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Covid-19 impacts on social values in District Multan

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Abstract

The COVID-19 pandemic is a major global risk. It has greatly affected society, changing social values. The outbreak has impacted many aspects of public life. Many studies and articles have been written about it, but most focus on specific areas. This study focuses on social values of Multan which is affected by covid-19. Social values is the part of society. Social values includes relationship of people, behavior of people etc. The qualitative research method was used as the method of inquiry. Data was collected from various social networking sites like WhatsApp, Facebook, Google, Google Scholar, Hub Science, Academia, and LinkedIn. Therefore, the study results are based on data from these websites. The study objects is to understand how the covid-19 affected on the social values on Multan. Covid-19 spread there are many reasons but Lack of Information and misinformation is one of them which faced by the Societies. This paper has tried to pose a glimpse of the prominent social values of Multan which has affected by the covid-19. Decreased values such as sensitivity, friendship, kindness and solidarity may cause people to be deprived of their human feelings in the future. The spread of COVID-19 shows that pandemics and disasters have always happened and will continue to happen. We can't stop dangerous viruses and crises from spreading, but we can be prepared to reduce their impact on people.

Key words: Covid-19, impacts, social values and Global risks.

Introduction

World history is full of major events that have changed many areas. Wars, disasters, revolutions, and diseases have greatly affected many people and places. (KIRAN, 2020)

Since ancient times, humans have sought peace and well-being in all areas of life, asking, "How should a person live?" To answer this, they developed values to judge behaviors, ideas, objects, and situations as good or bad, valuable or worthless, desirable or inferior. These values promote human peace and are studied by social sciences like philosophy, sociology, psychology, economics, law, and education. Each discipline offers a unique view, leading to many definitions of value. Values are crucial to our emotions and education. Education's goal isn't just to create knowledgeable and skilled people, but also to guide how they use what they've learned. Values help us match our actions with our knowledge. That's why values are a key part of the curriculum, aiming to build good and caring citizens. "Values are the key to social order. As a social being, human beings are included in a social order that has rules from the moment they are born. This situation necessitates some principles that ensure social coexistence."

According to Topçuoğlu (1984), Values are the "rules set by society's shared character." They guide our wishes, behaviors, and actions, promoting virtue and social order. Values connect us by reflecting a nation's social, cultural, economic, and scientific experiences. Passing on these values is essential for a nation's survival.

Values are everywhere in daily life, shaping our choices in areas like economy, science, religion, art, education, and politics. They affect what we eat, where we vacation, how we invest, how we do business, and even our clothing and marriage decisions. While values play a big role, they can change. Major events like earthquakes, climate shifts, volcanic eruptions, and pandemics can alter societal attitudes and behaviors, influencing our values and offering chances for learning and growth.(Metin & Dolmaz, 2023)

In 2020, COVID-19, a virus that changed the world, will likely be the most remembered event. (KIRAN, 2020)

The virus started in late 2019 in Wuhan, China, and quickly spread to 213 countries. It was the third coronavirus outbreak, affecting over 209 countries, including Pakistan. Since it started in a

seafood market in Wuhan, China, the disease has spread to about 215 countries. On February 26, 2020, the “first case “was reported “in Karachi, Pakistan. A 22-year-old named Yahiya Jeffery”, who had come back from Iran, was the first patient. After being diagnosed with COVID-19 on 26th February 2020 at the Aga Khan University Hospital (AKUH) he was placed in quarantine along with his family.

Pandemics have greatly affected societies throughout history, changing many areas of life, such as education, the economy, politics, tourism, and health.(Metin & Dolmaz, 2023) The study is about the Multan which is the city of Pakistan .how t the covid-19 affected on social values of Multan. Multan is one of the biggest cities in the country. Miultan is also called the City of Sufis, because it is the birthplace of Baba Farid, a famous poet. It is in the southern part of Punjab province. . Multan city is characterized by a harsh climate. There are the 534 villages in Multan. The ruler and urban area of population in Multan is ruler **2,687,246** and urban area is 2, 058.Multan Region comprises 4 districts City District Multan, Vehari, Khanewal, and Lodhra. There are 4 tehsil of Multan

This region has recently had many ecological problems, including floods, frequent heat waves, and high summer temperatures.(Rehman et al., 2023)

