

Social Distancing in the Context of Covid-19, People's Perception and Cultural Barriers



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Department of Anthropology
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Thesis submitted to the Department of Anthropology, Quaid-I-Azam University Islamabad, in partial fulfillment of the degree of Master of Science in Anthropology.

Quaid-I-Azam University
Department of Anthropology
Islamabad - Pakistan
2021

FORMAL DECLARATION

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This work has not been submitted or published for any degree or examination in any other university in identical or similar shape. All the other sources used in this work have been mentioned as complete references.

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Islamabad, 2021

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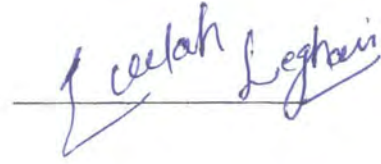
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Final Approval of Thesis

This is to certify that we have read the thesis submitted by Ms. Syeda Um-e-Rubab Zahra Bukhari. It is our judgment that this thesis is of sufficient standard to warrant its acceptance by the Quaid-i-Azam University, Islamabad for the award of the Degree of M.Sc in Anthropology.

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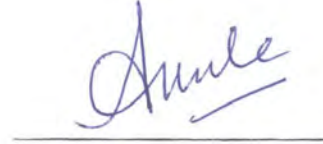
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ABSTRACT

Coronavirus is a lethal disease affecting many countries worldwide. In Pakistan, the public understanding, perception, and knowledge has influenced the mode of its transmission. This research aimed at investigating the public perception in twin cities including their knowledge, attitude, and actions. The role of cultural barriers influencing social distancing has also explored. The consequences of the existence of cultural barriers and social distancing are featured in detail. Thirty respondents of different age, profession, gender, and sects were selected as research sample. Qualitative research methods including case study, key informants and interviewing were adopted to conduct this research. The key findings demonstrate that varied perception of people about coronavirus exists in research area. The spread and virus transmission are associated with the mindset of people influencing their actions. Several cultural barriers including socio-economic status, cultural ways of greeting, faith and religion-based gatherings, family system and customary practices act as a fence towards maintaining social distancing. The effect of social isolation includes addiction of social media, depression, anxiety, and state of loneliness among people.

Key words: *Social distancing, Socio-economic status, Cultural barriers, Perception, social media, social isolation*

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1. INTRODUCTION

World is full of disasters and diseases; it is not since 2000 that human is seeing pandemic. As throughout the whole history we can see that different diseases occur in world which destroy human beings badly. Pandemic is considered as one of the worst cases in the circle of infectious diseases and these diseases have badly affected the humans. About 10,000 years ago, when there were hunters and gatherers society who shifted their lives to agrarian life, in that era diseases exist too such as malaria, influenza, smallpox etc. These are those diseases which occurred for the first time in that period (Hagen, 2020).

The world is interconnected socially, strategically, and monetarily. People trades different things with one another. Because of media transmission upheaval data are shared over the globe quickly. Quick monetary changes are going on. Travel has become part simpler than what was in past. Individuals currently move the world over for economy, the travel industry, to look for wellbeing help and for other stuff. This speedy development of individual has limited the separation; however, it is not without its blemishes. Maladies are likewise spreading quicker because of incessant development of people. Same is the situation with covid-19 otherwise known as corona infection. Corona is such an infectious disease which was first discovered in China's one city named „WUHAN“ and at that time it was considered as unknown disease. According to WHO, this disease was first reported on 31 December 2019 in China. WHO tried its best to cooperate with people who suffered from this disease? Firstly, they did not know which type of disease it is but after analyzing data they gave this disease a new name known as „COVID-19“ on 11 February 2020. Pakistan is also included in one of the countries which is suffering from this pandemic. On 26 February 2020, this virus was first entered in Karachi (Markel, 2020).

Social Distancing intends to keep space among yourself and others outside home. There ought to be a particular separation between individuals due to different reasons.

Generally, individuals do social distancing to keep from the viral infections. The standard advances that ought to be followed are:

- Stay at any rate 6 feet away from others.
- Avoid mass assembling and do not go to swarmed places.
- Try not to be a piece of any sort of get-together during social distancing.

In this way, it has significant job to diminish the spread pace of these sorts of sicknesses which is infectious and has incredible spread rate. If individuals do not keep social distancing, at that point these maladies spread extremely quickly and can greatly affect most of people's wellbeing. It is mandatory in these sorts of conditions not exclusively to stay away from these yet additionally to diminish the spread of these viral and infectious sicknesses.

Social distancing is critical to stop such pandemics. In time of Justinian Plague (Bubonic plague responsible for the death of 25 million to 100 million in sixth century in Eastern Roman Empire) exchange and social binds with Byzantine Empire were briefly sliced off to keep away from that deadly ailment. Boats should go through forty days at harbor. They were not permitted to enter in Rome until their total freedom.

Social distancing is important means to battle with Covid-19. Public attitude and their perception towards these means are different. Social distancing is a need of time. The illiterate and both educated are not following the precautionary measures as given by their authorities resulting the casualties (Roggers, 2020).

Coronaviruses are large family of viruses which can cause various disease like cold, and many severe diseases usually related to respiratory system of species. In 2019, coronavirus disease arose and attack the world severely. COVID-19 is viral and has a great spread rate. It effects the respiratory system of species and can also lead to death too. It started from a Chinese province, „Wuhan“ where first COVID-19 case report in December 2019. World Health Organization (WHO) announced this disease as pandemic because it spread worldwide, and it is a Global issue. Nothing has killed more human beings than the viruses, parasites and bacteria that causes diseases.

The common symptoms of COVID-19 are fatigue, shortness of breath, fever, cough, and loss of smell. There is also a chance of pneumonia and multi-organ failure too. This virus can spread easily between people during close contact usually via droplets produced through coughing, speaking, or sneezing. These droplets usually fall on the ground or on any surface. They remain infectious for days on these surfaces. When someone touches these contaminated surfaces and then touches his face, there is a bright chance of this person to become infected too. During the first three days after the onset of symptoms, it is most contagious. However, this can also spread during the later stages too. As there is no vaccine discovered until now so people should take precautionary measures recommended by the doctors and do social distancing too. These measures include frequent hand washing, maintaining distance from infected person and covering the cough too. Face masks should also be used by those who suspect by this virus and their caregivers too. This is very dangerous for those who have low immunity as it can easily affect their respiratory system and can also cause death too. So young children and old people can be highly affected by this viral disease. In this difficult situation social distancing becomes compulsory and everyone should have to realize the importance of this act.

