

COVID-19 PANDEMIC AND ITS IMPACT ON HEALTHFUL LIVING AND SOCIO-ECONOMIC DEVELOPMENT

Akerele Stephen Segun and Egbon Evans Agbonmwanre

*Dept of Human Kinetics and Health Education,
Ambrose Alli University, Ekpoma, Edo State, Nigeria*

Abstract

The rapid emergence and explosion of COVID-19 pandemic in Nigeria and in other part of the world was an unpredictable and very drastic occurrence such that it has claimed valuable lives of individuals across the globe. The COVID-19 pandemic being a virus that has direct negative impact on the health status of individuals and on the socio-economic development of most nations in the world this development led to virtual or zoom teaching and learning processes. The central focus of this paper is on COVID-19 pandemic and its impact on healthful living and socio-economic development. Individual's health status and developmental strategies in coping with the pandemic were examined. The corresponding socio-economic and the emotional impact of the pandemic was also highlighted. The paper concluded that the emergence of COVID-19 pandemic in Nigeria and in other parts of the world eventually brought about collaborative efforts to nip in the bud the scourge of the pandemic. Base on the various negative impact of the pandemic, the paper recommended among others for a global interest in the continuous development of sound mind to promote community ad national health development and also formulation and implementation of direct health policies that will drastically address any future occurrence of global pandemic should be encouraged.

Key Words: COVID-19, Health Status, Healthful Living, Socio-Economic, Pandemic.

Introduction

The corona virus disease otherwise known as COVID-19 is a global virus disease that has negatively affected individual's aggregate health status of individuals in the society. The emergence of COVID-19 in most of the Nigerian society has made a negative turnaround of general development with specific reference to socio-economic, health status and physical activities such as organisation of health programs in the society. Allen (2020), posited that the negative effect of COVID-19 on individual's health and poor development of health programmes arising from emergence of the pandemic has recently become a focal point of consideration. Stakeholders in health development contribute to about 65% of the total world investment in health system (UNICEF, 2019). Similarly, before the emergence of COVID-19 pandemic, the health sector in most countries have severally made an

unprecedented attempt to accelerate the slow pace of healthcare system. Most citizens in the community has a compelling situation particularly in adjusting to the inevitable circumstances orchestrated by the pandemic. In other words, the desire interest of stakeholders in health sectors were at the edge of resulting to several agitations on the mode of health development in developed and developing countries across the globe.

Davies 2021, reported that the available healthcare services by the concerned agencies were grossly inadequate to cope with the health challenges. In spite of the several developmental strides made by most stakeholders to improve the health sectors there seems to be an observed negative attitudes of most citizens to adhere to the COVID-19 specifications and individuals coping mechanism. In the face of the global pandemic, it became very glaring that the available health facilities were source of worries to most government at the global level particularly among individuals in the rural areas where inadequacies in proper governance was consistently a mirage. In other parts of Nigerian society, COVID-19 has generated series of setbacks in various sectors of most countries, particularly in the area of health services and health programmes. Most countries experience severe epileptic supply of health facilities that could cope with the epidemic and all forms of health activities were virtually not in existence due to the ravaging pandemic. Clerks (2021), observed that the COVID-19 pandemic has created psychological and emotional impression in the minds of her citizen making individuals not to rely on few available health services for the provision of quality health services and competitive health programme. In a similar vein, COVID-19 pandemic has not only paved way for none physical contact of individuals in assessing quality health and engaging in health programmes, but also made citizens in the society to resort to maintaining social distancing and virtual or zoom learning as alternative to academic research and development (Williams, 2020).

Individuals Health Status amidst COVID-19 Pandemic

Relevant stakeholders had exhibited special interest at improving the ailing health problems as well as the dwindling interest in participating in any form of developmental programmes in health activities.

