

Social anxiety from the Corona pandemic (COVID 19) : Theoretical Psychological Study

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Abstract:

Specialists in social and psychological sciences have paid attention to calamities, crises, social events and the spread of epidemics that develop rapidly and leave their mark on the social system. Some societies have faced severe and difficult dangers and exciting suffering that led to disruption in the unity of the community and its internal construction. Such cases put social construction in unfamiliar situations as a result of extreme suffering .So, this construction has become unable to meet the needs of individuals, when the construction becomes weak in its performance of the responses required to meet the desires of its members and satisfy them as a result of the state of rupture and weak interconnectedness in the nature of the achievement of its forms creates phenomena that may be difficult to predict or knowledge of the effects and problems that will be left to them, and perhaps the most important What situations such emergency and temporary structures produce are social anxiety.The emergency that the world is witnessing today requires researchers to provide different scientific insights about the Corona epidemic that threatens human life on the surface of the planet, so we will try in this theoretical study to shed light on some of the effects of this virus on human life.

Keywords: Social anxiety, Corona Virus.

I. Introduction

Sudden catastrophes and death threats such as explosions or the spread of diseases that lead to deaths are enough to cause psychosomatic disorders in humans, which may result in long-term effects such as arterial blockages, high blood pressure, asthma attacks, epileptic seizures, etc. As well as psychological effects such as mania, schizophrenia and social effects such as insecurity Psychological and showing hostility towards others (Al-Nabulsi, 2010, p. 2)

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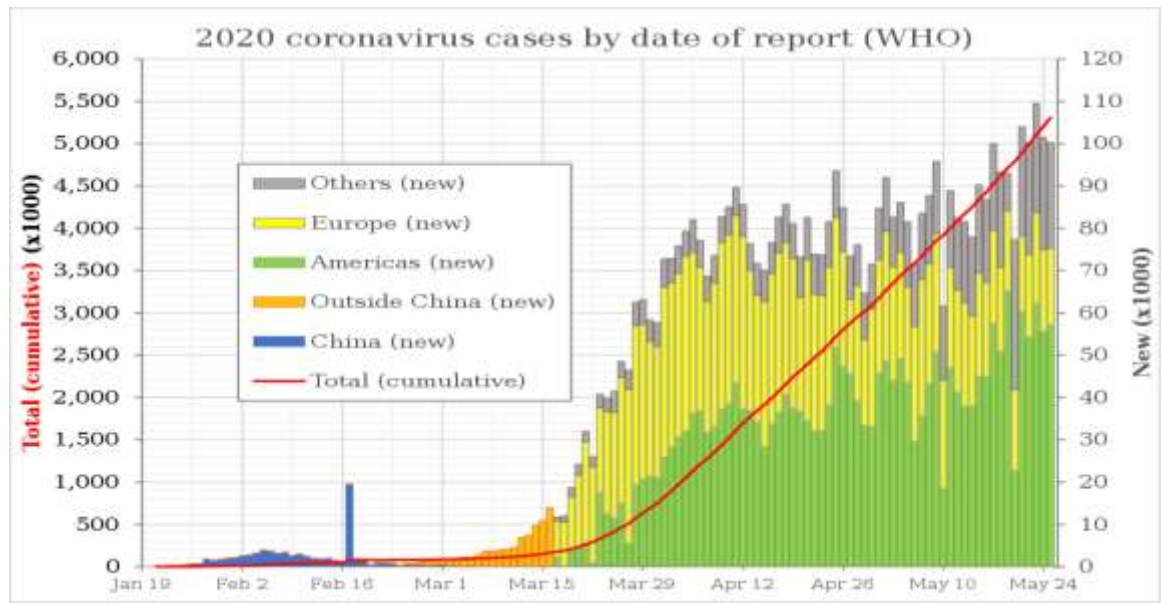
Since the discovery of the Corona virus (COVID-19) in December 2019 in Wuhan, central China, and because of the rapid spread of the virus in various parts of the earth and infected hundreds of thousands of people and the increasing number of deaths, pushed the World Health Organization to classify on 3/3/2020 pandemic) Global epidemic).