The viral spread of this pandemic has greatly affected all around the world. It has disturbed the political, financial, social, economic, and religious structures of the world very badly. The world's topmost economies are on the verge of collapse. The unemployment rate is increasing widely all around the world. The oil prices have fallen off quite rapidly and stock markets are declining day by day. This pandemic therefore affects the world on a very large scale and has so strong effects that it will haunt us even after the end of this pandemic. The unemployment problem increased quite rapidly because of this disease. There are millions of people who become unemployed because of this worldwide problem. The people who work on daily wages are affected a lot. Because of lockdown in almost every country, they are not able to work daily. As a result of this, they are not able to fulfill their financial needs.

The human life losses are also increasing, and everyone is frightened because of this disease. Third world countries suffered a lot because of this pandemic. These countries

are poor and underdeveloped. As a result of the current situation, they are in deep trouble. Their industries are closed and there is not a good health care system too. So, in these countries people should be taught social distancing importance. If there are no proper precautionary measures taken by government and people in these types of countries, then there would be a great disaster and lots of human lives will be lost.

Millions of people are affected by COVID-19 and thousands of people died until now. It is spreading quite drastically and effecting the people as fast as possible. Its spread rate can be decreased only by precautions suggested by WHO. Because of low quality of health system in developing countries as there is a great risk of lots of human lives lost if proper measures are not taken by both their respective governments and their people (Cannuscio, 2020).

Health system is not up to the mark in Pakistan. It does not have capacity to treat the very large number of patients. If the number of patients increase, then it becomes impossible to treat that much of number of patients. We do not have many ventilators, and this is a respiratory disease so if patients' numbers increase the limit, then there will be a great disaster in the whole country. The only way to decrease the spread of this pandemic is to take the important precautions suggested by the officials of health sector. By taking these precautionary measures, we can control this disease and will defeat it too. Social Distancing has a great role in reducing of this viral disease. This research is about the Perception of COVID 19 and Cultural barrier to social distancing.

1.1 Statement of the problem

This study was intended to explore perception of people about Corona virus and various aspects of social distancing. Social distancing is quite important as the cases of Corona are increasing exponentially. According to prevailing situation it is the only way to avoid this disease. This ethnographic study tries to explore the perception of people about Corona virus in selected locale. It also explores the importance, consequences, and cultural barriers towards social distancing.

The purpose of this study is also to explore people's response toward Covid-19. Whether the people are ready to adopt social distancing, or they still refuse this, regardless how quickly Covid-19 is spreading.

1.2 Research Objectives

- To describe the perception of people about Corona virus.
- To determine the importance, consequences, and cultural barriers towards social distancing.

1.3 Key Definitions

1.3.1 Pandemic

Pandemic means an outbreak of a disease in the whole country or world.

1.3.2 Epidemic

The spread of any infectious disease for a particular time in any community.

1.3.3 Social Distancing

It means to keep space between yourself and other people outside your home (Wolvaardt, E. 2020).

1.3.4 COVID-19

COVID is the abbreviation of „CORONA VIRUS DISEASE“. This disease first occurred in 2019 that is why it is named as „COVID-19“. COVID-19 is such an infectious disease that is characterized by severe flu, cough and may results in failure of respiratory system (Cennimo, 2020).

1.3.5 Barrier

Barriers are such hurdles that prevent people of two different groups from agreeing on one specific thing (United Nations Development Programme, 2014).

1.3.6 Perception

Perception means the act of understanding something by use of senses or perceiving something by personal observation (Nichter, 2008)

1.3.7 Virus

A virus is such an infectious agent which infects human being life and resides inside the living cell of organism.

1.4 Significance of the study

This study will be helpful for the partial fulfillment of master's degree. It is the first research on this topic and will provide ethnographic data. The current situation of coronavirus and social distancing shows its importance in contemporary situations.

This research will provide anthropological data about COVID-19. This research will be beneficial for policy makers, and NGOs. Research found on this phenomenon are purely based on either surveys or quantitative methods. This study was conducted in qualitative way which shows its significance.

1.5 Thesis Outline

The first chapter of thesis is about introduction, the second chapter of the thesis describes literature relevant to research topic. Third chapter is divided into two sections i.e., first section comprises research methodology and techniques used to conduct this research whereas the second part of the chapter explains brief information about the physical and socio-economic features of the research setting. Chapter four and five are based on findings where chapter four illustrates the perception of the people about coronavirus whereas chapter five describes the role and importance of cultural barriers in way of social distancing. Chapter six summarizes the key findings of the research and concludes the thesis. The annexure consists of interview guide used for data collection.

2. REVIEW OF LITERATURE

Literature review is very important aspect of every research. It gives in-depth information about the topic whom the researcher wants to study. For this purpose, I have been different articles, reports interviews and other documents. Relevant literature regarding social distancing and coronavirus has been reviewed.

Literature has been divided into various parts to clarify each aspect of social distancing and coronavirus more precisely. The history of social distancing has been studied and relevant literature has been reviewed. I reviewed articles, reports, and documents from medieval times to corona outbreak chronologically. Aside from history social distancing, literature related to coronavirus and its devastations has been reviewed. Social, political, economic, and religious impacts of coronavirus have been carefully studied. Finally, I reviewed sociocultural perspective regarding social distancing. There were variations in maintaining social distancing across the world and sociocultural interpretation was a key factor in determining the social distancing.

Although I tried to review important material related to coronavirus and social distancing but there are some limitations of review of literature. Books written on social distancing by scholars were almost negligible. Most of literature was either in form of articles or it has been taken from websites. Coronavirus is relatively new so; its long-term impacts are still in process of discovery and literature is yet to be written.

Most of the literature was written down in North American and European context. Not many studies were conducted in south Asian Countries, especially in Pakistan. Literature written in Pakistan was less in number and mostly it was regarding the impacts of coronavirus.

Another serious shortcoming of this review of literature is that there were very few studies about social distancing through anthropological lens as there is less literature available in this newly emerging field. I encountered few articles which were written in domain of Anthropology but still more was needed to study and it is literature gap somehow.