Due to the pandemic spreading quickly around the world, almost every country has taken steps to slow it down. These steps include postponing sports events, canceling in-person meetings, closing schools, switching to remote learning, limiting industry, stopping tourism, enforcing curfews, requiring social distancing and masks, and shutting down places like restaurants, cafes, libraries, museums, cinemas, and theaters. As a result, society has had to adjust to a new way of life and new behaviors, leading to what’s now called the "new normal." These changes in lifestyle have also affected culture, behaviors, daily activities, and attitudes toward important aspects of life.(Metin & Dolmaz, 2023) There are the one reason behind them which is the lake of awareness, and Misinformation of the people which made the cause of anxiety, depression, stress, rude behavior etc.

Statement of the problem

Values are the key to social order. Values exist at every stage of the daily life. It is possible to say that values are effective in all the decisions we make in all areas of life, from the choice of the food we eat to where we will spend our holiday, from our investment plans to the determination of the rules we adhere to in the business environment, from the choice of our clothes to our marriage decision. During the COVID-19 epidemic, people in Multan, as well as in other places, have experienced interruptions in healthcare services, anxiety about becoming infected, and uncertainty about the accessibility of appropriate treatment. Covid-19 affected on the daily life of the people. Anxiety, Depression, stress caused not only the communication of the people and also behavior of the people. Thus, the statement of the problem is Misinformation giving to the people about the covid-19 and Lack of Information about the covid-19 .faced by the Societies' during the COVID-19.

Research Questions:

1. What are the social values?
2. To explore the most common of social values faced the society during COVID-19?
3. The study objective is to understand how the covid-19 affected on the social values on Multan.
4. Has the pandemic had any effect on values of Multan? If so, is this effect positive or negative?

Methodology

In this research, a qualitative approach was used as a method of inquiry. This research approach enables the researcher to gather and analyze collect data, put in useful information and incorporate qualitative data in a study in order to address the research objectives/questions. Utilizing previous research and literature studies, a survey was created using Google Forms and disseminated via social media platforms Different social networking sites such as What Sapp, Facebook, Google, Google Scholar, Hub Science, Academia, and LinkedIn have been used for the data collection. So the study results are based on some data from which different websites, used.

Covid- 19 Impact on Environment

COVID-19 had mostly negative effects on the world, but it improved the environment. With daily activities restricted and factories closed, sectors like education, travel, sports, and manufacturing were affected, leading to better environmental conditions.(Rathnayake et al., 2022) People reacted to the news in different ways. Some ignored it, while others thought it was fake. False claims about the virus being a hoax or part of a conspiracy made it hard for governments and organizations to fight the pandemic. Rumors about the virus's origins and treatments spread widely on TV and social media.

Myths included:

The virus is as mild as the common cold.

Hand dryers can kill the virus.

The virus came from people eating bats in China.

There is a vaccine or cure that the government is hiding.

Coronavirus will disappear by the summer.

Vitamin C can help prevent coronavirus.

A "miracle" bleach product can cure coronavirus.

Dean Koontz predicted the coronavirus in his 1981 novel "The Eyes of Darkness." All these misinformation effected on the social values of Multan.

Role of Media

Social networking websites have a big effect on Muslims' religious activities, such as teaching, practices, issuing fatwas, and spreading Islamic messages. These sites let users share images, text, and videos. During the COVID-19 pandemic, religious social media posts caused a lot of worry about the disease and gave guidance based on religious views. Most users (9%) checked COVID-19 related messages weekly, while only 4% didn't follow these posts at all. (Mahmood et al., 2020)

Electronic media were key in spreading information about COVID-19. TV, websites, and apps helped share public health messages. Authorities used social media and online tools to keep people updated on new developments, active cases, and prevention tips. Electronic media can boost public awareness and improve healthcare behaviors. It helps track responses during epidemics. However, too much use can spread false or unnecessary information, leading to anxiety and stress. Fake news, especially during crises, can cause panic. The WHO says false information on social media heightens fear. Mass media has often spread misinformation during crises like disease outbreaks or wars. Nearly everyone (99.6%) has access to electronic media, and most students (90.1%) use it every day.(Waris et al., 2020)