Dickson (2020), revealed that several efforts at improving the health status and interest of citizens in health activities could be developed by national and international agencies in the world, it is very unfortunate that the corresponding negative effects of the pandemic has subsequently served as a bottleneck with regards to several non-compliance attitudes of people. However, most agencies exhausted various resources in obtaining quality healthcare services and enhancing individuals' health status. Although the individuals health status is viewed as determining factor or indices that may motivate individuals interest to participate in particular health event, yet the level and quality healthcare services are not comparable to the services provided in developed nations of the world, Such as

U.S.A., Canada and China where there are enormous health facilities that can cope with their various health challenges in spite of the huge investment in combating the pandemic (Dickson, 2020).

James (2019), pointed out that it is pertinent to understand the socio-economic, socio-cultural and emotional tendencies in achieving a substantial and sustainable national growth of the nation's growth in healthcare delivery system and other physical fitness exercise.

Most communities in urban areas has continuously aspiring to compete favourably with her counter parts in developed and developing nations of the world. However, in achieving this desired goals, it becomes very obvious that the health conditions of most citizens should also be considered at all levels of their developmental processes. This according to Mayer (2020), is a pre-requisite in ensuring the growth and development of a sustainable environment. An individual level of health knowledge practices, and attitude with particular reference to the emergence of COVID-19 pandemic, play significant role in maintaining healthy life style for global best practices. As part of the effort of most national and international agencies in promoting good health and physical fitness ability in the face of COVID-19 pandemic, communities in Nigerian society became a focal point of ensuring steady health development. In view of this, the World Health Organisation in collaboration with World Bank and other international agencies were challenged in assisting developing nations of the world to fight the COVID-19 pandemic in order to achieve the quest for a sustainable national development (Mayer, 2020). It is necessary to point out that the global initiative to assist nations in sub-saharan Africa to curb the COVID-19, attention were therefore shifted more on inter-governmental activities in tackling the source of the pandemic. According to the aim of the developmental strides by the super nations of the world, is to promote accessibility to quality healthcare of individuals in other to meet up with health activities at the global level. By and large, nations in sub-Saharan Africa eventually benefitted from these lofty ideas in tapping from the available human financial resources to cope with the global pandemic (Williams, 2020).

Similarly, in the face of this pandemic, many communities in Nigeria and in countries in African continents strives so hard to advance in technology through consistent research and development in all human endeavour as a result of the focus on the fight to curb the sporadic spread of the virus. For instance, huge financial resources and technology were utilized to ensure the fight of the disease was successful. Nigeria as a country in sub-Saharan Africa was not left behind in the fight of the global pandemic. The entire countries in Sub-Saharan Africa are desirous in achieving a sustainable national development through collaborative efforts and support system form developing countries especially in Nigeria to observe individuals devastating health conditions which eventually led to the death of many community members as a result of the COVID-19 pandemic. This health

challenges according to Abel (2019), cut across several other communities in Nigeria and in other parts of the world.

Quite unfortunate that the global pandemic has exposed several lapses in the health sector, innocent lives were harmed and unwarranted deaths became the order of the day. The determination of most nations in Nigeria putting in place appropriate precautionary measures to fight the global pandemic is to ensure the sustainability and functionality of national health programmes through careful developmental process and good governance. Dennis (2019) provided an insight to scientific research and development evidences that attaining good health status promote individuals physical activity. Therefore, attaining an optimal level of physical activity amidst the global pandemic is a key concept in the fight of COVID-19 for sustainable national development and global best practices.

Developmental Strategies in Coping with the Emergence of COVID-19 Pandemic

To determine citizen's health standard in participating in physical activities and other recreational activities requires the application of several development strategies and all forms of coping mechanisms. The philosophical relevance of good development strategies is a conception of the series of health challenges for Nigeria citizens. Relevant stakeholders across the nation and other nations of the world developed various strategies and all forms of methodologies in coping with the dreaded COVID-19 pandemic.