2.1 History of Social Distancing

Social distancing is not a recent phenomenon. Humans discovered different ways to prevent diseases throughout the history and social distancing was one of these preventive ways, especially in the case of those diseases which were supposed to spread through human interaction. There are examples of specific centers, which were made to prevent contagious diseases from further spread. One the most common example of such centers is leper colonies or Lazarette. Leper colonies were places where those people who were having leprosy were supposed to live and their connection to outside world was cut off to avoid the spread of leprosy (Byrne, 2008).

Social distancing and quarantine are sometimes used synonymously. Quarantine is derived from Italian word “Quaranta” which means forty. In Medieval Europe, Venetian authorities founded the first Quaranta Island Lazzaretto, Vecchio, Santa Maria di Nazareth Island, in 1347 during the plague epidemic. All the passengers and ships were forced to stay in that Island for forty days and it was an attempt to stop or slow down the spread of the disease. Venice was the first city which closed its ports to maritime travels (Hagen, 2020).

Authoritarian responses to control diseases begun during 14th century’s plague epidemic, which is also known as black death, from 1347-1352. Medicines were useless in countering plague. Thus, some city states of Italy banned the entrance of merchants, strangers, Jews, and maritime travels to counter epidemic. Armed guards were appointed at transits routes and other accessing points to the cities (Tognotti, 2013).

In ancient times it was common perception that diseases are bring upon humans by God to punish them and thus little efforts were made for its prevention but there are some cases where people took some serious steps to stop spreading of infectious diseases. 1458 the authority of Malta obliged all trade and passenger ship to stay in quarantine centres at Marsamxett Harbour. Whenever the authority finds some infectious person, they immediately burned the cargo, isolating the crew of ship and ship was supposed to put under water. In 1523, some ships owners refused to submerse their ships, the Maltese authority set fire to their ships. This was done to secure Malta from plague which was spread commonly through maritime voyages (Ventura, 2005).

In 1916, United States of America faced a deadly poliovirus epidemic. New Jersey, Connecticut, Pennsylvania, and New York were affected by devastation of polio virus. New York was the most affected state and over 2500 deaths were reported over there. The Government of New York cancelled all meetings. Public gatherings were banned, cinema and movie theatre were closed. People were told to avoid amusement parks, beaches, and swimming pools (Ibid, 2011).

Morkel (2020) highlighted the importance of social distancing in historical context. He compared two counties of two different states of USA based on death tolls. In years of 1918 and 1919 the humans witnessed the worst pandemic of human's recorded history. This was called influenza epidemic (Ibid, 2011).

There is an estimation that it was responsible for the deaths of over half a million of American while killing over 40 million of people globally. Saint Louis county of Missouri acted instantly and enforced social distancing. Thus, the mortality rate in St Louis Country was less than other counties. On the other hand, government of Philadelphia showed slow response to influenza. People of Philadelphia arranged a liberty loans parade for the promotion Government bonds and over two hundred thousand people attained it. Due to Slow response of government and liberty loan parade, the increase of cases of influenza was at devastating level in Philadelphia. Philadelphia suffered the second worst death rates. Thus, it was proven that social distancing was necessary to stop spreading of contagious diseases (Markel, 2020).

During 1957-1958 there was an outbreak which caused the deaths of millions of people. It was originated in Guizhou in Southern China. It is one of the deadliest diseases of human history. It is called Influenza A virus subtype H₂ N₂ or Asian flu. Different countries-imposed closure to prevent it from further spread and people were advised to stay at distance from each other. Closure and social distancing eventually turned beneficial by reducing its spread by 90% percent (Chin, Foley, Doto, Gravelle, & Weston, 1960).

Kaleigh Rogers (2020) compared SARS-CoV and Ebola with Covid-19 in terms of prevention and social distancing. In last quarter of 2002, in China a pathogen caused severe respiratory disorder which was likely to be transfer from animals. During the

second quarter of 2003, SARS -CoV (severe acute respiratory syndrome corona virus) spread through 26 countries and killed over 750 people. The mortality rate of SARS-CoV was way higher than Covid-19 but very little efforts were made to avoid its spread because it was not as highly contagious as covid-19. Same was the case with Ebola Virus. During the Ebola outbreak from 2014 to 2016 more than eleven thousand people died from Ebola virus. The mortality rate of Ebola was 50% but it was hard to transmit because it was supposed to transmit through fluid, urine, and blood of infected person. So, that is why no lock down or social distancing were imposed upon the people of West Africa (Roggers, 2020).

Social distancing and Quarantine were enforced during SARS outbreak in Canada. Canadian Authorities also obliged hospitals and house patients to stay in quarantine during SARS outbreak in Toronto in 2003. Health officials were expected to quarantine up to 100 people who were contacted by the patient and 8 cases to investigate. These safety measures were essential in hospital surveillance back then the world faced another outbreak in 2009. N1H1 or Swine Influenza or simply Swine flu is a respiratory disease which was highly contagious (Gangurde, et al., 2009) but the fatality rate was merely 0.1 percent so, it was taken as serious as Covid-19 (Roggers, 2020).

2.2 Social Distancing During Coronavirus Pandemic

Carolyn Cannuscio is a social epidemiologist at University of Pennsylvania, she had discussed in detail the social distancing also known as physical distancing. Each action that peoples take and every way in which people can hold back from the public sphere to limit the opportunities for transmission as it is an opportunity truly to save a life. I would say limit your face-to-face interaction, work remotely whenever possible, no handshakes, no high-fives, no hugs outside the homes, stand 6 feet or more away from any person in public, severely restrict travel from city to city and limit your engagement in public spheres (Cannuscio, 2020).

The sick person is separated from people who are not sick. People who are isolated may be cared for in hospitals, other healthcare facilities and in their own homes. In most cases isolation is voluntary, but federal, state, and local health officials have the power to require the isolation of sick people to protect the general public's health. Initiatives like

self-isolation and quarantine are best possible ways to stay safe. Generally, those people are kept in isolation who are infected, and they could transfer it to normal ones. So, they are kept in hospitals or other health care facilities (Ibid, 2020).

Keeping infectious people in isolation is based on patient's will in most cases but it is a need a time for state to impose isolation for common cause. Blocken, Malizia, Van Druenen and Marchal in 2020 had discussed suitable social distancing to prevent Covid-19 from spreading. As it known it is very contagious it can transfer from micro droplets of saliva which are released when a person sneeze so, it is better to maintain proper distance from other. It is widely theorized that within 1.5 meters of distance the respiratory droplets evaporate or fall to the ground thus it is advised to keep distance from each other to stay put (Wosczyzna, 2020).

