

The Effects and Impacts of Stringent Lockdown on the Environment and Society: The Global Context.

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Abstract: Background: *The Covid-19 originates in Wuhan, China. Later, declared as global pandemic. Lockdown measures were instituted across the globe to curb the infection rate. Industries, schools and travel bans were imposed on citizen. Human activities limited in immediate environment. What are the effects of the lockdown on environment and the society?*

Aim: *The paper analyses the lockdown effects on the environment and the society regarding family, education and global chain supply.*

Method: *The paper employs the desktop research. Stakeholders were interacted with and visits were made for an observation purposes into societies. The data was collected from 15 May, 2020 to 15 June, 2020.*

Results: *Lockdown was implemented to protect lives across the global, but later had positive knock on effects on the environment. It helps the environment and animal species to heal, rejuvenate, revive and resurrects. The closure of industries, schools, travelling ban on transports and aviation sector affected the tourism industry, however, improves the environment through the means of less pollution and emissions. Cities and rivers enjoy cleaner atmosphere for the first time. The toxic and waste into the river were halted. The tourism sites such as beaches, forests and game reserves were clean and neat during lockdown.*

Animals and plants flourish. The habitats of the animals were intact and not destroyed. The animal kingdom enjoys their freedom by sleeping on the main roads without being killed by cars. Societies adjusted to the new normal gradually. Social and physical distances become norms. Wearing of nose and face masks are compulsory. Elbows greeting replaces the handshakes. Families play games, watching televisions and soapiest together.

Online and Google classrooms, become new ways of teaching and learning. The classroom now becomes borderless. Global chain supply was in crises since all nations closed their borders. Tourism industry faced the brunt. It is recommended that mankind should be eco centric rather than human centric. Protocols of Covid 19 must be observed to curb the infection rates.

Conclusion: *Overall, the paper reveals that despite lockdown measures were aimed to curb down infection rate of the pandemic, it rather serves as a healing process for the environment to recover from its damages and wounds.*

Key Words: *Human activities, Restricted Lockdown, Effects, Environment, Revive.*

I. Introduction

The pandemics, crises, emergencies, plagues and disasters such as bus fires, drought and floods are inevitable in man's life. More so, for the crises to be globally or declared as a pandemic is not far-fetched so far as globalisation, international trade as well as international tourism, rapid and massive growth of the technology is concerned (Mbogo, 2020). Because, globalisation tourism and trade activities bonded, interwoven and entangled nations together, despite the distances apart, as a result the world is described as 'a global village' (Kang et al., 2020). To Zamoun and Gorpe (2018), maintain that 'what constitutes the crises are not easily agreed.....upon, however, despite lack of clarity, there are specific conditions of crises in the crises literature.... For example, crisis situations share six characteristics which are.... rare, significant, high impacts, ambiguous, urgent and involves high stakes.....Crisis involves the period of discontinuity, a situation where the core values of organisations or system are under threat, and thus requires the critical decision-making. There

is a destabilising effect of the organisations, and its shareholders and escalation of one or more issues, errors and procedures are expected in this period.....”.

The Wuhan, in Hubei province in China which serves as the epicentre for the Covid 19, could not contend as well as controlled the novel coronavirus, therefore the Covid 19 spreads massively and rapidly like bush fire across the globe. In less than no time the infection rate reaches 800, 000 in March, 2020, hence the Covid 19 was declared as a global pandemic (World Health Organisation (WHO), 2020 ; Worldometers, 2020; New York Times, 2020). The novel coronavirus affected all sectors of human endeavours, economically, socially, emotionally and psychologically. The virus took the whole world by surprise, since nobody prepares for and know exactly what do about the pandemic. No medications, equipment in the hospitals to admit and treat the patients who might be infected by the pandemic. Not only that the health sector was ill prepared, the health personnel's have no clue about the pandemic as well the governments of the various nations. Therefore, various countries worldwide adopted lockdown measures to curb and ameliorate the infection and the death rate of the pandemic. The lockdown is a measure which the various governments employed to restrict the movement of citizens. Only essential workers such as nurses, doctors and health supporting staffs were allowed to work. The entire economy across the globe were shut down. Industries, education sector, entertainment sector, manufacturing, commercial services, tourism sector to mention a few across the globe were throttle down, which affects the various economics and businesses worldwide in terms of loss of job and revenues.