The Effect of Covid-19 in social values

The pandemic has changed people's behavior a lot. Lockdowns, suggested by the WHO to slow COVID-19, have impacted people physically and mentally. How daily routines changed depends on the country: some saw big shifts in sleep patterns, while others had only small changes. Eating habits have mostly improved, with more people eating healthy, homemade meals and more fruits and vegetables. However, physical activity has gone down because of lockdowns, leading to more sitting and screen time, which has affected many people in different ways.(Rathnayake et al., 2022)

After the epidemic started, quarantine and isolation became crucial in Multan. A large quarantine center was set up, but it has caused physical, mental, and social problems for everyone. These problems include less outdoor activity, more sedentary behavior, sleep issues, and increased anxiety and stress, which all hurt people's Quality of Life (QOL).(Iftikhar et al., 2023)

A simpler version:

The problems from negative pandemic experiences can be grouped into: loneliness, health issues, emotional detachment, social problems, communication issues, intolerance, financial difficulties, addiction, lower education levels, insensitivity, ignorance of rights, and family problems, including domestic violence. Values like sensitivity and respect were hurt because the rules were ignored. They also show that self-confidence, savings, tolerance, and compassion were affected by economic and social problems.

“Decreased values such as sensitivity, friendship, kindness and solidarity may cause people to be deprived of their human feelings in the future.

Covid-19 restrictions, lifestyle changes, delays in routines, and lack of key relationships have made it harder to practice values like hospitality, health, equality, freedom, tolerance, and friendship. (Metin & Dolmaz, 2023)

Social Inequalities

The pandemic impacts health directly. A major concern in COVID-19 research is inequality, where some people have more opportunities and resources than others. Discrimination based on things like economic status, race, age, and gender often causes these inequalities. Inequality can also vary between modern and past times. This connects to social determinants of health, which include factors like knowledge, attitudes, and behaviors (such as smoking) that affect health.

In Multan, people without formal jobs are hit hardest by the crisis. They struggle with income loss and social issues. Social distancing to prevent the spread of the virus highlights economic inequalities. Those with low or no income often can't stay home or work remotely because they lack the resources. Despite government support, there are still big gaps between social classes in terms of economic resources during crises and lockdowns. Besides private space issues, the pandemic has exposed more inequalities between men and women. Women are less represented in the industries most affected by COVID-19 in 2020, like accommodation and food services, retail, and other services. In Multan, jobs usually held by women are 19% more at risk than those held by men. The closure of schools and day care services also led many women to quit their jobs since they are often the main caregivers for children.(KIRAN, 2020)

Mental Health

Psychological distress is connected to the spread of infectious diseases and can cause depression, anxiety, and stress. COVID-19 can seriously impact both mental and physical health. Recently, a young doctor in Pakistan died by suicide because of the heavy workload and fear of getting the virus.(Arshad et al., 2020) Psychological distress and severe depression can come from a pandemic

or disease outbreak. Psychological distress measures mental health and can include emotional pain, depression symptoms (like lack of interest and sadness), anxiety, and insomnia. Lockdowns often increase psychological pressure, causing more distress, anxiety, and related symptoms. Health agencies in Pakistan should start mental health programs and special sessions for healthcare workers to help them better handle COVID-19 stress. (Arshad et al., 2020)

Healthcare facilities are a basic right for everyone, and the state is responsible for providing health services and education through public taxes and laws. In developing countries like Pakistan, where traditional treatments are still common, improving healthcare is crucial. Pakistan has two healthcare systems: a private sector focused on profit and a public sector that faces issues with effectiveness and accountability. Multan district, with over 150 healthcare units from district headquarters to village councils, shows these problems clearly. Despite being a developing city, Multan struggles with healthcare management and access, as noted by Urban Unit Pakistan (2022). With only 0.9% of Pakistan’s GDP going to healthcare in 2017-2018, the quality of services is low, and a projected GDP growth of 0.6% by 2023 could worsen this. This study aims to understand how people view healthcare in Pakistan, the issues they face accessing services, and any gender-related disparities. By addressing these problems, the study hopes to create better strategies for improving healthcare in Multan. Additionally, health agencies should focus on mental health programs and support for healthcare workers dealing with COVID-19 stress. (Amjid et al., 2023)