Micro-droplets have very little inertia and when two people are walking or running in each other's vicinity, even at 1.5 m distance, due to the airflow patterns and people movements, these micro-droplets could be transferred from person A to person B due to the airflow patterns generated by the persons' movement (Blocken, Malizia, Druenen, & Marchal, 2020).

Bueno, Marci and Braunstein had laid stress on strategies which prevents epidemics in current situation. Just like N1H1 aka Swine flu and SARS Covid-19 also needs high level of intention. Strategies to prevent this spreading are meant to implement. Understanding the behavior of the susceptible individuals allows to find strategies to slow down the epidemic spread, protecting the healthy network. Various strategies have been proposed to halt the epidemic spreading. For example, vaccination programs are very efficient in providing immunity to individuals, decreasing the final number of infected people (Valdez, Buono, Macri, & Braunstein, 2013).

Strategies can implement after understanding the behavior of patients. This understanding led towards strategies which can slow the spread rate of such diseases. Vaccination is one of the key strategies when it comes to stop spreading of epidemics, it boosts up immunity which enable immune system to fight back with diseases. Vaccines are usually expensive, and vaccines are not available every time. For example, there is still no vaccine yet invented against Covid-19 so, this strategy is still far from desirable. Fahim Aslam

argued that social distancing is the only way till now to avoid novel coronavirus. WHO has declared Covid-19 as public health emergency? Over 4 million cases have been registered and almost three hundred thousand people are died of this epidemic. So, it is better to keep we as well as others safe and stay at home (Aslam, 2020).

What is the importance of social distancing due to COVID-19 outbreak? Many of us have been used to hearing the term social distancing and lockdowns in several countries, initially the lockdown was initiated in Wuhan, China to prevent the spread of the disease to other parts of the country and gradually other countries such as Italy, Germany, Israel, Sri Lanka, India, UK, France, Belgium started to follow the same process (Ibid, 2020).

It shows how social distancing and lock down had been taken into consideration and what is the importance of social distancing? These kinds of questions are answered by Fahim Aslam. Wuhan province of China was the first territory which enforced lockdown to stop coronavirus. It showed better results. After Wuhan, Italy declared lockdown and then it was followed by Germany, Israel, Sri Lanka, India, United Kingdom, France, Belgium, and Pakistan etc (Ibid, 2020)

Mishra and Yadav (2020) highlighted the significance of social distancing while applying mathematical principles. They estimated that an infected person can transfers coronavirus to two and half people within week and thus 406 is likely to be infected. Which is a whooping number. 50% reduction in social activities and managing social distancing can reduce the rate of infection up to 15 and 75% reduction in social exposure will result in infecting only 2.5 (Mishra, 2020).

COVID-19 (Coronavirus) has affected everyone“ day to day life and is has unfavorable effects on global economy. This pandemic has affected thousands of peoples, who are either sick or are being killed due to the spread of this disease. Fever, cough, bone pain, difficulty breathing or shortness to breath or pneumonia are most common symptoms of this deadly virus, in their research they classified the day-to-day consequences into following categories Healthcare, economic and social. They also specify restrictions of travelling from one country to another country. It is observed during travelling, various cases are identified positive when tested, especially when they are taking international visits (Valdez, Buono, Macri, & Braunstein, 2013).

Piwat et al. (2020) attempted to discuss similarities and differences of the three social alteration methods: social distancing, self-quarantine, and self-isolation. They urge that these three may differ from social media and professional aspect, they also suggest simple and straightforward principles COVID against COVID-19, which is as acronym contact with care, organized daily healthy routine, viral protection, information screening, diagnostic test. These researchers believed that their discussion will be more helpful to understand both virus itself, practical approaches for mitigating viral spread.as well recommended daily activities top stay physically and psychologically strong during pandemic (Valdez, Buono, Macri, & Braunstein, 2013).

2.3 Covid-19 and its Impacts

Most of the countries of world opted for special measurements such as lockdown and social distancing for the reduction of spread of coronavirus after it was declared by world health organization as pandemic. On the other hand, social distancing and lockdown contributed to creation of other psychological, social, and economic problems. Mass numbers of adolescence experienced anxiety depression and irritability due to lock down and social distancing (Majeed & Ashraf, 2020).

Now in 2021, despite of development of the vaccine, increase coronavirus"s patients is still sky rocking in most of the counties. Armond Dorian (2021) notes that due to more severe and fatal type of corona virus, unfortunately we do not have good news in 2021 too. In January 2021, the hospitals are full of corona patients and there is not a signal bed available for patients in Los Angeles County of California. From UK, the more infectious stern of corona virus has been entered into Southern California and might spread across the world soon. So, it is need of time to develop vaccines at massive scale for the accommodation of the whole population of the world (Dorian, 2021).

After development of vaccine, it estimated that social distancing and other safety measures will soon be ended, and situation will be normal. United States as well as most countries of the world are expected to enter transitional phase of normalcy between April to June. In from onwards the world will get herd immunity and by the end of 2021, COVID-19 is most likely to be eliminated (Charumilind, Craven, Lamb, Sabow, & Wilson, 2021). On the other hand, there is strong fear of "Vaccine Nationalism". Those

countries which have developed coronavirus vaccine will deliberately let it spread while getting economic benefits from vaccination. Just because we have seen similar situation during 2009 N1H1 flu pandemic, When Australia become the first country to come up vaccine but blocked the exports until the wealthy countries of global north made agreements with pharmaceutical companies for maintaining their monopolies. United States of America, Japan, United Kingdom and European Union have signed deals for 1.3 billion doses of vaccine and thus 3rd world countries are put on 2nd priority. It might turn atrocious. So, social distancing is most likely to prevail eventually (Abhishek, 2020).

2.4 Socio-Cultural Perspectives of Social Distancing

Most of the people are confused about physical distancing and social distancing. Physical distance is to keep a distance from each other while social distancing is more likely on the social aspects of life. It means to socially isolate own self. Social distancing is linked with mental health and social distancing is more likely to cause loneliness, anxiety, and depression (Ashwin & Edirappuli, 2020).