Despite, the effects and wreak havoc by the lockdown to the economy and human endeavours across the globe, the lockdown in a way serve as a medication, dose and jabs that was injected into the environment which revives, rejuvenates, recue and resurrects the environment from its slumber, woes and damages. The recuperation rate of the environment under the lockdown from the activities of the human races across the globe is unimaginable. The paper therefore, aims to examine the impacts and effects of the lockdown on the environments and the societies in regards to families, education, and the global supply chain.

II. The genesis of global warming

Nature tries to protect and treat all creatures on earth equally, however, the human race considers himself to be capable and able to manage other plants and species on earth. From Adams, mankind results to the cultivation of the environment to their own benefits to the detriment of the environment. According to Swizero (2016), there are three major stages of civilisation identify from the creation of human to date. The stage Swizero (2016) reveals are pre agriculture which involves hunting and gathering era, agricultural stages and the industrialise stage. The pre agricultural stages involves traditional-gathering lifestyles which involves nomadic movements (National Geographic reports, 2019). Later, swept away by the permanent settlement and reliable food supply. As the population increases and cities grow at an alarming rate with the help of agricultural activities, the industrialisation sets in. The industrialisation set in because of availability of the raw materials from the agriculture sector which needs to be processed. More so, the crops and animals cannot be found to feed the alarming population (Swizero, 2016). As a result the global warming begins, because of the pollution by the various industries and the ever increasing population. The global warming is the introduction of carbons, pollutions and collection of greenhouses gases as a result of human activities which are later collected by the sunlight and solar radiation then later releases into the earth surface (National Geographic reports, 2019).

The civilisation, industrialisation and development take the centre stage of human race to provide food for themselves at the expense of the environment. It is human centric rather than eco centric. The urbanisation helps depletes and diminishes the thick forests and give room for constructions and developments. Industries began to pollute the waters, airs and the lands. The pollution becomes a global issue as a results of bacterial infections and virus that were spreading across the world. Many international conferences, summits, seminars, lectures, protocols and agreements were held as well as signed to reduce the rate of pollution across the globe, but to no avail. Among the summits and conference held internationally in order to protect the environments are; United Nations Conference on Environment and Development (UNCED) also known as Rio de Janeiro, 1992, tackle issues concerning the earth and the environment. To the environmental specialist is the best conference on the environment ever organised (UNCED reports, 1992). Follows is the Kyoto protocol, also known as Rio plus 5, which deals with the climatic change. Then again, the Johannesburg summits 2002, water summit on sustainable development (WSSD) took the centre stage for the conference discussion. Furthermore, was the Conference of the Parties (COP) 17 held at Durban, South Africa, among others (UNCED reports, 2015). The protocols and agreements were time and again disregarded and flouted by the industrialised countries who are main polluters such as America and China (UNCED reports, 2000)

The Covid 19 which was declared as global pandemic by World health Organisation (WHO) forced nations worldwide to curtail human activities as a measure to reduce the infection rate as well as death rate. Hence, partial, restricted and stringent lockdown was instituted globally. The lockdown came as a ‘saviour’ to rescue the environment from the human race. Citizens across the globe were asked to remain in their immediate

environment, schools shut down, and the aviation sector was grounded as well as the industries. Not on that the religious activities, cultural events like pilgrimage to Mecca banned, marriage ceremonies among others, sporting events such as Olympics postponed, the entertainment industry was not spared and more especially the tourism industry was devastated and 'bled' profusely.