With the spread of Corona emerging virus, varied reactions between cynicism and indifference. So, no one imagined that this virus will become a nightmare robs humans of their lives, but with the speed of its spread and the growing number of casualties. The various strict measures taken by governments around the world, such as the closure of airports and markets and the imposition of a curfew and preventing gatherings, the wave of irony and indifference began to gradually decline, to be replaced by a wave of fear, anxiety and panic accompanied by a number of psychological pressures.

The rapid spread of the virus has led societies to live in a state of social insecurity and has become a leader in issues that occupy people, old and young, causing anxiety to many.

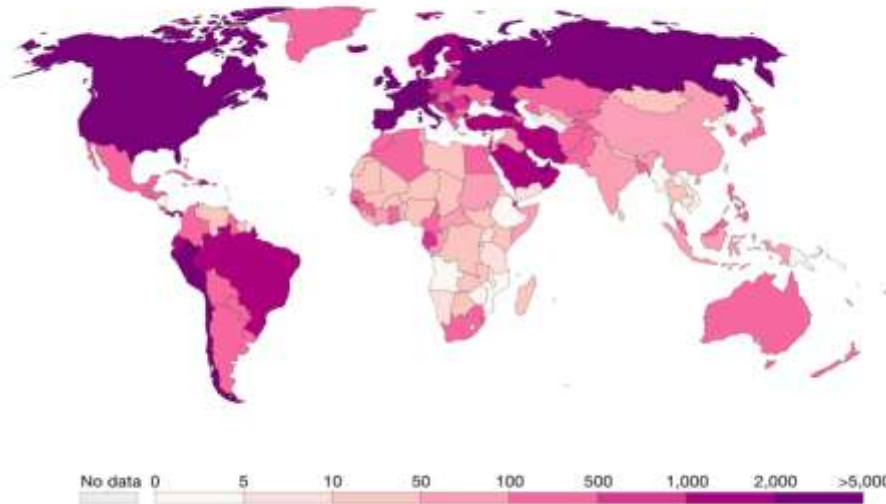
And what increased the fear and social anxiety of Corona virus among individuals is the lack of knowing the main and real cause of its origin or the inevitable causes of its birth. This is one of the important reasons that made it a scary virus that raises anxiety, terror and tension between people as well as between the ruling systems all over the world .It has become the main cause of paralysis (the economic, religious, cultural, social and recreational) movement in all countries of the world.

Number of infections and deaths cases with Coronavirus, according to the World Health Organization



Total confirmed COVID-19 cases per million people, May 21, 2020

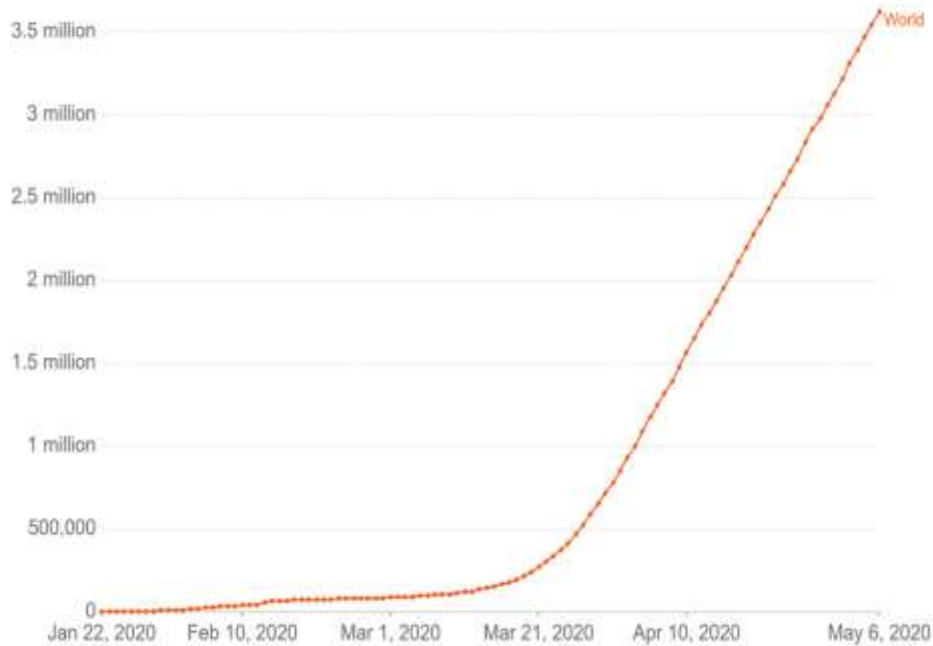
The number of confirmed cases is lower than the number of total cases. The main reason for this is limited testing.