Fillen (2020), asserted that sub-Saharan Africa is a paradox in terms of the consequences of the emergence of COVID-19 pandemic. It therefore becomes very imperative that for successive African government to fully harnessed their potentials both human and financial resources to cope with the spread of the virus at the global level. It requires full collaborative efforts to achieve this laudable objectives. However, the attainment of good quality health in Nigeria is for the overall benefit of individuals to compete favourably with other citizens in developed and developing nations of the world. Consistency in the campaign against poor health conditions is therefore an important strategies in this development. This strategy according to Bernard (2020), could be citizens in various communities in Sub-Saharan Africa. In another development, utilization of competent manpower in health sector is required to provide a professional skills in strengthening the capacity building initiatives in coping with the virus. Furthermore, supply of good and standard equipment such as medical testing kits and good isolation centres coupled with proper utilization of the few available health personnel that will encourage steady participation in health activities. The concept or idea of providing all these strategies is to strengthen individual's capacity to cope effectively with the pandemic.

Development of an organized structure of the health and sector of a nation's economy, reduction in the level of corruption and nepotism, punctuality in

attending promptly to COVID-19 cases above all, individuals dedication to the observance of COVID-19 rules and regulations all of these strategies if carefully observed will produce a positive outcome in fighting the scourge of the pandemic across the nations particularly in Nigeria and Sub-Saharan Africa and in other parts of the developed nations.

Dennis (2020), maintained that Governmental agencies and other recognized stakeholders in the fight against the pandemic provide a well articulated health reform that will provide ideal principle of bureaucracy and job appraisal review for the health workers as well as other health technocrats. In ensuring a direct developmental action and strategies in coping with COVID-19 pandemic, it calls for mass action requiring individual's focus in abiding by the COVID-19 rules. This strategy if properly developed would help confront and overcome the hostile forces of the virus. The strategical requirement in this regard is a matter of individuals in developed and developing nations at developing the will-power to survive the scourge of the pandemic.

Over and above incorporation of health policy and developmental schemes into educational sector of the economy will not only provide a sustainable environment to cope effectively with the health challenges but also provide a forum for global partnership in deliberating on the imperative of the global fight against the dreaded COVID-19 pandemic that has evolved the power to adapt itself to any environmental conditions for survival. In view of this development, effective institutional control established by health authority has threatened the existence of the virus at the global level (Anderson, 2020).

Corresponding Socio-Economic and Emotional Impact of COVID-19 Pandemic

The dreaded virus across the globe impacted negatively on the lives of citizens in developing and developed nations of the world. With the emergence of the pandemic Andrew (2020), was of the opinion that there are corresponding socio-economic and emotional impacts in the lives of many people ranging from cultural variation at the community level as well as emotional effects.

Similarly, a lot of socio-economic activities were obviously halted at the local and global level. The main proposition in the corresponding impacts of the pandemic was on the basis of individual's emotional effect as well as the effect of the socio-economic status of citizens with particular emphasis to health behaviours of most citizens in various countries in Sub-Saharan Africa countries as well as at the global level. The pandemic according to Williams (2020), had not only negatively impacted on peoples' lives but also on their emotional behaviour and decision making process. That is to say peoples' lives were largely depended on the emergence of the pandemic. In a similar vein, most people were sceptical in decision making to choose or reject the COVID-19 laid down rules and regulations, such as maintaining social distance, washing of hands regularly under running

water for twenty seconds, using all forms of face masks and the use of hand sanitizers. All these were some of the difficult measures in fighting the pandemic across the Nigeria community. The emotional impact of the pandemic according to Anderson (2019), could be view through peoples' feeling of rejection and isolated in isolation centres in most medical centres in various part of the country. While on the other hand, the socio-economic aspect was in line with the fact that government parastatals and other agencies could not realize their usual internally generated revenue due to the lockdown occasioned by the pandemic. Also, private enterprises and other recreational parks could not function as it were. Specifically, most government agencies embarked on high cost of medical treatment of COVID-19 pandemic, the implication of this huge expenses by various stakeholders across the globe have made paradigm shift in the normal expenditure of both private and public healthcare centres which forms the bedrock of most countries in developed and developing nations' socio-economic variations.

James (2019), observed that countries in Sub-Saharan Africa that were affected desired the assistance of other nations in developed part of the world for survival. In addition to the several negative impacts of COVID-19 pandemic, the profuse use of various self-medications by individuals had dramatic adverse effects on the body system which consequently acts in the health status of individuals. Quite unfortunate, policy makers in health and sports development in the nations of the world could not advance direct policies that will improve the lives of their citizens.