The townships, cities, regions and national travels were banned. The cities remains to be ghost towns. The serene atmosphere which prevails can even make an individual to hear a drop of a pin at its loudest noise. The chipping of birds become noise and disturbances during the lockdown. There was absolutely no human activities in and around the roads or in the cities. Cities remains clean and pollution free from humans. No carbon transmission into the atmospheres since travelling and movement was restricted.

According to the Environmental and Energy Study Institutes (EESI) (2020), reveals that in 2018 the aviation emission accumulates to 2.4% of the global pollution, however, during the lockdown the aviation emission was reduced near to zero percent (0%) (Chakraborty and Maity, 2020), as a result of grounding of the aeroplanes. Less industrialised activities reduces the rate of pollution and improves the environment significantly. The ecosystem as well as the ozone layers recover from its bleeding and damages inflicted on it by the human activities before the lockdown (Chakraborty and Maity, 2020).

Furthermore, the Guardian (2020), publication states that 'in China the world largest source of carbon emission were down by 18% between early February to March, a cut in 250m tonnes equivalent to more than half of the United Kingdom's annual output. Europe is forecast to see any reduction of around 390m tonnes. Significant falls can also be expected in United States of America (USA), where passengers vehicle traffic are major source of carbon dioxide (CO₂), has fallen by nearly 40%'. Not only that the Eco Watch Observation was once supported by the National Aeronautics and Space Administration (NASA), satellites from the outer space during the lockdown (Eco Watch Observation, 2020). In the study by Umesh (2020), it was reveals that the Eastern and Central China which serve as the hub of pollution also show a significant reduction and decrease between 10-30% in nitrogen dioxide (NO₂). The study further posit that the US pollution also decrease drastically, major cities such as Washington, New York City California among others experience cleaner air for the first time during the lockdown (Umesh, 2020)

The big cities across the world from their construction experience cleaner airs in their lives during lockdown. The sky and the air were as clear as whistles. The water bodies also benefits from the 'protection' the restricted lockdown brought. They did not receive the toxic chemicals and the wastes materials from the industries during the periods of lockdown. The animal creatures and birds receive their fair share of the lockdown 'cake'. Birds and animals were seen through windows sleeping on the main road. The lockdown had brought freedom to the animals' kingdom. The tourist sites such as forests and grasses were ever greener, mountainous areas, beaches as well as recreational facilities areas were not polluted and seen to be cleaned for the first time by some residence. In the nutshell, the restricted lockdown acts as a catalyst that saves and protects the environment in which numerous attempt were made through conferences, summits and protocols, but to no avail.

III. Restricted lockdown, the healing process of plants and animal species (biodiversity)

The activities of mankind such as hunting, agricultural, civilisation, urbanisation and developments have led to the destruction of the habitats of animals. The use of herbs and plants for the medicinal values development, construction as well as for cooking purposes also destroy forests without any replacement. The natural resources which are limited in supply as well as divided into renewable and non-renewable resources (gold, land, water bodies and forests respectively), are overexploited by human race. The renewable resources which needs to be replaced each time it is consumed is ignorantly or deliberately ignored by mankind. Because, humankind forgets that benefits go with responsibilities as a results the forests are cut without it being replaced, hence, the problem of desertification which destroys the environment.

As the theory of former worldview maintains that the mankind should control all the plants and animals on earth for their own benefits (Kumar, 2020). In that regards, the human race tames and controls the animals' species and the forests to their own benefits. Not a single day pass by the habitats of the animals are not destroyed for developmental purposes or animal hunted for food (Kumar, 2019). Because, the population is sky rocketing, more so, human needs and wants are numerous, but the resources are limited and scarce in supply. On that note the scarce resources are exploited to benefits the mankind to the detriment of the environment.

However, the restricted lockdown brought relieves, revives and rejuvenates the forestry, fisheries and the animals from their daily disturbances and stresses. As the human race was asked to operate in their immediate environment without going out, the overexploitation of the limited resources was halted. The plants and animals got their 'freedom' at last, if not an independence as well as given a briefing spaces. There were media reports

that showed how flourish the crops and the plants all over the world were during the lockdown (eNCA, 2020). The vultures were seen all over the areas, not only that insect pollinator's spring up in their numbers on crops and other plants. The author observes cleaner rivers for the first time in his life.