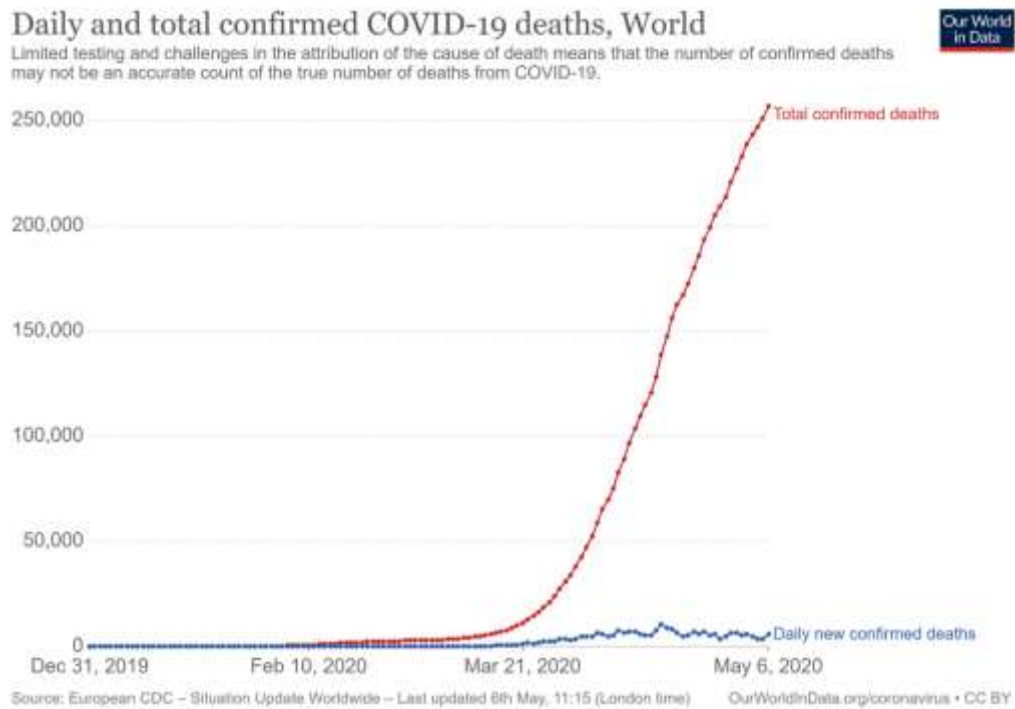
Source: European CDC – Situation Update Worldwide – Last updated 21st May, 11:00 (London time) | OurWorldInData.org/coronavirus • CC BY

Total confirmed COVID-19 cases

The number of confirmed cases is lower than the number of total cases. The main reason for this is limited testing.



Source: European CDC – Situation Update Worldwide – Last updated 6th May, 11:15 (London time) | OurWorldInData.org/coronavirus • CC BY



Social Anxiety, which is one of the concepts that relates to interaction between the individual and the other, can be considered a psychological condition that begins as the products of social assessment, where social anxiety appears in the form of convergence and inability to interact. It is a state of tension resulting from the expectation or actual occurrence of the evaluation in the situations of realistic personal interaction and includes social anxiety on two main components, namely anxiety of interaction and anxiety of confrontation (Othman, 2001, pp. 85-86).