Janes, Stall and Gifford (1986) studied the relationship between Anthropology and Epidemiology. They argued that relationship of individuals and society regarding diseases is a key factor for implanting a strategy for overcoming those diseases. The characteristics of this relationship is commonly called as host resistance and it includes attributes of food behavior as well socio-cultural practices. Sometimes it is embedded in psychological or religious settlements. So, safety measurements including social distancing are more likely to face host resistance because of psychological, socio-cultural, and religious. (Ibid, 1986)

Host resistance was observed during Ebola Outbreak in Liberia, West Africa. Health officials and scientists speculated that Ebola is possibly caused by consuming Bush Meat but people of Liberia frequently consumed meat of Monkey and Fruit Bats by arguing that it our culture and we have been eating bush meats for centuries, nothing had ever happened and if it were then they would have died (Larsen, 2014). Just like in case of Ebola outbreak, most of the people showed resistance to social distancing. Brazilian President Jair Bolsonaro denounced coronavirus pandemic and argued that it is just minor flu so, social distancing is not beneficial (Ponce, 2020).

Nicholas Long (2020) developed an anthropological critique of social distancing. Long argued that that new form of society, like social distancing can spoil existing health care and support systems and it can cause problems and existential agony. Confining people to individuated and strictly bordered households, as stringent social distancing policies do, is thus profoundly disruptive, cauterizing the support networks on which many people depend and leaving them with unfamiliar and sometimes unmanageable care burdens (Long, 2020).

Long claimed that social distancing will eventually lead towards three negative outcomes. First, patients will be neglected because their relatives are supposed to stay away from them. Second, the health workers and Doctors are more likely to get exhausted due to panic and confusion. Third, there will be profound guilt on the part of family members and relatives due to lack of help and assistance to their dear ones (Ibid, 2020)

Social distancing and other safety measurements are too hard to implement in some regions of the world. Although these are the only ways to prevent covid-19 but infrastructural, socio-cultural, and economic aspects of societies are sometimes creating hurdles in applying these measurements to all residents¹. For now, safety data sheet might be the sole solution for preventing coronavirus from further spread but unequal wealth distribution among nations and people are still major obstacles in countering coronavirus (Goniewicz & Manesh, 2020).

Renzaho (2020) argued that there are three ways to avoid spread of Coronavirus. First there is personal hygiene, second is social distancing and third is lockdown. Personal hygiene includes washing hands frequently and maintaining good immune system. It is an easy way to halt spread of coronavirus. On the hand social distancing is way more difficult to enforce, especially in those regions where people have strong social connection, like Sub Saharan Africa and South Asia. Most of the world's health care systems have strong social support networks. Social supports networks are important aspects of care and recovery of patient in various cultures. So, these safety measurements which include social distancing, are too hard to impose over there (Renzaho, 2020)

¹ This article was reviewed before the development of Covid-19 Vaccine.

Damir Huremovic (2019) is of the view that social distancing has been proved very effective throughout the history for reducing the pace of several diseases. Social distancing can be vary depending on the type of diseases but placing infected person in isolation and placing those have been exposed to infection, in quarantine can reduce rate of infection quite much. Although these measures are effective, but it comes with a cast. Each of those measures comes with complex legal, ethical, and logistical challenges, but also mental health challenges associated with isolation and uncertainty (Huremovic, 2019).

According to Benjamin Davy (2020) social distancing is creating a sense of “clean and dirty” among the people. According to Davy Just like four cultural biases mentioned by Anthropologist Mary Douglas, social distancing has also those four cultural biases. Mary Douglas (1970) presented a Cultural theory of Risk in her Book “Natural symbols”. Cultural theory of Mary Douglas which is also known as grid/group theory is based on identification of social pressure and putting them on a projection of social ecosystem. Gird refers to individual while group is referred to society. As Mary Douglas (1999) argued that there four cultural biases in the combination of grid and group. These are hierarchizing, egalitarian, individualistic, and fatalistic (Douglas, Risk Acceptability According to the Social Sciences, 2003). These four biases played a role in individual and societal approach to social distancing and other safety measures (Davy, 2020).

Last cultural bias is Fatalism. Fatalism is name of staying quiet and dejection against the uncontrollable world. Fatalist were least to follow social distancing. They frequently declaimed covid-19 and refused to follow social distancing (Ibid, 2020)

Socio-cultural factors are important determinant for the success and failure of preventing efforts. Slevin (2020) in Australia there are various societies which are linked, and the basic unit of these societies are most of the time based on communal solidarity so, these groups are more vulnerable to coronavirus. It is difficult for aborigines to put away their cultural practices for the sake of social distancing because they have very strong sense that have been marginalized and they may think that social distancing is another way of discrimination (Slevin, 2020).

Greetings are more likely to increase the spread of covid-19. Shaking hands, hugging, and kissing on the cheeks are the most common methods of greetings in different regions. Different countries have plead for stopping hands shakes and other forms of greetings like kissing on face and nose to nose greeting. Christian groups have changed chalice to individual cups² and religious holidays like Jewish Purim³ have been postponed (Kaur, 2020).

Nedim Karakayali (2009) has discussed the various aspects of social distancing. What is the influence of social distancing on social relationship and on what bases a group opt for social distancing? There is an almost unsurpassable logical difficulty in treating social distance exclusively as a subjective category. If an individual is to develop specific „emotional reactions“ toward other groups, s/he should already be able to identify those groups as distinct categories (Karakayali, 2009)

There are many variables which are responsible for keeping social distance. Karakayali (2009) argued the ideas of seclusion are interpersonal, and it is related to emotions but defining social distancing as interpersonal phenomenon is more difficult. Certain emotions are involved in making decision about another group, whether to stay secluded or to join it. It is not necessary that it should only be subjective category (Ibid, 2020)

Culture has huge impacts on health, and it is widely accepted that health care system is embedded in cultural contexts. There is stigma related to some diseases like HIV/Aids and leprosy. Same is the case with covid-19. Patients are afraid that they will be stigmatized as contagious and thus they do not seek care until his/her diseases become unmanageable or sometimes they may not seek care. This is one the main reason of neglecting of social distancing (Burns, Karguljac, & Burns, 2020).

The world is facing crisis of migration due to financial inequalities, safety and security, and climate change. Over 70 million people around the world are displaced and they are living in refugees“ camps and other center“s build for migrants. These refugees“ camps and centers are very vulnerable to the spread of covid-19 (Junior, 2020).

² Chalice is cup used for wine at the occasion of Christian Eucharist. All the members of Church are supposed to drink from the same cup.