According to Plumer and Popovich (2020), the lockdown has 'trigger the largest ever annual fall in the carbon dioxide (CO₂), emission in 2020, more than during any previous economic crises or war periods'. Despite, the Covid19 and its restricted lockdown measures may be regarded to be crises for devastating the economic sector and the health sector, it has positive sides as well. If anything at all, the lockdown has taught us many lessons to use the scarce resources sparingly, protect our environment and be more eco centric than to be human centric. This implies mankind should begin to admire, appreciate and value the environment and protect it to the best of his or her ability. We should not forget that whilst we benefit from the environment we should not relent on our responsibly to protect the crops and animal species to avoid extinction.

IV. The State Of Societies During The Lockdown

The paper identifies the society, the family, the educational system and the interconnection among the world in regards to the global supply chain.

4.1 The society and the lockdown.

The Covid 19 has inflicted deep wound and pains on the human race. The human activities and endeavours were brought to halt, especially in the sector of health and education were much affected. Carcasses and dead bodies pile upon on each other in the hospitals as a result of Covid 19 related sickness (WHO, 2020), jobs and revenues loss, and the education sector was hard hit (Global tourism reports, 2020). However, the destitute and homeless in the societies were more likely to face the havoc of the lockdown in the society as a result of lockdown. The homeless have no shelter and are much vulnerable and expose to be infected by the pandemic. In that regards, the various governments across the globe called on the youth, non-governmental organisations (NGO's), and the celebrities in society to assist the destitute and vulnerable in society (British Broadcasting Corporation (BBC), 2020).

The public and social awareness took its centre stage all over the world about the Covid 19 in order to curb, reduce and ameliorate the infection rate as well as the death tolls. Life has changed from the post Covid 19 pandemic, the term 'new normal' was introduced. The citizens all over the world were asked to obey and observe the protocols, rules and regulations of the deadly pandemic. The lockdown rules demand citizens to observe social and physical distances about 2 meters apart, washing of hands. The wearing of masks both face and nose mask become the order of the day. Isolation, quarantine and contract tracing were introduced to curb the spread of the pandemic (Worldometers, 2020). Friends and families could not shake hands, share food or come closer to each other. Individualism overrides 'we feeling'. The society was devastated, in turmoil and turn upside down. However, the distances created by the Covid 19 pandemic in terms of observing distances was bridged by the social media such as whatsApp, videos and Microsoft teams. Zooms and skypes were used for meetings and congregations as well as teaching and learning. In that regards, societies and countries with physical borders now become borderless under the lockdown.

As the days and months go by people gradually become adapted to the new normal life by staying at home in order to be safe. Lockdown has taught mankind, the new normal life of how to manage the scarce resources. Because, during the lockdown the rate of the food and resources depletion and deteriorate was very fast, meanwhile the flow of income to the household was at the snail pace and in some households zero income. The households with less or no flow of income have to rely on the palliatives from the governments, non-governmental organisations such as churches and mosques, and informal organisations like friends and neighbours for food packages and parcels (Dotsey, 2017; Arengo et al., 2014). In the nutshell the lockdown has instituted situations where one is not allowed to be seen out and must operate within his or her immediate environment. Furthermore, Covid 19 and its lockdown has brought new way of living coined as new normal.

4.2 The family system during the lockdown.

The family which is a unit system was devastated during the restricted lockdown as a results of the economic pressure as well as the numerous needs and wants of the families. Before, the lockdown, some family members live under the same roof, but could not see each other for days, weeks or even months. In some instances, children could not see their parents, because, the parents usually come home late and wake up very early to go out in order to seek greener pastures. The family values and norms which were on the verge of collapsing was revived during the lockdown.

