

Psycho-Social Impact of Corona Virus Pandemic on Tertiary Institution workers in Nigeria

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Abstract. The study examined psycho-social impact of corona virus on Tertiary Institution workers in Nigeria. The population of the study was all Tertiary Institution workers in Nigeria. However, only 210 workers who could be reached through their WhatsApp and Gmail accounts and who obliged to fill the questionnaire by the researchers participated in the study. Because of the social distancing and stay-at-home orders, an online questionnaire was used in carrying out the study. The 15-item Questionnaire was a 4 -point Likert scale, which was designed by the researchers using google form. Before sending out the questionnaire, it was validated by experts in psychological testing in the University of Lagos. To determine the internal consistency of the instrument, it was administered on 15 people who were not part of the participants in the study. The internal consistency yielded an index of 0.76 using Cronbach Alpha. The findings of the study revealed that corona virus pandemic has effect on the psychological and social lives of workers in tertiary institutions in Nigeria. Test of the hypothesis stated revealed no gender difference in the psychosocial effect of COVID-19 pandemic on the tertiary workers. Based on the findings of the study, it was recommended that the workers in tertiary institutions should adopt coping mechanisms such as enrolling in online training programmes to learn skills such as cooking, cloth making, and dancing. They should also adopt daily physical exercise such as jogging which would help them to stroll out of the house to receive fresh air.

Keywords: Psychological, social, corona virus, pandemic, tertiary institution,

1. Introduction

The novel Corona Virus (COVID-19) was first reported in China in November, 2019. The country made effort to contend the virus and likened it to

other virus and flu outbreaks such as the Severe Acute Respiratory Syndrome (SARS) However, COVID 19 appears to be more contagious and spreads faster than other viral flus and infections. Based on this, COVID-19 has since its outbreak in China spread all over the world and is now a pandemic which is no more only health concern as it is ravaging all the sectors of the economy, owing to lockdowns and stay at home orders given by different government to stem the spread of the corona virus. According to the World Health Organization (2020) as at September, 2020, a total of 35 African countries have reported cases of corona virus.

The Corona Virus was first detected in Lagos in an Italian man who came to Nigeria for a business. Ever since then, the Federal government decided to enforce Lockdown and stay at home orders in the whole country with stricter measures in Lagos, Ogun and Kano states where the majority of COVID-19 cases in the country are reported. As at February 2021 more than 105million people all over the world have been affected and death rate has reached 2.5million globally (WHO,2021). In Nigeria, corona virus pandemic was also felt, as at February 2021 Nigeria has recorded 139,242 corona virus cases and 1,647 deaths (WHO, 2021). The Pandemic has moved from the first wave and is now in the second wave. It is speculated that there may be a third wave. COVID-19 as a serious pandemic has not only health implications but also social, economic, psychological, spiritual implications for human beings. Mishra (2020) noted that the virus caught the whole world by surprise. This is because nobody saw it coming, and ever since it was detected, it has affected human beings in their social, psychological, economic and even religious lives. The purpose of this present study was to examine the psychological and social impact of the corona virus on workers in tertiary institutions in Nigeria. The effects of corona virus on individuals are likened to that which was

