

# **Behavior: Psychosocial control of COVID-19**

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The extent of the virus's spread will also depend on the actions of individuals, many of whom may lack any symptoms of infection—meaning a crucial factor that will determine the effectiveness of the new rules and regulations over several weeks or even months, is the way people behave. “A lot of the challenges that we’re facing right now are behavioral. “A lot of the challenges that we’re facing right now are behavioral challenges,” says Jon Jachimowicz, a professor of organizational behavior at Harvard Business School.

Only things that matter today are, if we do not survive today, there can be no tomorrow. COVID-19 has taken a toll on the lives of humans. It's time to think about how to manage our lives in a world of contagion. The future can also be a survival instinct.

As British epidemiologist Adam Kucharski explains in *The Rules of Contagion*, there are four factors that feed into R: the duration for which a person is infectious; the number of spreading opportunities per day during that infectious period; the probability that an opportunity leads to transmission; and the susceptibility of the population.

We also need more understanding of individual behavior and group behavior in a pandemic scenario. It's not just about mitigating risk but managing perceived risk too.” Human behavior will determine how quickly COVID-19 spreads and mortality. Behavioral science has a crucial role to play in the response to this deadly virus. It is the observation of regularities in how people behave. Transmission of COVID-19 depends on human behavior and behavioral science reveals how context changes behavior, therefore a good use of behavioral practices can reduce transmission.

A review of advice from the World Health Organization, Centers for Disease Control and Public Health England suggests 13 behaviors important to reducing transmission. The relative importance of each behavior may differ from country to country depending on the local context. Each of these behaviors requires sub-behaviors that may differ according to the situation. Each behavior involves different challenges in terms of the motivation, capability, and opportunity needed to enact them. We must be considering now how to meet these challenges.

<b>Group of behaviours</b>	<b>Behaviour</b>
Hand hygiene	1. Wash hands regularly with soap and water for at least 20 seconds
	2. Always wash hands: <ul style="list-style-type: none"> <li>• after coughing and sneezing</li> <li>• after touching nose or mouth</li> <li>• after caring for the sick</li> <li>• before, during, and after food preparation</li> <li>• before eating</li> <li>• after using the toilet</li> <li>• after handling animals or animal waste</li> </ul>
	3. If soap and water are not available, use an alcohol-based hand sanitiser. This is particularly important after taking public transport.
Surface hygiene	4. Clean and disinfect frequently touched objects and surfaces the home and work environment.
Respiratory	5. Cough or sneeze into crook of elbow or tissue. Stifle sneeze as much as possible.
	6. Immediately dispose of tissue into closed bin after coughing or sneezing.
Touching	7. Do not touch mouth, eyes, or nose with unwashed hands.
Self-isolation	8. If symptomatic or otherwise advised to, stay at home for 14 days.
Social distancing	9. If not caring for a symptomatic person, avoid contact and proximity. Maintain distance between yourself and other people, particularly those who are coughing, sneezing, or have a fever.
Healthcare	10. If experiencing a fever, cough, and difficulty breathing seek medical advice early and describe previous travel history to the healthcare professional.
	11. If recently arrived from specified countries within the last 14 days, call a telephone helpline.
Personal protective equipment	12. If caring for someone who has been diagnosed, wear facemasks, eye protection, and gloves.
Food safety	13. Avoid eating raw or undercooked animal products. Handle raw meat, milk, or animal organs in such a way as to avoid cross-contamination with other foods.

Behavioral health practice is a multidisciplinary field that promotes optimal mental and physical health by maximizing biopsychosocial functioning. Evidence-based behavioral practice entails making decisions about how to promote healthful behaviors by integrating the best available evidence with practitioner expertise and other resources, and with the characteristics, state, needs, values and preferences of those who will be affected.

Psychologists, economists and neuroscientists around the world have been working at breakneck speeds to identify evidence-based solutions to those behavioral challenges. Using behavioral science to help fight the coronavirus

The good news is that there is evidence from previous research that many individuals will act in ways that go against their best interest for the greater good. The paper also highlights three factors that would make such altruistic behavior more likely: clear communication, feeling a sense of community and some form of punishment—social disapproval, for example—for those who break the rules. Some countries have already introduced penalties, such as fines or even jail time, to enforce lockdowns or quarantines.

In the last few weeks, People have reacted differently to the disruptions from COVID-19 and explain their experience. There has been an overwhelming feeling of unfairness and uncertainty about how life will be tomorrow, next week or a month, the level of anxiety many of us have had to process has been high. The psychological stress has brought by COVID-19. However, in a world of uncertainty, Hindu Dharma teachings and practices are helpful in taking care of ourselves in the most essential and basic ways.