It is noted that people who suffer from Social Anxiety are constantly engaged in perceiving the wrong signals in their behavior. This awareness leads them to the wrong relative attribution as evidence of the negative evaluation. Panic attacks (PA) (Stangier & Heidenreich, 1999, p.42).

This leads them to lose their senses and control over themselves, and they have common experiences that cause distress (Sheehan, 1988, p. 46). This is one of the most important causes of panic attacks (Al-Juma'a, 2003, p. 3). So they make them lose their critical sense during the seizure and become more receptive to suggesting and influencing external influences (Al-Qamish, 2009, p. 262). That causes them to be inconsistent with what they expect and the individual feels that he is no longer the master of himself (Hermes, 1992, p. 710).

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p. 3). So, it makes them lose their critical sense during the seizure and become more receptive to suggesting and influencing external influences (Al-Qamish, 2009, p. 262). That causes them to be inconsistent with what they expect and the individual feels that he is no longer the master of himself (Hermes, 1992, p. 710).

(Bass, 1986) shows that many studies conducted in the field of anxiety have shown great interest in studying the social anxiety represented by the uneasiness and discomfort that threatens the individual when he/she is with others. Also, there are distress and tension in their outlooks and avoiding establishing social relations (Bass, 1986, P.204).

Hold & Coldberg, (1978) pointed out that social anxiety is a general complaint of people who experience difficulties in social interaction.

The main purpose of social anxiety is to cause emotional tension that takes a clear form to avoid any social interaction that the individual perceives as being threatened. When conditions require social interaction, the person's acute anxiety leads to clear communication difficulties (Rapee, 1994, P.22).

II. The Social Outcomes of Corona:

Racism:

The world witnessed a racist wave that was directed at the Chinese, the similar race, or the people of their country than they were in China. You do not find a spot in the world except you find a negative feeling carried by the members of that society directed towards these people. The websites have indicated a number of incidents in various countries of the world, expressing the negative attitude towards the Chinese population. From this site, Wikipedia has collected a set of negative incidents related to this event

According to the Washington Post, people in particular from South Korea and China have been subjected to increased mockery and discrimination.

According to what was reported by international news agencies, some leaders of countries and governments have begun to direct racist statements against specific countries. These and other statements have been issued by senior Western leaders such as US President (Donald Trump) who described the Covid-19 virus as a "Chinese virus", or his Secretary of State (Mike Pompeo) insisted on referring to the Corona virus emerging in the final press release of a group meeting The Seven Countries in the name of "Wuhan Virus." This indicates that the Western mentality, despite all the changes that the world has witnessed since the end of the colonial period, is still haunted by the idea of the superiority of the white people.

In the same context, statements by some artists and politicians in some Arab countries, where a controversial statement spread to a Kuwaiti artist a few days ago, demanding that her government "throw workers in the desert for fear of the spread of the Corona virus and that they are a burden on its country." A campaign of social media activists kicks off to attack her statements, then apologizes for her statements and was understood outside her context. In a statement no less dangerous than the previous statement, a Saudi

artist demanded that experiments be carried out on prisoners instead of using “mice and monkeys,” as she put it, in a tweet she posted on Twitter, “If it was up to me, it was all who was arrested, especially in cases of security, I will not imprisoned them only, and I lose eating costs, drinking and rehabilitation, I will make them a field of experimentation for new drugs. ”

On February 26, 2020, a fight incident took place in La Plata between a Chinese shopkeeper and an Argentinian courier. The fight started because the deliveryman jokingly said, "What are you doing Corona virus? Mocked the Chinese people and infected with corona virus. The two men ended up being injured, and the police later had to intervene.

But the statements of two of the leading French researchers in the field of medicine remain during the most racist television broadcast to this moment. The two doctors suggested that Africa should become a huge laboratory for the Corona virus vaccine, explaining that the African continent lacks the necessary resources to deal with the virus. These statements came from two of the most important specialists in this field in Europe. Doctor Mira occupies the head of the intensive care department of the Cochin Hospital in Paris, while the doctor Loket is the director of research at the French National Institute of Health and Medical Research known as INSERM, which is classified as the second best medical research institute in the world.