³ Purim is holiday which commemorates the saving of Jews from Persian King Haman.

Aside from migration, economic deprivation also makes people vulnerable to coronavirus. Economy is one the major determinant when it comes to social distancing. Social distancing is very difficult to maintain for a daily wagger. In Bangladesh there are 60 million people who are entirely wage earner (Tasnuba, 2020). In south Asia there are around 230 million while another 60 million in East Asia and pacific. Lockdowns and social distancing would push them deeper into the poverty (Mercado, 2020). Most of the daily wagers lives in Slums. For example, in Mumbai there is slum called Dharavi. Dharavi covers 2.5km² but its population is around 650000. It is extremely difficult to maintain social distancing in slums and other such places (Biswas, 2020).

Aside from Habitats and poor economic conditions, religious beliefs also sometimes forbade people from following certain roles imposed by authorities. Social distancing faced a strong opposition in those countries where people tend to have strong social and religious ties. Pakistan is one those countries. Pakistan's clergy opposed the lockdown and praying in homes. In Rural areas there was no such things like social distancing and the mosques were remained open over there. In urban areas also most of the mosques were exempted when it came to social distancing (Mubarak, 2020).

Cultural factors are likely to increase the risk of spread of coronavirus but on the other hand in some cultures it is responsible for reduction of its spread. 2012 Nobel Prize winner in biology Shinya Yamanaka records that some socio-cultural traits of Japanese people come in handy in reducing the spread of virus. People tend to follow standard operating procedures because there is a strong trust among Japanese people and Government. Japan did not imposed lockdown, but a mass number of people keep social distancing and wearing masks. Although there is no punishment or fine for not accomplishing SOPS, but people have reduced their interaction by 70% (Yamanaka, 2020).

On the hand there are societies which was not following social distancing and other safety measures on their own. Public administrators were supposed to act against those who were violating standard operating procedures in Pakistan. There were lots of misconception regarding covid-19 and certain narratives were perpetrated though social

media platforms which created uncertainty about the nature of coronavirus among the masses in Pakistan (Rehman, et al., 2020).

3. RESEARCH SETTING AND RESEARCH

METHODOLOGY

This chapter discusses description about research setting and methods which were used for data collection while conducting research on social distancing and perception on corona virus in different sites of Rawalpindi and Islamabad. In first part of the chapter locale of the study is discussed in detail and the second part of this chapter deals with the research techniques that were used for data collection. The researcher selected qualitative research methods for the topic such as participant observation, case studies of respondents, in-depth interviews etc.

3.1 Area Profile

I give a brief description about Rawalpindi and Islamabad where this study of perception of corona and importance of social distancing has been conducted. The research is conducted in Chaklala Cantt, areas near Murree Road and PIMS hospital.

3.1.1 Punjab

Being a most populous province, the borders of the province is lined with all the provinces of Pakistan as well as the capital city of the country. Furthermore, it also shares its border with Indian regions including Jammu and Kashmir and Rajasthan. It has capital city Lahore which is the centre of culture, history and economy as well as the film and fashion industry belonged to the city. Other than Lahore, main cities of the Punjab province include Rawalpindi, Sialkot and Jhelum etc. (District Development Profile, 2014)

3.1.2 Rawalpindi District

Rawalpindi district is situated in the northern side of the province Punjab having an area of 5286 km square and divided into six tehsils. Previously, it has much area before Islamabad was carved out of it and made capital of the country. On the north western slopes of Himalayas, Rawalpindi district is located. During British, it was made the part of the province Punjab. (District Development Profile, 2014)

3.1.3 Islamabad

Islamabad is a federally administered capital of Pakistan. Among the rank of largest cities, Islamabad is the ninth city of Pakistan. It was built in 1960 to replace Karachi. It is situated on north east of the Rawalpindi from the Potohar plateau. It is renowned for its better standard of living and greenery.

Figure 1: Map of Rawalpindi and Islamabad



(Source: Google map)

3.1.4 Agriculture

The main crops of district Rawalpindi and Islamabad are wheat, barley, maize, millets and pulses. Due to modernization young generation are preferring fast food over agricultural goods, but old generation are still utilizing crops for their survival.

3.1.5 Languages

The tongue refers to the language used to communicate between the people living in any household. The native tongue of the people living in Rawalpindi and Islamabad is Potohari but Punjabi and Urdu are also spoken by people in different parts of this city.

3.1.6 Castes

Caste is very important in considering people relation and economic status. It is possible only through group identity. In Rawalpindi and Islamabad, there are people with various castes Gakhar, Awan, Gujjar, Janjua, Sheikh, Abbasi, Bhatti, Syed and Jat. These are different castes that exists in Rawalpindi city. Castes are also considered as a symbol of status.

3.1.7 Occupations

There are certain occupations that are associated with men and some are associated with women. Mostly men in Rawalpindi and Islamabad are businessman, some are doing private and government jobs. Female members of the city are housewives and most of them are schoolteachers or seamstress.

3.1.8 Household Structure

The household structure of people living in Rawalpindi and Islamabad have urban settings which include pakka and semi-pakka households. Their houses are made up of oven baked bricks and cement. Their houses pattern is not the same but have a difference in size and style of each house. Mostly of the houses comprises of kitchen, drawing room, TV lounge and two or three bedrooms with attached washroom. Each house is attached to another house and there is no system of cross ventilation of air.

3.1.9 Religion and Sect

Religion plays a vital role in each person's life. Religion shapes human life in a better way. Most of the people are Muslims and their religion is Islam, some are Christian and some are some are Sikhs. Furthermore, Muslims are divided into various sects such as; Shia, Sunni, Ahl-e-Hadees etc. In spite of belonging to different religions people live with each other in harmony and brotherhood.

3.1.10 Education

Rawalpindi and Islamabad have the basic facilities of education and school infrastructure. People are facilitated with schools of all levels. Mostly people are educated in Rawalpindi city due to the availability of educational institutes.

3.1.11 Water Supply

Water supply is merely a big issue to people living in Rawalpindi. They are facing a lot of problems due to unavailability of clean water. Some people have access to their own water resources like private boring and some are using tankers. Despite this, water is a major issue faced by the locals.

3.2 Research Methodology

The methodology involves the use of techniques and methods for the collection of data from first step to final step. Methodology is a tool in research which involves selecting particular observation techniques, assessing the yield of data and relate that data to theoretical propositions.

