

Chapter 4

Lifestyle Modifications Needed Post COVID–19 Infection

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ABSTRACT

Mental and physical health are interlinked. Exposure to epidemics and captivity has psychological effects on human life; however, research on lifestyle modifications is lacking. COVID-19, a respiratory illness, has affected more than 50 million people by November 2020 and caused thousands of deaths worldwide. The COVID-19 pandemic threatens safe, fearless living. Preventive measures, like imprisonment, led to dietary and lifestyle changes. Even though a number of vaccines have been developed, and immunization is being provided, the world is still dealing with the disease's social, medical, educational, economic, and political effects. The changes in eating, sleeping, physical activity, smoking, drinking, moods, emotions, social interactions, behaviors, attitudes, and domestic violence affected mental health. Restrictions or confinements have caused depression, anxiety, and stress. Quarantine stopped the virus spread but changed lives. Diet and lifestyle have been changed after COVID-19 shutdown. This study examines maximum factors involved in lifestyle changes post COVID-19 infection.

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INTRODUCTION

In 2020, the COVID-19 epidemic prompted lifestyle shifts throughout the globe, fundamentally changing how we live. It first surfaced in China in December 2019, and on March 11, 2020, the World Health Organization (WHO) proclaimed it to be a pandemic as a result of the large number of fatalities it caused quickly. The first case was discovered in Turkey that day. Schools were shuttered, as well as several nations imposed quarantines or lockdowns to stop the virus spread. Numerous nations started vaccination campaigns in the first few months of 2021, but on the other hand, the virus's ongoing evolution is endangering human life. Regional and national governments have mostly employed lockdowns to stop the spread of COVID-19, even though it has proliferated as well as receded at varying rates in various regions (Gür, 2022). Since they instituted these laws of social distance, it has been more difficult to interact with one another in everyday situations like work, school, and social gatherings. Psychological well-being, social connections, and the economy are only some of the areas that have been negatively impacted by these practices' multifaceted repercussions. Diverse academic fields have documented the ripple effects of COVID-19 as well as lockdowns on economies, healthcare providers, mental health, schools, and workplaces throughout the world (Barua, 2020; Greenberg, 2020). Individuals, groups, communities, organizations, governments, homes, businesses, neighborhoods, and whole cities have all felt the consequences of the epidemic to varying degrees. (Salama, 2020). There is a vast range of problems that arise when individuals are confined to their houses (Rogers & Power, 2020). Problems with place have become crucial as a result of the COVID-19 epidemic, which has already produced individual and societal difficulties. Over time, the functions of the average house have expanded much beyond those of a simple place to sleep, eat, and shower (Garber, 2020). Since the spread of COVID-19, the term "healthy, safer, and much more resilient houses" has evolved to refer to dwellings that make additional efforts to ensure the safety and comfort of their residents while also decreasing the likelihood of an outbreak (Signorelli, Capolongo, D'alessandro, & Fara, 2020). Because of this, it is clear that pandemics, conflicts, and catastrophes are real aspects of existence, although it is yet unclear if it will be able to return to the "regular" pre-pandemic lifestyle. Therefore, research is required to ascertain post-COVID-19 lifestyle patterns, issues, and demands, as well as the appropriateness of housing as well as residential settings (Rogers & Power, 2020). The home-work balance has been thrown off by modern living, with people having to adapt their once-urban daily routines to the more intimate setting of a single-family house. Residential patterns and habits have shifted. As cities and people's daily routines evolve, so must the places where they live. The purpose of the study is to evaluate post-pandemic changes in lifestyle as well as their effects

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