experienced during the Spanish flu in 1918. The psychological and social effects of COVID-19 on tertiary institution workers in Nigeria were examined in the study. Fardin (2020) is of the opinion that COVID-19 imposes irreversible psychological impacts on humans, apart from endangering their health and consequently causing deaths. Saladino, Algeri and Auriemma, (2020) is of the view that COVID-19 pandemic has serious psychological and social impact on the population of the world. Ozili (2020) noted that many African countries, including Nigeria, came up with quarantine and lockdown measures to control the spread of COVID-19 although this has come at a cost such as the collapse of health systems and a painful economic crisis or recession. Fardin (2020) went further to note that the fear of quarantine, not leaving home to go out as people used to do before, fear of contacting the disease, anxiety over losing loved ones to the disease and depression are among the psychological impact of the pandemic on individuals. The National Centre for Disease Control (NCDC, 2020) recommended COVID-19 protocols which include social distancing, non-physical means of greeting, wearing of face masks, stay-at-home and work-from-home orders, restrictions on public gatherings, such as attendance in churches and mosques, use of hand sanitizers and regular washing of hands. These are new way of life. Some of which are strange to an average Nigeria. This is because, shaking of hands, embracing and hugging are parts and parcel of Nigerian cultural way of greeting and relating with friends and family. Rana, Rony, Aktar, Hossain, Shuvo, Begum, and Hosna, (2020) are of the view that the social distancing, which is one of the measures for stemming the spread of COVID-19, can create global socio-economic crisis and psychological disorders, which leads to a state of confusion. Shammi, Towfiqul Islam, Rahman and Bodrud-Doza (2020) in their study observed a great impact of the COVID-19 pandemic on the psychosocial, socio-economic, health and wellbeing of Bangladesh citizens. El Gimati, Alrasheed and Bashir (2020) in their own study in Libya found out that there is a small positive effect on social, middle and above middle positive effect on psychological and economic respectively and high positive effect on health conditions with various percentages in Libyan society. Buzzi, Tucci, Ciprandi, Brambilla, Caimmi, Ciprandi & Marseglia (2020) studied the effects of COVID-19 on Italian adolescents, the study revealed that COVID-19 has affected the lifestyle and emotion of Italian adolescents especially in the way they relate with their peers and parents. This led to them adapting to new and alternative ways of meeting their social and psychological needs. Durowade, Sanni,

Adeniyi, Babalola, Popoola, Adebara, & Ajayi, (2020) in their study revealed that their respondents reported severe psychological effects of COVID-19 on them. Bonati, Campi, Zanetti, Cartabia, Scarpellini, Clavenna, Segre (2021) in their study also revealed that the corona virus quarantine has psychological effects on their respondents. The study also revealed that more of females were affected by the corona virus pandemic.

2. Statement of Problem

The corona virus pandemic spread so quickly all over the world the nations did not have any other option of curtailing the spread than to enforce different protocols such as social distancing, wearing of face masks, using of hand sanitizers, prohibition of public and social gatherings, restrictions and closure of markets, bars and eateries, restrictions on travels, stay-at-home and work from home orders using technology and internet, thereby restricting peoples' movement and social interactions. Many are lamenting about the economic hardship and other difficulties they are facing because of the pandemic. There are a lot of conflicting information making rounds in the social media about the virus. Though the National Disease Control Centre (NCDC) and the world health organization are making effort to provide concrete information about the Virus regarding mode of transmission and symptoms many citizens are really anxious and afraid of the Virus, seeing it as a 'death sentence.' Also, because of the restrictions, and stay-at-home, many citizens are getting frustrated; tension is high as one does not know who carries the virus. What are the psychological and social impacts of corona virus on tertiary institution workers in Nigeria? The thrust of this study is therefore to ascertain the psycho-social impact of corona virus pandemic on tertiary institution workers.

3. Purpose of the Study

The aim of this study is to examine the psycho-social impact of Corona Virus on Tertiary Institution workers in Nigeria. Specifically, the study sought to:

- Examine the psychological impact of Corona Virus pandemic on Tertiary Institution workers in Nigeria.
- Ascertain the social impact of Corona Virus protocols on Tertiary Institution workers in Nigeria.

The study will then provide answers to the following questions:

- What are the psychological impacts of Corona Virus pandemic on Tertiary Institution workers?
- Are there any Social Impact of the corona virus protocols on Tertiary Institution workers?

4. Hypothesis

The following hypothesis was raised to guide the study

There is no significant difference on the psycho-social effect of corona virus pandemic on tertiary institution workers in Nigeria based on gender.