“Each scientific discipline has developed a set of techniques for gathering and handling data but here is, in general, a single scientific methodology. The method is based on assumption s: (a) that reality “out here”, (b) that direct observation is the way to discover it, and (c) that material explanations for observable phenomena are always sufficient, and that metaphysical explanations are never needed”. (Bernard, 2006, p. 190)

In this research the techniques of qualitative research are used for data collection. To enhance my data in order to become my results effective I use the below mentioned techniques.

3.2.1 Data Collection

The data has collected using various methods in anthropology. This field research is carried in different parts of Rawalpindi. During field research data is collected by participant observation, contacting through telephone and also by doing interviews, online discussion platform in groups, recording, making notes and through questionnaire.

3.2.2 Research Design

This research is done using qualitative methods for documentation of primary data in the research duration. This make the researcher to observe, to participate in the study and to be involved in the whole process. The methodology I choose is drawn from a combination of different approaches of research.

3.2.3 Qualitative research

Qualitative research relates to understanding of some aspect of social life, and its methods that generate words, rather than numbers for data analysis.

3.2.4 Rapport Building

The rapport building is of the major step for the progression of data collection, which I have used and through which I get my respondents easily for collecting data. The formation of rapport building in the field was my first task. This research was carried out over a period of 6 months which were spent by living in Rawalpindi. During this period an informal relation was developed with the locals which provides a researcher to take first-hand information on the research topic. This method is used by researchers to establish good relationship with the locals living in Rawalpindi. At the beginning of collecting data in field, it was difficult to ask questions from the people but later on due to rapport building it become helpful for researcher to get reliable data.

3.2.5 Primary Data

The primary data has been collected through questionnaires, interviews, recording and photographs from the field. While analyzing final report, recording help the researcher to cross check. During the primary data collection, views and ideas has obtained especially from women and men to determine importance related to social distancing and to know their perception about corona.

3.2.6 Participant Observation

It is the process where the researcher live, participates and interact with respondents on daily basis to understand the norms, values, culture and behaviour of the respondent. Participant observation is one of the best ways for collection of data in a subjective manner.

By becoming a member of the community, I have a close observational approach to the other things of people like whether they avoid to visit public places, make use of masks on daily basis or not. Participant observation proved a good tool for collecting data and for understanding perception of corona by own participation in the field.

3.2.7 Semi Structured interviews

This method of semi -structured interviews is used by researcher for the extraction of data, which help them to explore issue at first hand. In this research tool, researcher simply ask few questions to respondent among which some of the questions are predetermined which were asked every time from each respondent, while the rest of the questions were random questions that were subjected to the flow of the interview. I have conducted thirty semi-structured interviews with the help of interview guide.

3.2.8 Research Tools

This research is based on in depth interviews that is in detail for getting information and to enhance knowledge about the people who does or does not believe in social distancing, follow precautionary measures to save themselves from corona, their belief about corona virus and also to get knowledge about people where cultural barrier is a hurdle on the way of social distancing.

3.2.9 Sample Size

I have conducted thirty interviews from different people including men, women and children of different age groups.

3.2.10 Purposive sampling

I have employed purposive sampling to collect data relevant to research objectives. It is the type of sampling used by a researcher to select sample based on their knowledge and judgement about the study and population. The research respondents were selected based on fulfilling the purpose of the research to achieve manageable amount of data.

The category of respondents who were selected through purposive sampling are as follows:

Table 1: Research Respondents

Category	Number
Doctor	3
Patient	4
Religious People	2
Shia	3
Sunni	2
Other respondents	16
Total	30

(Source: Researcher)

3.2.11 Sample characteristics

3.2.11.1 Status of the respondent

Individuals who do not believe in social distancing amid coronavirus were selected.

3.2.11.2 Age of the respondent

The research sample contains individuals who belong to different age groups.

3.2.12 Purpose of the study

In this research, the researcher aimed to explore the knowledge about the impact of social distancing, people perception about corona virus and staying away from each other and the cultural barriers on the way of social distancing which is held in Rawalpindi.

3.2.13 Key Informants

Collecting data from people is one of the difficult tasks especially from the people who are strangers for researchers. Firstly, in the field, to gain trust of native people is one of the difficult jobs. For this, key informants play a vital role to gain trust of people and to collect data. Key informants should have grip over the local language. During the initial phase of building rapport at the hospital setting, I have selected two key informants named Muhammad Ali and Saqib Ahmed. Both were MBBS doctors and serving in

PIMS hospital. They have assisted me throughout the fieldwork while selecting respondents from the hospital and to build comfortable communication with research respondents. After conducting interviews from PIMS, I have developed rapport with my respondents in other areas including Chaklala Cantt and Murree Road, I have selected another two key informants. One of them was a religious person named Abdullah and he helped me in conducting interviews from other people belonged to different religious sects. Another key informant was a person lived in Chaklala Cantt area named Amina and she was banker. She aided me to select and deal with respondents in her locality.

3.2.14 Daily Dairy

During field work I keep daily dairy for recording of events that were relevant to the research topic. In daily dairy I wrote my personal experiences in the field and daily events in detail. In analyzing data, interpreting field notes proved to be valuable for researcher.

3.2.15 Case Study Method

Case studies are the detailed presentation of ethnographic data which relates to some section of any individual or their family. During the field work some cases are related to cultural barriers on the way of social distancing and some relates to the perception of people about corona virus. The main purpose of these case studies was to present the vivid examples of how people are seeing this pandemic and what precautionary measures they followed to keep themselves away from this virus. I have conducted seven case studies during fieldwork. All the case studies were revealed during interviewing.

3.2.16 Research Ethics

As a researcher I have followed these research ethics:

- I had taken permission from the respondent of making their pics, videos and recording.
- I paid attention to keep non-hierarchical relations between me and respondent.
- I had made use of local language or third language (like Urdu) with respondents to make them feel comfortable.

- I had taken care of their privacy and have hidden their identity.

All the interviews were recorded by an audio recording tool. Later, the recorded interviews were transcribed. After getting a written copy of the data, I have separated research data into two categories based on my research objectives. The categorized information was later divided into various themes and sub-themes with relative case studies. After organizing data into themes, all the themes were presented into cohesive manner. As interviewing contains a lot of unnecessary information, during the process of making themes, all irrelevant data was excluded.