The restricted lockdown, resurrected and revived the family values through the means of eating together, playing of indoor games such as playing cards, chess and 'ludo'. Not only that morning prayers, singing and

dancing becomes the new normal, since the bread winners of the households were no longer leaving until late night. Family members watch soapiest, documentary and educational films together and sharing of values, become the new normal. The family trust and bond was enhanced and rejuvenated. Children spend time with their family members not with the domestic helpers. Couples spend time together, siblings learn each other, play together, stay together under the same roof and share ideas about the progress of the family. Moreover, the sedentary approach was adopted mostly by the adults to recuperate from the hassles before the lockdown. The sedentary approach which involves sleeping also help builds and repairs worn out tissues as well as improves the immune system in the body (Wang et al, 2020).

The new normal of working from home also help saves time as well as increase the level of productivity. The time of travelling to and from work were used for productive hours. In terms of the health aspects the emission rate of the cars also reduced which brought a cleaner environment during the lockdown (The Guardian, 2020). The petrol cost were saved, the early morning stresses of going to work in vehicular traffics were no more. The pollution on the planet and the earth was less stress.

Despite, the family social trust and bond were reported in the media across the globe to be enhanced during the lockdown, the lockdown also witnessed an increase in domestic violence (The South African Police Service (SAPS), 2020). Both prints and unprinted media channels (newspapers and televisions respectively), across the globe also reported an increase in the domestic violence. The financial pressures and challenges result in the misunderstanding mostly among the couples (African News, 2020). Because during the lockdown the food stock was depleting and diminishing at an alarming rate, while there were no income flowing into the households. In the nutshell, it can be summarised that the socialisation which was breed and enhanced during the lockdown at the expense of the economic activities also increased domestic violence (The South African Police Service (SAPS), 2020).

4.3 The education system during the lockdown.

The Covid 19 pandemic forced nations across the globe to close down schools abruptly. As of mid-March, 2020, most schools worldwide were at the peak of teaching and learning, however, schools had to be closed in order to contend, control and reduce the rate of infection of the pandemic. Since, the schools were considered to be the super spreaders of the novel coronavirus. According to United Nations Educational, for Scientific and Culture Organisation (UNESCO), 2020, as of May, 2020 1,268 million universities, colleges and schools were affected worldwide. In the UNESCO data 177 countries complete closed down schools, 13 countries implemented local closure, which total 73.5% of the world students' population affected by the lockdown (UNESCO, 2020)

There were huge societal and economic consequences brought by the school closures. The closure of schools and colleges does not affect students, teachers and families alone. It affected the various sectors of the societies as well as the industries who are likely to bear the brunt in the future. The sudden closure of schools affected the disadvantage children the most. The disadvantage kids who usually rely on the school nutrition as their source of food were faced with hunger. Since, some households could not provide basic needs for these young children in the house as a result of lack of flow of income during lockdown made life unbearable (BBC, 2020).

The statistics by UNESCO, 2020 also indicated that the online teaching and Google classrooms have grounded and rooted in the educational sector worldwide. The world educational body states that, about more than 1 million students are no longer physically in schools and campuses across the globe. The face to face has been interrupted by the Covid 19 and it is becoming something of the past. Comparing the impacts and effects of lockdown on the education sectors one can say that the primary level of the education face much difficulty. Because, the e-learning might possess challenges to most households as a results of skills, resources and money to buy the data. Most tertiary sector students may be comfortable with the e-learning as well as the online teaching and learning.

The lockdown consequences and repercussion may not be felt immediately. It may be in the medium to the long term. Despite, numerous efforts by the governments' and nations worldwide, administrators' locals and nationals to ensure that online learning reaches all parts of their country some students might not be reached. Those students are likely to trail behind the academic syllabus. UNESCO's concerned about the interruption of education during lockdown proposes and recommends to the country's that, open educational application, distance learning and Google classrooms must be employed and developed to reach the remotest areas of every nation. It can be say that the policy and recommendations were adopted by various nations and governments which now make the classrooms to be borderless.