5. Methods

The study adopted a survey research design. This design was deemed suitable for the study because, the study sought to gather information from existing respondents. The population of the study was all Tertiary Institution workers in Nigeria. The sample of

the study was Two hundred and ten (210) respondents who could be reached through their WhatsApp. The Questionnaire was a 4 -point Likert scale with fifteen (15) items designed by the researchers using google form via survey monkey and sent to respondents' WhatsApp to elicit responses from them. Before sending out the questionnaire, it was validated by experts in psychological testing in the University of Lagos. To determine the internal consistency of the instrument, it was administered on 15 people who were not part of the participants in the study. Cronbach Alpha was used to determine the internal consistency and it yielded an index of 0.76. This was considered high enough for the instrument to be used for the study. Mean score was employed to answer the research question stated. The criterion mean was 2.50. This means that any mean below 2.50 indicates disagreement, while mean of 2.50 and above indicates agreement. The hypothesis stated was tested at 0.05 significance level using the t-test.

6. Results

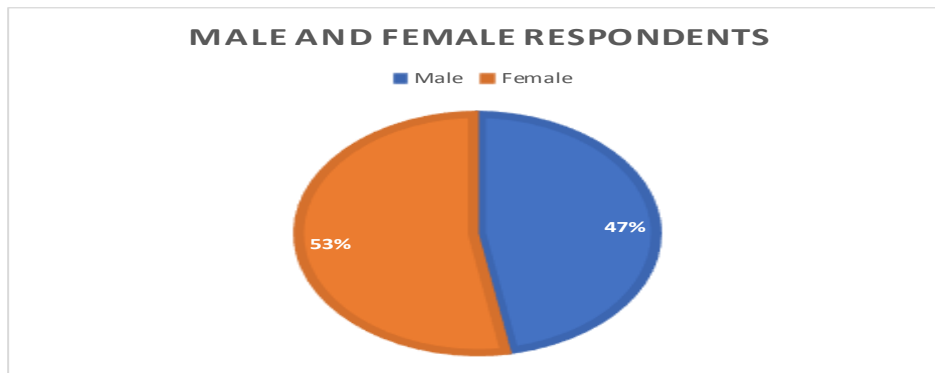


Figure 1: Male and Female respondents

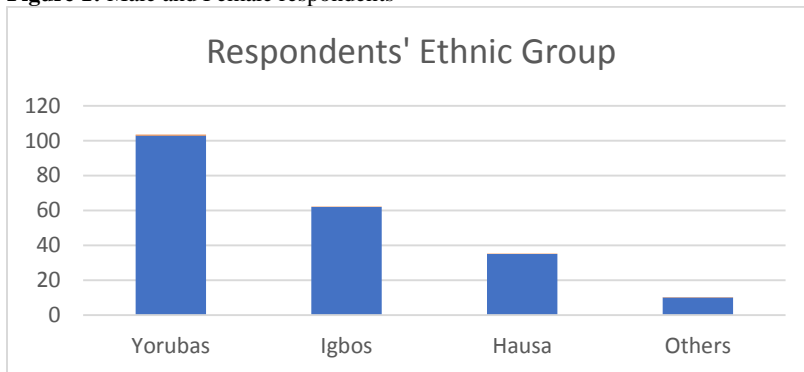


Figure 2: Respondents' Ethnic group

From figure 1, it can be observed that 99 (47%) of the respondents were male, while 111(53%) were female. Also, in figure 2, it is evident that the respondents cut across the three major ethnic groups in Nigeria, as 103(49%) were Yorubas, 62(29.5% were Igbos, 35(16.6%) were Hausas and other ethnic groups were 10(4.9%).

Research Question 1: What are the psychological impacts of Corona Virus pandemic on Tertiary Institution workers?

Table 2: Psychological impact of Corona Virus pandemic on Tertiary Institution workers

