alpha level with 38 degree of freedom. The R-Square value of 0.69 predicts 69% of the

influence of COVID-19 pandemic on social life in Akwa Ibom State. This rate of percentage was highly positive and therefore means that there is significant influence of COVID-19 pandemic on social life in Akwa Ibom State. It was also deemed necessary to find out the extent of the variance of each class of independent variable as responded by each respondent (see table 5).

TABLE 5: Analysis of variance of the influence of COVID-19 pandemic on social life in Akwa Ibom State

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	127.76	1	127.76	86.36	.000[b]
Residual	56.22	38	1.48		
Total	183.98	39			

a. Dependent Variable: Social Life
b. Predictors: (Constant), Covid-19 pandemic

The above table presents the calculated F-value as (127.76) and the P-value as (000). Being that the P-value (000) is below the probability level of 0.05, the result therefore means that there is significant influence exerted by the independent variables (Covid-19 pandemic) on the dependent variable which is social lives in Akwa Ibom State.

Discussion of the Findings

The results of the data analyses in tables 4 and 5 were significant due to the fact that the calculated R-value 0.83 and F-127.76 were greater than the critical R-value of 0.312 at 0.05 level with 38; 1 & 38 degrees of freedom. The result implies that there is significant influence of COVID-19 pandemic on social life in Akwa Ibom State. The result therefore is in agreement with the research findings of Chinazzi, (2019) and Campbell, (2020), who stated that countries are banning gatherings of people to the spread and break the exponential curve and that many countries are locking their population and enforcing strict quarantine to control the spread of the havoc of this highly communicable disease. According to him. COVID-19 has rapidly affected our day to day life, businesses, disrupted the world trade and movements. The significance of the result caused the null hypotheses to be rejected while the alternative one was accepted.

Conclusion

While the lockdown will not stop the virus, it is a welcomed act of balancing interventions as recommended by experts. Social isolation can have a negative impact on physical and mental health. Lack of social interaction, as a result of COVID-19 lockdown has caused anxiety, insomnia, stress, social dysfunction and severe depression which ultimately effects on physical as well as psychological morbidity and hence decreasing the quality of life. The study revealed that there is significant influence of COVID-19 pandemic on social life in Uyo, Akwa Ibom State.

Recommendations

From the findings of the study, it was recommended that:

1. Individuals should engage in creative activities that will keep them busy and sane during this era of covid-19 lockdown pandemic instead of engaging in activities such as club, seat-

outs, parties, etc. except social distancing and other preventive measures are strictly adhered to.

2. With strict adherence to social distancing and other preventive measures government should relax lockdown of social lives such large-scale sports and tournaments, celebration of cultural, religious and festive events, hotels, restaurants and religious places and other entertainment such as movie and play theatres, sports clubs, gymnasiums, swimming pools, etc. This is on the ground that man is a social being and the denial of his social lives is therefore the denial of his very own existence.

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