At the tertiary level the e-learnings and emails were much used for teaching and learning. The practical approaches to teaching and learning becomes something of the past. The theory becomes the order of the day. This is likely to compromise the quality of education in future. For instance, a student who is studying

Biochemistry might not be abreast with the various instruments let alone mixing the chemicals. The new normal instituted by the Covid 19 and its lockdown may results in production of degree holders who may be useful in the theory, however, 'wasteful' in the practical approaches. We should not forget the fact that education is not about what you know, but rather what you can offer to societies and communities. Unfortunately, theory without practical approaches to teaching and learning is the type of education the new normal has brought.

Not only that, the funds to run the schools and the institutions might possess challenges. Because, the new normal which made teaching and learning taking place online discourages the physical presence of students on campuses. The physical structures such as the lecture halls, hostels, and halls of residence might become white elephants. Since, the students are no longer physically on campus for studies. In that regards, generating revenues to run the schools as well as providing maintenance to the hostels, laboratories and libraries might be a daunting task, if not impossible. Because, it was reported in the new channels across the globe that most nations were calling on the International Monetary Fund (IMF) for bail out (The British Broadcasting Corporation (BBC), 2020). Not only the unavailability of funds will affects the institutions, the funding partners as well as the research priorities are likely to change under the new normal. In nutshell, the lockdown has devastated the educational system by removing the traditional methods of face to face teaching and instituted e-learning, however, theory is likely to dominate rather than the practical approaches to education.

4.4 The global supply chain during lockdown.

The link, bond, dependency and the connections which exist between the various sectors of the production is known as supply chain. For instance, looking at the various sectors of the economy, the primary sector which is notably produces the raw materials through the processing of forestry, mining, extraction and fisheries feeds the secondary sector with the raw materials. The secondary sector then transforms, processes, changes and add values to the raw material and the output becomes finished goods (De Haas, 2016). The finished goods are the goods that are ready to be used. They do not need any further processing. Later then, the finished goods are distributed and transported to where they are needed in the tertiary sector (Ullah, 2017). From the explanation one can realise that inefficiency and ineffectiveness of one sector will affect the other. As a result of interconnections and dependency of various sectors in the production sector. The process is known as the supply chain.

The same scenarios occurs under the lockdown affected all endeavours of human lives, socially, economically, psychologically and emotionally. During, the restricted lockdown all nations closed their borders as a measure to curb down the infection rate as well as to protect their citizens. The aviation industry was very much affected, because the aeroplanes were grounded. These affects the tourism industry mostly. In fact, the tourism industry not being capital intensive, but rather labour intensive industry was mostly affected by the lockdown. Most nation's loss revenues from the tourist sector. The jobs were also shaded, because migration and movement of people were banned (Rogerson and Rogerson, 2020). The massive number of people in the tourism sector such as cooks, hoteliers, taxi drivers, artisans' tour guards and tour operators were much affected. Those in the hospitality industry and accommodation face the wrought of the lockdown (Rogerson and Rogerson, 2020). The agricultural sector as well as transport sector which also depends on the tourism were also affected, since their productions and services to the hotels respectively cannot be bought, because there were no tourists.

The automobile and information technology (IT), sector were not spared by the lockdown measures. The reports all over the world in the new channels about the closure of the various automobile industries affected the IT sector as well. Because, the IT sector and the automobile industry depends on each other as well as interwoven (Omkar, 2020). In conclusion one can say the lockdown affected the global chain supply negatively. The health sector and the economy face the brunt of the lockdown. For the governments worldwide to overcome and restore the state of the economy, pragmatic policies as well as aggressive measures need to be implemented to tackle the wreak havoc the lockdown has created over the last few months.

V. The way forward to curb, contend and control the Covid 19 infection rate to bring life to normal not to live 'new normal' in the societies

The paper discusses and recommends the way forward in regards to the general view, to the health workers, to the children, the youth and to the elderly in societies.

