Name: Uwalaka Onyedikachi Ruth

Department: Chemical Engineering

Matric no: 19/ENG01/015

CORONAVIRUS: EFFECTS OF THE LOCKDOWN AND RESTRICTION OF MOVEMENT ON NIGERIANS

The coronavirus is a highly infectious airborne disease that affects the respiratory system of the human body. It is said to have been first found in Wuhan, China. It is spreading fast across the globe and symptoms of this disease aren’t visible until about 14 days after being infected. For this reason, most countries have declared a lockdown and instructed people to self-isolate in order to control and possibly put an end to the spread of the disease as there is currently no vaccine for it.

Social distancing is a set of non-pharmaceutical interventions or measures taken to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other. Almost every country around the world is using this method to help to an end to the spread of the disease. Nigeria, of course, is not an exemption with the number of cases rising rapidly on a daily basis.

Although social distancing can help curtail the effects of the coronavirus, there are unarguable effects of the lockdown on humans.

To begin with, human beings are social creatures by nature which makes staying indoors very difficult to handle. According to scientists, it can lead to depression and trauma mostly in extroverts. It is advised to engage in productive activities in order to feel less idle and get one’s mind off the situation at hand.

The lockdown can also affect students because these groups of people engage in more intellectual activates than other groups of people. Idleness can have diverse effects on them and can cause a loss of interest. It can also cause poor performance in school work despite attending online classes.

As expected, most people have resolved to binge-watching Netflix, eating, sleeping, and doing many other unproductive things all day long. This can cause a lack of motivation as well as a lack of interest in mentally beneficial things.

Besides, since everyone is advised to stay indoors, it means the workforce of the country is put to a stop. If people don’t go to work the Nigerian economy depreciates, even more, making everything more expensive. The naira keeps decreasing in value and with everyone indoors, there is little to no chance of things getting better than it is.

Furthermore, everything is on lockdown means when Nigerians run out of resources, there is no way to restock. One could rely on home delivery but the delivery services in the country are extremely poor and due to the number of people facing poverty, fewer people would have access to this luxury.