Covid-19 Impact on Education

The COVID-19 lockdowns disrupted traditional learning for students and teachers. Teachers quickly adapted, using technology to teach in new ways. Today, technology is key in education, changing teachers from just giving information to also guiding and inspiring students. This helps boost student involvement and learning. Here are some tech tools and platforms:

<i>GoToMeeting</i>	<i>Skype</i>	<i>Blackboard</i>	<i>YouTube</i>	<i>Google class rooms</i>
<i>Coursera</i>	<i>Memory</i>	<i>Alison</i>	<i>Academic Earth</i>	<i>Teachers Pay Teachers</i>
<i>Veda Mo</i>	<i>MOOC</i>	<i>TED-Ed</i>	<i>Codecademy</i>	<i>Stanford Online Campus</i>

<i>Thinkific</i>	<i>Learnopia</i>	<i>MOOC</i>	<i>Easy class</i>	<i>Peer2Peer Universities</i>
<i>Open Culture</i>	<i>edX</i>	<i>Udemy</i>	<i>Future Learn</i>	<i>Lesson Paths Memories</i>

During the pandemic, students in Multan faced problems with internet connections and devices for online learning. Many used smartphones, but some couldn't afford better devices. Home WI-Fi and mobile data were common, but financial struggles made these costs hard to manage. These issues caused anxiety, depression, and stress, impacting the community. Even with available technology, online learning often faced problems like downloading issues, installation problems, login difficulties, and audio-visual glitches.(Rathnayake et al., 2022)

Impacts of women

The COVID-19 pandemic has made women more vulnerable to gender-based violence and human rights abuses. To address this, it's essential to understand these gendered impacts when planning responses and recovery. The Women, Peace, and Security (WPS) agenda focuses on protecting women from violence and involving them in decision-making and relief efforts. Quarantines and curfews have increased domestic violence risks for women. Women also face challenges because they often have less decision-making power. Despite the WHO's call for greater female involvement in all stages of response, women remain underrepresented in senior roles. Although they make up 70% of the global health workforce, only 25% hold top leadership positions. Also, the low number of women in law enforcement in Southeast Asia—6 percent in Indonesia to 22 percent in Laos—can lead to higher chances of harassment and extortion when women interact with the police and military. This risk is even greater during public health emergencies like COVID-19, where not understanding local issues can have serious consequences. To prevent violence against women, we need to improve intervention strategies. COVID-19 has made it harder for women to access care and support, which is now more crucial than ever. Governments and aid workers should enhance support systems by adjusting services to new restrictions and ensuring they continue to operate. This includes prioritizing gender-based violence cases, possibly through telecommunication, and keeping shelters open. (Nair & Nanthini, 2020)

Women's roles in relief and recovery show that we need to address crises with a gender-focused approach. Gender should be considered at every stage of the response, especially in health emergencies. This means understanding how the disease affects different genders, gathering sex-specific data, and including gender factors in planning and strategies.

Conclusion

The COVID-19 pandemic is a huge risk for society, dramatically changing social values and our daily lives. It impacts health, the economy, psychology, and social life. Values, important for social order, affect all decisions and aspects of life. The virus spread quickly around the world from its origin. This paper has tried to pose a glimpse of the prominent social values of Multan which has affected by the covid-19. Decreased values such as sensitivity, friendship, kindness and solidarity may cause people to be deprived of their human feelings in the future. That have been revived with the period of pandemic so far. Overall, this study indicates that effects on the social values of Multan by the covid-19. In social values include the Behavior of the people, communication of the people, effects on the health worker, role of media, domestic life of women's etc. Governments and individuals have been trying hard to fight with the circumstances paving the way to inequalities in a society but there still exist codes and practises that are feeding daily life issues in the opposite direction from the one of giving individuals the opportunity of living life on equal terms with each other. The Spread of COVID-19 indicates that pandemics or catastrophes which were happened in the ancient times and will continue to be happen in the future. It is for sure that rigorous studies are and will be needed to examine the diverse effects of the corona virus in detail. Even though we cannot prevent dangerous viruses and crises from spreading but we should be prepared well to reduce their possible effects on humanity. The policy implication of this study includes, the recovery policies from pandemic/crises should give more importance to boosting or stabilizing the sales and discouragement of excessive trade credit, and maintaining stable logistics should be the key intervention.

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