5.1 The general view of the way forward.

The paper aims to encourage and support the researchers about the Covid 19 vaccine to do their best to get medication for the pandemic. For now the Astrazaneca, Pfizer, Moderna and Johnson and Johnson vaccines (WHO, 2021), which are available in the market should be patronised by all citizens of the various countries in order to curb the infection rate as well as the psychological effects on stakeholders. Despite, it was reported by

some media houses across the world that the Astrazaneca vaccine is not effective in certain areas or regions. As a result of new variants of infection that was detected in the second wave of Covid 19 especially in South Africa and United Kingdom (The British Broadcasting Corporation (BBC), 2021; The South African Broadcasting Corporation (SABC), 2021). The Astrazaneca vaccine can be moved to regions or area where it may be effective and efficient to subdue the virus infection.

More so, education as well as awareness on the Covid 19 pandemic vaccines must be intensified so that the myths, misconceptions and misinformation surrounding the vaccines can be removed. Furthermore, the media houses must be circumspect in their reportage on vaccinations issues.

4.5 To the front runners (health workers).

The health workers should not lose guard in terms of protecting themselves. The protective equipment's must be worn at all times as well as washing of hands by the health workers. Because, the health workers may find it difficult if not impossible to social distance and physical distance themselves from the patients. Moreover, as a result of trauma experience by the health workers, they must be in touch with their loved ones through the use of social media to do away with some of the boredom, anxiety and stress. However, the paper does not suggest that phones should be used during the working hours. In addition, for fear of infecting the loved one's if the need be the front runners may get separate accommodation from their relatives and friend, but it should not sound as if they are isolated, because of the Covid 19 infection which may to some extent be stigmatization issues. They must bear in mind the reasons for isolating themselves for the loves ones, rather than what the general public will assume about them. Then also, the governments of various nations should assist by deploying psychological support providers to each health sectors in the various nations. Furthermore, since the pandemic is worldwide the fight against the pandemic lies in our hands. Therefore, every tom dick and harry irrespective of our status in the society must obey and observe the rules and regulations of the pandemic, because, the pandemic has no respect for anyone.

4.6 To our future generations (children).

The parents, guardians and relations of the children should develop listening ears and trust for their children, to express their thoughts and feelings about the pandemic. Time should also be devoted to check the children and care services must be intensified in terms of washing their hands as well as wearing of the masks. On that regards, local games that were on the verge of collapsing such as playing of cards and 'ludo games' can be revived. The activities such as drawing and writing skills can be developed as well as singing, dancing and playing of music can be adopted to lift up the spirit of the children.

Not only developing activities and drawings but also the children question on Covid 19 should be attended to as a matter of urgency. The correct, precise and succinct information should be given to children about the novel coronavirus pandemic. Moreover, parents,' guardians and relatives must guard against providing with the children the myths, speculations and misconceptions surrounding the Covid 19. We should not forget an African proverb that maintains that the water takes the shape of its container, therefore, we should have it at the back of our minds that children learn indirectly or directly from their parents. On that note parents and guidance must develop cognitive, behavioural and emotional styles that would mould the children to be better and responsible adults in the future.

Furthermore, the socialisation which was curtailed by the Covid 19 protocol for an individual to stay at homes and operate in his or her immediate environment, can be rejuvenated, maintained and sustained through the means of watching popular educative films, soapiest, and videos as well as reading of books. More so, the classroom which is not borderless under the new normal, the parents must take advantage of it to download the educational activities and online programs can be engaged on to repair as well as to avoid the psychological impacts inflicted by the pandemic. Last but not the least, various governments must provide psychological support in various communities and societies so that in case any children shown a sign of stress or anxiety they can seek their advice.

4.7 To the youth or young people.

In order to avoid the hypochondriasis, which occurs as result of too much misinformation and misconceptions (Marcus et al., 2020), the internet and social media must be used despairingly, carefully and cautiously. Moreover, the loneliness, boredom and despair from the abruptly school break can be uplifted through the means of the social media such as the whatsapp, YouTube and videos to cure the boredom, despite it comes with the cost. However, the social media must be used responsibly in order not to worsen the psychological trauma effects. Furthermore, it is said that the healthy mind lies in the healthy body, in that regards the sporting activities, on the recreational facilities in the communities and the playing grounds can be made use of. Physical

exercises such as brisk walking, jogging and yoga may be adopted to avoid excessive impacts inflicted psychologically on the youth.