S/N	ITEM	SA	A	NA	D	SD	MEAN	REMARKS
1.	I feel very angry about this stay-at-home and lock down	67(32.0%)	67(32.0%)	21(10.0%)	42(20.0%)	13(6.0%)	3.63	Agreed
2.	I am anxious that I would lose my job/ life savings because of the stay-at-home	35(16.7%)	54(25.7%)	11(5.2%)	93(44.3%)	18(8.6%)	3.00	Agreed
3.	I am afraid I will contract the virus if I go out or touch any object even in my home	30(14.03%)	85(40.5%)	32(15.2%)	53(25.2%)	10(4.8%)	3.35	Agreed
4.	I am anxious that my children would contact the virus	44(21%)	87(41.4%)	33(15.7%)	46(22.0%)	0.0(0%)	3.62	Agreed
5.	I am not afraid of the virus; it is just like any other disease	14(6.7%)	16(7.6%)	9(4.3%)	95(45.2%)	76(36.2%)	2.04	Disagreed
6.	I am stressed out staying at home everyday	65(30.95%)	78(37.1%)	10(4.8%)	21(10.0%)	36(17.1%)	3.35	Agreed
7.	I do not believe that the corona virus is real	17(8.1%)	22(10.5%)	15(7.1%)	66(31.4%)	90(42.9%)	2.10	Disagreed
Grand Mean						3.01		

From table 2, it is evident that the pandemic has effect on the respondents psychologically. With a mean of 3.63, the respondents agree that they are angry about the stay-at-home and lockdown orders, they agree that they are anxious about losing their jobs because of the virus (\bar{X} 3.00), fear of contracting the virus (\bar{X} 3.35), fear that their children will contract the virus (\bar{X} 3.62), stressed out because of staying at home (\bar{X} 3.35). They however disagree that the virus is just like any other virus (\bar{X} 2.04) and that the virus is not real (\bar{X} 2.10), the two items disagreed to are indication that the respondents are conscious that the virus is serious and that it is real and causing fear for the citizens. The grand mean for table two (\bar{X} 3.01) indicates agreement that corona virus pandemic has psychological effect on workers in tertiary institutions in Nigeria.

Research Question 2: Are there any Social Impact of the corona virus protocols on Tertiary Institution workers?

Table 3: Social Impact of the corona virus protocols on Tertiary Institution workers

S/N	ITEM	SA	A	NA	D	SD	MEAN	REMARKS
1.	I miss my office and colleagues	36(17.1%)	82(39.1%)	18(8.6%)	64(30.5%)	10(4.8%)	3.34	Agreed
2.	I am angry that I stay at home all day without going to church/mosque	53(25.2%)	17(8.1%)	15(7.1%)	98(46.7%)	27(12.9%)	2.85	Agreed
3.	The government is not providing us with adequate palliative measures to cope with this stay-at-home.	78(37.1%)	85 (40.5%)	7(3.33%)	32(15.2%)	8(3.8%)	3.93	Agreed

4.	I am in touch with my friends/colleagues through phones and other social media so I am not missing out on reaching my friends/colleagues.	75(35.7%)	113(53.8%)	11(5.2%)	11 (5.2%)	0(0%)	3.19	Agreed
5.	I am not comfortable staying at home at all, my children are disturbing me a lot.	79(37.6%)	62(29.5%)	6(2.9%)	37(17.6%)	26(12.4%)	3.62	Agreed
6.	I am bored staying at home all day long	71(33.8%)	67(31.9%)	7(3.3%)	37(17.6%)	28(13.3%)	3.54	Agreed
7.	I do not know what to do to occupy myself everyday so that I will not get bored.	78(37.1%)	70(33.3%)	12(5.7%)	27(12.9%)	23(11.0%)	3.67	Agreed
8.	unknown for an indeterminate future has generated greater fear in me	79(37.6%)	67(31.9%)	8(3.8%)	31(14.8%)	25(11.9%)	3.69	Agreed
Grand Mean							3.48	

From table three, it is observed that the corona virus pandemic has effects on the social lives of the respondents, they miss their office and their colleagues (\bar{X} 3.34), they are angry staying at home and not going to church or mosques (\bar{X} 2.85), no adequate palliative measures is provided by the government (\bar{X} 3.93), not comfortable staying at home as their children are disturbing them (\bar{X} 3.62), bored staying at home (\bar{X} 3.54), lack of activities to keep busy (\bar{X} 3.67), fear of the unknown for the future as regards what the virus holds (\bar{X} 3.69). The respondents however agree that they are in touch with their colleagues using technology (3.19). The grand mean for table three (\bar{X} 3.48) shows agreement which is an indication that the corona virus pandemic has effect on the social lives of the respondents.