- **The unemployment:**

The outbreak of the emerging virus caused at least 16.8 million Americans to be placed on unemployment lists in just three weeks. Washington announced its loss of about 701,000 jobs last March, marking the largest job loss since the Great Depression.

In Canada, more than a million Canadians lost their jobs during the same month due to Corona, where the unemployment rate rose to 7.8% from 2.2% compared to last February. In France, the official statements of the Minister of Labor confirmed that 3.6 million French will be partially unemployed because of Corona. As for Britain, according to the expectations of the Chamber of Commerce, about 50% of companies will temporarily lay off employees.

The International Labor Organization has expected a large layoff in the number of workers in Arab countries, equivalent to 5 million full-time workers. In Europe, there are about 12 million full-time workers; Asia and the Pacific are about 125 million full-time workers, noting that 6.7% of the total working hours in the world will be abolished in the second half of 2020, equivalent to 195 million full-time jobs.

- **Social isolation and its role in the increase in violence:**

Isolation and quarantine have resulted in high rates of domestic violence and divorce around the world, prompting the United Nations to issue directives to urge the end of domestic violence.

In China, in just three weeks from February 24 to mid-March, about 300 couples filed for divorce.

In Britain, official demands escalated to stop violence against women and children at home, as is the case in Germany and France where warnings about the increase in domestic violence. Most of these cases

were the result of psychological stress and high tension, which makes the mood acute. In the event of any dispute or slight controversy may It quickly develops into violence and ends in strife or divorce.

On the other hand, this social isolation has contributed to increased rates of depression and loneliness as a result of humans losing social interaction with others. This affects not only mental health but physical health. As several studies, including a study by a company conducted by (Cigna) Global Health Services in the United States, indicated that loneliness is linked to an increased risk of stroke and heart disease

Thus, with the state of separation and isolation moving from weeks to months, the health and psychological suffering of many individuals around the world increases, as is the case in the United States. According to a survey conducted by the American (Kaiser) Foundation, nearly half of Americans feel that the Corona crisis and the state of social isolation have already affected their psychological and mental health. And the matter escalated to the level of psychological trauma at the country level.

On the other hand, some talk about the positive side of social isolation. Elsa Ebel, professor and vice president of the Department of Psychiatry at the University of California, San Francisco, sees Social spacing "helping us to cope and join together to slow the spread of the virus, especially if we can manage it well."

Ebel asserts that the Social spacing "constitutes an opportunity to exclusively give it a rest and practice the domestic activities that people yearned for during the crowd of its daily busy preoccupations," according to the US News website.

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Ebel advises against excessive exposure to social media or continuous news follow-up to virus news during the social spacing period, stressing that these matters increase people's anxiety and enhance feelings of fear among them, which weakens the immune response of the nervous system to address viruses.

III. Theoretical background:

Anxiety is a common psychological phenomenon that psychologists have been concerned with in modern times, as it has become a widely observed phenomenon in individuals as a result of difficult and complex life conditions.

Anxiety (anxiety) is a regular phenomenon that a person lives in without any other living creature. Anxiety accompanies human freedom and the need to choose paths and desires that are inconsistent with the demands of society or the inability to fulfill his desires that are hampered by great obstacles that increase with the increasing pressures of modern life and the demands of living (Al-Waqfi, 1998, p. 20).

Anxiety is affected by social and genetic factors. As well as the circumstances and events experienced by the individual in his public life. Where there is anxiety in the lives of individuals in different degrees extending between simple anxiety that appears in the form of fear and distraction, and extreme anxiety that appears in the form of fear and panic. There are also varying degrees of awareness of the causes of discomfort felt by the individual (Lentils and Yearning, 1993, p. 368). (Adse and Towk, 1993, p. 368).

Anxiety is one of the most common mental disorders. It is a major feature in most of them, as we find it associated with all mental and mental disorders (Ibrahim, 1982, p. 32).

Known social anxiety is uncomfortable staying with others, distress, discomfort from other people's looks or talking to them, and avoiding social relationships with them. Anxiety has the ability to reveal various types of behavior, such as confusion, public anxiety, and a low sense of self-esteem and shyness (Bass, 1986, P: 222,).