Accept your feelings: Angry, frustration, fear, loneliness... which we are all feeling to encounter the discomfort COVID-19 brings us. We cannot move on or overcome it, and suppression will bring psychological problems. Practice accepting what you're feeling, and validating the feelings of those around you first. You'll find that when you accept your feeling, rather fighting it, we can tap into our inherent goodness more easily. We can see the things more clearly, and choose the positive frames with which we take in the world around us, and the opportunities that have become available to us — to spend more time on ourselves or with our loved ones together at home.

When you can or can't controlled it, our dharma today is to first and foremost follow the guidelines being put out by our local, and our government to protect ourselves, our families, and our communities on small and large scales, remembering some of the many principles of dharma: Satya (truth), ahimsa (non-harming), Karuna (compassion), and aparigraha (non-greed) all grounded in our individual context, to make decisions while letting go of expectations of the results can bring much-needed clarity and peace.

Psychologist has also focused on objectively observable behaviors (karma) and discounts any independent activities of the mind. Behavior theorists define learning as nothing more than the acquisition of new behavior based on environmental conditions. Behavior is formed by people interact with others and the culture they live in shape their mental abilities. Lev Vygotsky cognitive theorist believed that parents, relatives, peers and society all have an important role in

forming higher levels of functioning. We found Psychologists love to encourage people to use all their senses in grounding techniques, and Hinduism offers many ways to engage. People follow those from their upbringing (childhood).

In this meantime, it is needed to understand Nepalese behavioral pattern which is almost forgotten or a new learning is taken place through the process of globalization. Behavior is a product of learning when it is leaned then we can unlearn, relearn and modify it according to demanded situation. Many learning theories are postulated, simply said, operant conditioning describes how we repeat behaviors because they pay off for us. It is based on a principle authored by a psychologist named Thorndike (1874–1949) called the law of effect. The law of effect suggests that we will repeat an action if it is followed by a good effect. On the other hand, Albert Bandura is a leading contributor to social learning theory in which many of our actions are not learned through conditioning; rather, they are learned by watching others or modeling (1977).

Behaviorist used three principal learning – New Learning, Unlearning and Relearning. It is time of Nepalese to relearn our cultural pattern of behavior for examples: maintain distance when you are together with others, wash hands always when you touch something, keep kitchen pure and clean not letting others enter in it, keep your shoes outside the home, greetings- Namaste joining your palm of hands together and follow the concept of hot and fresh food and concept of Jutho (impure in Nepali culture; we eat with our hands, and once I touch the food on my plate to my mouth, my hand and the whole plate of food are considered jutho). Vygotsky's Theory argues that cognitive abilities are socially guided and constructed. As such, culture serves as a mediator for the formation and development of specific abilities, such as learning. Learning is greatly influenced by how a culture socializes with its children and young people. People should relearn that unlearned behavior to combat with COVID-19, maintaining social distancing—all are impositions on the individual that benefit our fellow citizens. My behavior affects your chance of contracting the disease and your behavior affects mine. These sorts of collective action problems have been studied by behavioral psychologists for several decades.

Further, we have the ability and responsibility to take care of ourselves holistically-physical, mental and spiritual. Nourish yourself with exercise and food you enjoy, and use your time to do creative and productive work that help you move towards your values, towards your dharma. Whether Karma is one of the traditional goals of human life as per our Hindu teachings and it is important to find both meaning and joy in these times.

Social distancing does not mean social disconnected. People find many ways to connect with friends, family, and others through the internet get help and spend a quality of time with them.

Puja as an act of devotional call upon all the senses: the smell(olfactory) of Dhup (incense), the reverberation of a bell(auditory), visually pleasing murtis (idol), the sensation of bringing our palms together (cutaneous), and the taste (gustatory) of prasad melting on in our mouths together in a puja can be lovely ways to overcome stress.

Psychologist has proven what we know intuitively: music (singing) can decrease stress, and bhajans, (devotional song) with their uplifting lyrics, can bring peace of mind. Expressions of art and dancing make you busy and inspire to live a lively life.

Be careful to your distress and think when you need help from others or experts. If you're feeling aches and pains which are not a medical basis, they may be related to suppressing stress or depression. If you feel like you can't control your recurring thoughts, and are experiencing physical symptoms of anxiety-like sweating palms or shallow breathing, palpitation, you don't have to keep suffering. There are many psychologists, psychotherapists, and counselors who listen to your problems and to come to clarity about what you need and how to get it.

There is Tele-Psychology/Tele-Mental Health services are provided by many associations and institutes, so seeking help are still feasible. Experts are always at your service just dial them in their given address and telephone/mobile numbers. Get psychosocial services and support and lead a normal life in quarantine.

These unprecedented times have brought unprecedented levels of distress upon us all, and taking care of ourselves is important. It's important to be kind and patient with yourself, as you navigate your circumstances and figure out your dharma (duty) and do Karma (perform) at this moment. There is no doubt; Humans can survive in any circumstances when they are willing to do it. Hence, follow the idiom "Live and Let Live".