

COVID-19 Pandemic and coping strategies

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Abstract

The present study was conducted with the objective of knowing the impact of pandemic upon rural and urban people in context of using different types coping strategies. COVID-19 brought us tsunami of stress on worldwide. W.H.O. declared it as a public health emergency on international level. India also suffered badly specially in third wave known as Delta virus.

Psychology is the science of behavior and mental processes. Whenever the humanity faces some kind of problems of severe nature, it looks towards the scientific disciplines for their possible contributions in resolving those problems. Psychology being a responsible discipline has always responded enthusiastically to every such calls. Coping strategies are those processes involved in dealing with stress. These processes help in adoption and survival of organism. This stress is not same to everyone.

Keywords: psychology, COVID-19, stress, coping- strategies, W.H.O.

Introduction :

The term COVID-19 got first time public attention in late 2019. This pandemic has created panic and chaotic situation everywhere. This does not matter people belong to any caste, community, culture or nation. Corona virus was basically a highly infectious and contagious disease. A number of studies suggested that the impact of this pandemic has both physical and mental level. Due to this pandemic many lost their family members and loved one's also. It had very fast spreading tendency. So it created a panic state of mind to everyone. Its unfamiliar nature provide ideal ground for a numbers of rumors in society. **Mishra G. et.al. (2021) said that when listening the words COVID-19. A number of negative emotions and memories of chaos came automatically to our mind.** Various preventative measures deliberately taken by government to ensure the safe breathing for everyone. These preventive measures were hand wash, mask –use, weekend curfew, self-quarantine and lock-down etc.

Coping is generally a process of dealing with problem or stress by an individual. People continually scan their environment both external and internal. In

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fact the response to a given situation or stress vary person to person. So coping is a product of our response to the stressors that the environment throws at us. **Coping is a basic process that is integral part of adoption survival. It depicts how organisms detect, appraise, learn and deal with various stressful situation (Skinner & Zimmer- Gembeck 2016) .**

Gunnel et.al.(2020) found in their study that the impact of Covid-19 was broader than perceived and also affects those people who was not infected with it. The Covid-19 pandemic acted as a severe stressor even in non-infected people.

Halder et.al. (2020) found in their study that the uncertainty emerged as a uniform and serious global stressor. This uncertainty provides a fertile ground for different mental issues, surge in suicide rates, increase in domestic violence and increased in alcohol consumption.

METHODOLOGY

The present study is based upon exploratory type of research. This type of research is generally conducted for those problems that has not been clearly resolved. The major objective of present study was to explore the impact of pandemic upon Rural and Urban population using different types of coping strategies

A) HYPOTHESIS

Both groups rural and urban would not differ on different types of coping strategies operationalized as Behavioral, cognitive, cognitive-Behavioral, Behavioral-Avoidance and cognitive-Avoidance.

B) SAMPLE

The sample size of the present study was 300 respondents. This total sample size divided into two parts 50% belongs to rural background and rest of 50% to urban background. The present data collected from Ayodhya district (U.P.), India. The data collection procedure is based upon purposive sample technique.

C) Tools

The scale used in this present study was based on Likert type of five point rating scale. This scale was developed by Srivastava (2002). This scale is made of 50 items. This scale has five major categories of coping strategies. These are as given below:

- I. Behavioral –coping strategies.**
 - II. Cognitive –coping strategies.**
 - III. Cognitive –Behavioral coping strategies.**
 - IV. Behavioral –Avoidance coping strategies.**
 - V. Cognitive-Avoidance coping strategies.**
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RESULTS

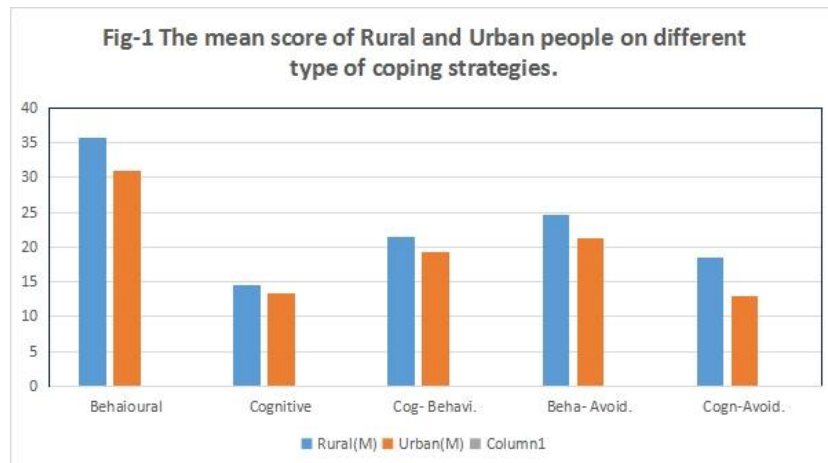
Table-1

Comparison between Rural and Urban population on different types of coping strategies.

Variables	Rural		Urban		t-value
	mean	S.D.	Mean	S.D.	
Behavioral coping strategies.	35.69	8.49	30.89	5.24	6.01***
Cognitive- coping strategies.	14.50	4.35	13.34	2.92	2.73**
Cognitive-Behavioral Coping strategies.	21.42	4.32	19.34	3.52	4.44***
Behavioral-Avoidance Coping strategies.	24.58	4.02	21.34	6.03	4.81***
Cognitive-Avoidance Coping strategies.	18.53	3.00	12.95	3.46	1.01

Note: **p<0.01

***p<0.001



The above mentioned table indicated that the Mean score of Rural and Urban people did not differ significantly on cognitive –Avoidance coping strategy. The Mean score of rural group on this variable was 18.53 (S.D. =3.00) while the mean score of urban group was 12.95 (S.D. = 3.46). The obtained t-value in this case was 1.01 only and was not significant.

However on Behavioral coping strategies both rural and urban group differed significantly at 0.001 level ($t=6.01$, $p<0.001$). To this variable the mean score of rural group was 35.69 (S.D. =8.49) which is higher in comparison to that of urban group 30.89 (S.D. =5.24). Next to cognitive- Approach, both rural and urban groups differed significantly at 0.01 level ($t=2.73$, $p<0.01$). The mean score of rural group on this variable was 14.50 (S.D. =4.35) and the mean Score of urban group on same variable was 13.34 (S.D. =2.92),

Next on Cognitive- Behavioral - Approach, the Mean Score of the rural group was 21.42 (S.D. =4.32) and the Mean Score of the urban group on the same variable was 19.34 (S.D. =3.52). The Obtained t-value in this variable was 4.44*** and this was significant at 0.001 level. Similarly, the Mean score of rural group on Behavioral – Avoidance Approach was 24.58 (S.D. =4.02), while the Mean Score of urban group to same variable was 21.34 (S.D. =6.03).The obtained t- value was 4.81*** and it was significant at 0.001 level.

Conclusion:

After disposal of hypothesis, we can say that the results have not supported to proposed hypothesis except from Cognitive-Avoidance coping strategies. Thus on the basis of available statistics, it can be concluded that both Rural and Urban groups differ significantly to each other on Behavioral, Cognitive, Cognitive-Behavioral and Behavioral-Avoidance coping strategies. Some other earlier studies also found differences between rural and urban people on different aspect of life (**Elgar et. al. 2003**)

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