Anxiety is the fear of one or more of the social situations when the individual is among strangers or when it is the object of attention from others. Exposure to such situations often leads to anxiety, which may take the form associated with this or that situation or take the form of a panic attack. The individual may fully realize that his fear is exaggerated and unreasonable, but nevertheless he fears social situations and avoids them or shows severe anxiety and tension, which negatively affects his normal routine and his professional or academic career and his social activities and his relationships with others (DMS-IV, 1994, p. 224).

Bass Theory, (1980)

(Bass, 1980) is one of the theories that explained social anxiety and laid the foundations and theoretical principles that he published in writing.

“Self-Consciousness and Social Anxiety, 1986”.

Bass, (1986) sees social anxiety as a lack of comfort in the presence of others. Lack of relief is not a fear of harm and fear is a well-suited word to be concerned about being attacked or punished, or merely being victim to accidental or satisfactory harm. Social anxiety has a more specific meaning, which is resentment or annoyance over the scrutiny of others or their observations, or just the presence of others, and when we talk to strangers or occasional acquaintances or when others view us we tend to become aware of ourselves as social goals i.e. we are socially concerned (Bass, 1986 , P.204).

Interaction Anxiety

Interaction Anxiety is a form of social anxiety that has gained increasing attention in recent years. It represents the tendency or tendency to suffer from anxiety in different social situations and interactions

Interaction Anxiety is defined as an individual's immediate response to unexpected (emergency) reaction situations. It is the result of the reactions of others involved in that process (Leary, 1993, P.69-137).

Individuals in emergency reactions are more likely to feel anxious, suspicious, or uncertainty about how to respond during the reaction process. Some people feel, regardless of the reasons behind this, they are

unable to respond quickly, as they face difficulty in eliciting, understanding, and understanding the signals and main lines involved in the interaction process so that they can respond and respond well. It is a profound sense of anxiety for the interaction of these people or that group of them who tend to compensate for their verbal participation trying to withdraw in the social communication process (Leary, 1983, p.70).

Perhaps the most prominent result of the spread of Corona virus is this type of social anxiety. The human suffers in choosing the appropriate behavioral response in interacting with the other or avoiding people. This made the matter worse and the increase in negative social interaction is the large number of injured and the deceased performing the offense.

IV. Conclusion

In light of the ongoing Corona pandemic and its global health threat, which is extremely severe across the globe, and to contain the growing threats stemming from its spread, everyone around the world should work together to reduce transmission and reduce death toll as well as injuries. Others should be thought about, especially the most vulnerable, and work to protect them. Corona virus knows no borders. Corona has severely affected the lives of all people from all social and economic backgrounds, and their livelihoods. This is a global emergency that calls for an urgent global response aimed at saving thousands of lives and working to create a rescue initiative to eliminate this epidemic that threatens the global community as a whole.

In this context, Hani Henry provides a set of tips to help control feelings of anxiety and stress due to the spread of the new Corona virus, including:

- Reducing exposure to negative news that perhaps lead to increase feelings of panic.
- Putting a cap on news about the virus's development, say 30 minutes a day, for example.
 - The need to continue to maintain the daily routine, such as waking up at the same time.
 - Trying to separate family and work obligations while working at home.
 - Trying to learn new hobbies or creating a new routine until the end of this period, or performing some delayed tasks.
 - Choosing an alignment to optimism, despite the current situation.
 - Paying attention to the value of the present moment and the value of health.
 - Trying to stay away from negative people and away from sources of stress.
 - It is possible to record clips of the video with family members and talk about how the family is facing this crisis. Such methods give the person a degree of control and hope.

- Requesting help from others whether close or seeking psychological help through behavioral or cognitive therapy and this can be done online, especially with the availability of means of video communication.

- Expressing and talking about feelings of anger or psychological pain, because suppression may lead to depression or an increase in mental illnesses whose effects may not appear now.

- Doing meditation exercises through mobile applications or practicing any kind of exercise at home.

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