The study of Kelvin (2019) revealed a great deal of cost effect of medical care of COVID-19 pandemic which is a major concern to citizens in developing nations of the world. It is also very unfortunate that most citizens are sceptical about the existence of COVID-19 pandemic. In the face of the pandemic, numerous public health awareness initiatives were developed to promote good health status of citizens. Over the years, Abel (2019), advocated a healthful situation that will help to promote physical exercise as one of the primary objectives in the development of good health policies in various communities.

Conclusion and recommendations

The emergence of COVID-19 pandemic in Nigeria and other parts of the world brought collaborative effort to nip in the bud the pandemic. In Nigeria and Sub-Saharan Africa, the failure of the fight of various agencies is a major problem, this phenomenon is sequel to various determining ideas. In another development, most African countries have not been able to provide adequate medical facilities in solving the associated with problems brought about by the virus. Quite unfortunate though, the social distancing of individuals in curbing the spread of the virus was seen as a cosmetic methodology in reducing the spread of the pandemic. Similarly, most stakeholders in health sectors across the globe were challenged in providing similar strategies in handling the global pandemic. However, the ultimate

objectives of fine tuning individuals' healthy lifestyles was anchored in finding a lasting solution to the spread of the pandemic in order to restore individuals interest in health activities and embarking on other health and recreational activities in the society.

In view of an earlier discussion on the impact of COVID-19 pandemic and individuals health status in participating in health programmes, the following recommendations are made:

1. As a matter of global interest and concerned for the continuous development of sound mind, all relevant agencies in the health sector across the globe should team up together and be proactive to ameliorate the dwindling interest in health promotion exercise at both community, national and international levels.
2. Concerted efforts should be tailored at providing substantial fund to fight the ravaging pandemic as this will go a long way to reposition individual's health status in participating in health activities for global competitiveness.
3. Various national and international stakeholders in health sectors should as a matter of global interest bring about policies that will accelerate speedy recovery of good health and steady improvement in health activities of individuals in the society.
4. More importantly, direct health policies should be developed to constantly address any future occurrence of global pandemic.

References

- Abel. C.B. (2019). Healthful living for national development. *Human Kinetics and Health Education*, 1(3), 24-27
- Allen. C.O (2020). The state of the Nigerian economic during COVID-19 *Journal of Health Development* 1 (3). 14-17.
- Andrew. K. (2020). *Analysing the impact of COVID-19 pandemic in African countries*. Ikeja: Andy Publications
- Bernard. C. (2020). The current situation in economic development in Sub-Saharan Africa region, *Journal of economics*, 2(3), 18-21
- Clerks. C. (2021). Building the cap for underdevelopment in the pandemic era. *Journal of Education and Development*, 2(3), 18-21
- Davies. B.O (2021). *Health development in the 21st century*. Ikeja: Berex. Publications
- Dennis. F.C. (2020). *Appraisal of economic development during and after COVID-19 pandemic*. Aba: Dickson Consults
- Dickson. K.B. (2020). *Distribution of relevant palliatives during COVID-19 pandemic*. The reality. A paper presentation on COVID-19 pandemic at the annual national summit Lagos.
- Fillen. T. (2020). Principles and practice of health education. *Journal of Health Science*, 1(4), 32-35.

- James. B. (2019). Plan for the resumption of health activities after coronavirus disease. Retrieved on the 24th October, 2021 from <https://doi.org>.
- James. F.O (2019). Concept of COVID-19 pandemic. Mythes and reality. *Journal of Health management*, 1(3), 21-24.
- Kelvin. C. (2019). Systematic review of COVID-19 pandemic. *Journal of Health Promotion and Development*, 1(3), 10-13
- Mayer. O. (2020). *Health issues in contemporary society*. Cross River: Claims Publishers.
- Williams. Z.O. (2020). *An introduction to health education for healthful living*. Ghana: Global Consults