Despite, the Covid 19 is regarded as global pandemic and crisis, there are an opportunities it presents also. The youth must use this time to develop, equip and enhance their level of skills through the means for reading books, listening to motivational messages on the YouTube, watching educative videos and films, movies, soapiest and documentaries. Not only that music singing and dancing should be the hallmark of their day to day activities as well as their routine behaviour to curb the psychological effects inflicted by the Covid 19 pandemic. On the point of developments, the various Universities and governments' across the nations must extend their resources to enable the youth to make use of online programmes and classes to be abreast with educational developments in their immediate environments. In addition, depending on the resources of the various nations, online support or physical supports to the issues relating to the psychological aspect of Covid 19 should be made accessible to the youth.

4.8 To the elderly and the aged in society.

Once the fatality rates and infection rates statistics indicate that the elderly in the society are very vulnerable, they must ensure that they limit their social and physical contacts with the people. They must only of out if there is the need for it. Isolation and quarantine measures should be their hallmark and strictly observe in order to avoid the rate of infection among themselves. Notwithstanding, the formal and informal organisation such as churches, mosques, non-governmental organisations (NGOs) and friends and neighbours must endeavours to come to the aid of the elderly in the society by providing their basic needs and wants. For the elderly who are abreast with the technology must be circumspect about the information they consume on the internet as well as on the social media.

More so, to curb and prevent the fear of death that hovers around as well as paramount in the minds of the elderly in the society, as a result of their vulnerability to the Covid 19 pandemic, the psychological supports need to be provided to reduce the fears, anxieties and stresses that harbour their minds as well as psychological complication which are likely to occur. Then again, if the means and resources are available, as well as the need be, the elderly in the society should be provided with separate accommodations to avoid constant physical contacts with their grandchildren. Because, the children might not make the sense for social distances and physical distances.

VI. Conclusion

The stringent lockdown instituted as a measure by the various governments across the globe in order to curb, reduce and ameliorate the rate of infection as well as death rate from Covid 19 pandemic. While, the original idea was to protect lives and reduced the fatality rate across the global, it's rather turn to have positive knock on effects on the environment. The lockdown measure helps the environment and animal species to heal. The closure of the industries, schools, travelling ban on transports and grounding of the aviation sector which affected the tourism industry improves the environment through the means of less pollution, less carbon dioxide and emissions were less introduced into the atmospheres. For the first time most cities, rivers, enjoy cleaner atmosphere. The toxic and waste into the river were halted by the lockdown measures. The tourism sites such as beaches, forests and game reserves were seen to be very clean and neat during the lockdown.

The animals and plants flourish. The habitats of the animals were intact and not destroyed during the lockdown. The animal kingdom enjoys their freedom by sleeping on the main roads without being killed by cars. The societies also adjusted to the new normal brought by the lockdown measures. Social and physical distances become the order of the day. Wearing of nose and face masks are compulsory to all social gathering. Handshakes become things of the past and elbows are being used for greetings. The family also bonded through the means of playing games together and watching televisions and soapiest.

More so, the education system has shifted from the orthodox method of face to face teaching to an online, emails and Google classrooms, become the order of the day. The classroom now becomes borderless under the new normal. Not only that the global chain supply was in crises since all nations closed down their borders to protect their citizens from the pandemic. The most affected is the tourism industry, because it is the labour intensive.

The way forward as well as recommendations are made which involves, the protocols of Covid19 needs to be obeyed and observed by all and sundry. Because, the pandemic has no respect for anyone. The paper believes, if all protocols and lockdown measures are adhered to and implemented the rate of infection as well as death are likely to come down.

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