Hypothesis Testing: There is no significant difference on the psycho-social effect of corona virus pandemic on tertiary institution workers in Nigeria based on gender.

Table 4: T-test analysis of psychosocial effect of COVID-19 pandemic on tertiary workers based on gender.

Variable	Group	N	\bar{X}	Std Dev	SEM	DF	T	P	Remarks
Psycho-social impact of stay-at-home and lockdown order	Male	99	2.78	2.4853	2.4495	208	0.0018	0.5074	NS
	Female	111	2.92	2.3420	2.4015				

The result on Table 4 shows no significant difference in the responses of tertiary institution workers on the psychosocial effect of COVID-19 pandemic based on gender. T-test value of 0.0018 was obtained, P value of 0.5074 which was significant at 0.05 level of probability was also obtained. Hence, the hypothesis which states that there is no significant difference in the psychosocial effect of COVID-19 pandemic on tertiary workers based on gender was accepted.

7. Discussion of Findings

From the findings of the study, it was revealed that the corona virus pandemic has psychological effects on the respondents. The finding of the study corroborates the findings of Shammi, *et al.*, (2020),

Bonati *et al.*, (2021) and Buzzi *et al.*, (2020), Durowade, *et al.*, (2020) who discovered in their different studies that corona virus pandemic has effect on the psychological wellbeing of their respondents. This is quite understandable because corona virus has killed and is still killing many people, and as a virus, the vaccine and or medications are still in their trial stages, so many people as very afraid of contracting the virus and this is greatly affecting them psychologically. Also, hearing of the news of death or seeing people die of the virus may contribute to the heightened psychological uneasiness among the workers.

It was also revealed by the study that corona virus protocols of social distancing and stay-at-home

orders affect the social lives of the respondents as they are restricted from attending social gatherings and going to work. This finding is in line with the report of Buzzi, *et al.*, (2020), Rana, *et al.*, (2020) and Shammi, *et al.*, (2020). This report is expected, this is because knowing that man is a social being who survives by interaction between himself and his environment, stay-at-home or work-from-home orders and the protocol of no handshakes and social distancing would greatly affect the workers socially. Going to work or social gatherings help man in social bonding and relationship. Therefore, COVID-19 protocols, which was imposed by government to contend the spread of the virus has a lot of social implications.

The test of the hypothesis stated revealed no gender difference in the effect of COVID-19 pandemic among the tertiary institution workers in Nigeria. This finding is in contrast with the findings of Bonati *et al.*, (2021) which discovered that more females were affected psychologically and socially by the pandemic among their own sample. This clearly shows that both male and female tertiary institution workers were affected by the COVID-19 pandemic.

8. Recommendations

Based on the findings of the study, it was recommended that:

- To overcome the psychological effects of COVID-19 on the tertiary institution workers in Nigeria, they should engage themselves in activities online such as enrolling in online courses like cookery, sewing, learning new languages and skills they do not have before. This is because when they keep busy, they will not feel the isolation and restrictions much.
- Tertiary workers should take on physical activities and exercises such as dancing, jogging, walking, etc. This will provide the opportunity to leave the house and receive fresh air on daily basis.
- Workers should read motivational books and interesting novels to occupy their time meaningfully
- They should use different social media platforms to keep in touch with their family members and colleagues.
- Counselling and other therapies are also recommended for the tertiary institution workers to relate with professionally trained therapists who would help them in positively

managing psychological and social effects of COVID-19 on them.

- The government should make effort to provide adequate palliative measures to assist the tertiary workers to cope with the effects of COVID-19 on them.

9. Conclusion

COVID-19 is a pandemic which has taken the whole world by surprise. It is claiming lives and also causing severe ill-health for a lot of people all over the world. It has a lot of psychological and social effects on the population of the world. Efforts are being made to discover vaccines and medications with which to control the virus. However, there is need for people to adopt positive coping strategies that will help them to manage the adverse effect of COVID-19 pandemic.

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