4. PERCEPTION OF PEOPLE ABOUT CORONAVIRUS

A large portion of the members had great or normal COVID-19-related information. Countless members had the option to perceive the side effects of COVID-19. They realized that there was no remedy for COVID-19 right now. Nonetheless, they knew that most patients could recuperate by early analysis combined with strong treatment. The members accepted that wearing a veil could help in the anticipation of COVID-19. In addition, most of the members were of the view that patients contaminated with COVID-19 ought to be disconnected right away. However, more than half of the participants said that the infection couldn't be transmitted from a tainted patient who didn't have any fever. The middle information score was seen as measurably significant with age, sexual orientation, training, conjugal status, occupation, and living spot. Respondent's view about the perception of corona virus are as follows:

4.1 Attitude of Respondents

An enormous number of members held a hopeful mentality toward COVID-19 flare-ups. Fundamentally, people thought that COVID-19 would be effectively controlled, though a couple of members reacted that they disagree or were neutral toward this inquiry. The mentality toward winning the fight against COVID-19 was noted to differ significantly regarding instruction and living arrangement. Most of the respondents were confident that Pakistan would control the disease of COVID-19. This degree of confidence relied upon their place of living and was significantly higher in members with advanced education, for example, a graduate degree, master's degree etc.

4.2 Coronavirus a Serious Issue

Most of the people are believing on corona virus and considered it as a harmful disease. They have a view it's a virus and actually a very weak virus contain a lipid layer on it and it can easily be killed. Make sure you wash your hands before touching on your face, use boiled water if you can and got the sanitizers also work. It's very critical so one should follow government guidelines of maintaining social distancing. This lockdown is very

important that we have to avoid unnecessary contact with people because if the virus spreads in one place it's very difficult to control it.

Many people think that it is real and some says it's all about rumors so the reality is that it is not fake. People getting infection were real, the sufferings were real, and the deaths were real. The burying of the victims' corpses without proper funeral and rights were real, pandemics are real and natural event. There is really very little evidence to say that it is not real. There are also many fake conspiracy theories being spread about corona virus. Thinking that corona virus is fake will not make it go away COVID 19 has lasting effects on the body and mind. There will be generations of people who have lost their family members so mostly people considered this virus a reality which no one can deny because many people were suffering from this virus not in Pakistan but all countries in the world.

4.3 Perception of Conspiracy

Another significant recognition about corona infection depended on confederacy of different governments. A portion of the respondent guaranteed that this dramatization is manufactured by United States of America, Israel, World Health association and pharmaceutical industry. America and Israel have made this pandemic so as to keep up their matchless quality. Islamic nations are their fundamental objective. Christian and Jews will never a companion of Muslim, so that is the reason they continue making such issue. Some people thought that it is the propaganda of America, as it is the power possessing country which itself develops the virus, and spreads it in all over the world because they want to take control over the under developing countries. But America actually destructs itself by inventing this virus.

When this pandemic spreads it almost carries the lives of people. Some people say this virus is just a conspiracy to decline economy of China because China was going to become second superpower in economic forms due to the interventions made by Chinese people, China Pakistan Economic Corridor (CPEC) through which the trade emerges, from the gate of China border. Some people perceives that it was kind of conspiracy made by Israelis, to take power from developing countries to control the world because

the Israel was ignored and isolated from the rest of the countries so they made this pandemic and spreads it in all over in the world.

A respondent who did not believe in the existence of coronavirus stated about the existence of coronavirus “I didn’t see any corona patient till now, it is a fabricated story made by the government to get relief from the World Bank. Hundreds of people were died before corona same as now people are dying due to natural death as before, but government is putting them in the list of corona to get foreign aid and exemption of loans”.

4.4 Skeptical Nature of People

Individuals were so worried about the truth of Covid-19. The vast majority of the individuals were of the view that it isn't genuine and is simply one more method of surveillance. State is confining human freedom by such phony and planted catastrophes.

A large portion of the respondent asserted that when it comes corona infection. There is no instance of corona close by in this way, some people were of the view that it isn't an issue. Media and different sources are spreading incorrect data. In town pre and post corona circumstances were same. Open get-together (*Jirga*) is as yet occurring in settling political and social issues. There was no understanding of social distancing among the residents.

Their incredulity had driven them to reconsider something else. So, absence of information and illiteracy was evident among individuals.

4.5 Lack of trust between government and public

There is a genuine absence of trust among Government and public. Because of different positions of Government in past which turned futile, individuals were directed to reevaluate this issue in an unexpected way. Individuals were having no trust in Government.

A portion of the respondent contended that there are no such cases of corona in Pakistan. On the off chance that it is, at that point not many cases conceivably yet Government is

propagated wrong figures that there are a huge number of cases which isn't accurate. They guaranteed that since government can't be a well-wisher of public how might it care about general wellbeing.

Individuals asserted that Government so as to get loan from World Health Organization and different specialists guaranteeing counterfeit numbers. The number which Government tells are a long way from the real world. In the event that anybody goes to Government medical clinic, he will most likely be tried constructive with Covid-19 whether he has manifestations or nor even solid individuals will likewise turn out positive.

Another stunning explanation were a few inhabitants contended that Government is infusing toxic substance to patients. Since the expansion in death will get them more cash structure from WHO. Clearly there is no trust among public about Government arrangements and activities.

4.5.1 Case Study

A vital case study is of a daily wager who was forty-five years old and being associated with this profession from past thirty years. His name was Muhammad Rafique. He believed that coronavirus is not a serious disease rather it is flu, cough and temperature. The government has made it a fatal disease to intimidate poor people. He believed that government is making a propaganda about the existence of the coronavirus because majority of people who got tested from government institutions suffered from the virus which depicts the mistrust of people on government officials.

“I had never washed my hands before lunch and still I never have any kind of disease We Pakistani people have loans of billions of dollars and government want to get some relief that is why they fabricate a story of corona. Otherwise, there is no corona *shrona* in Pakistan” stated by the daily wager.

4.6 Migration from other Countries

Covid-19 is highly pathogenic and contagious disease and this virus was spread to 184 countries and surpassed 1.2 million cases of corona virus globally. Coronavirus is

basically new pathogen, which enters into the body of humans. Some people have a view that this virus spreads in China because they eat a lot of pigs and other things which Muslim's avoid to eat. The initiative of this disease is found in pigs which is then transferred to humans. People travel from China to other countries and in this way, corona spreads whole over the world. People in IRAQ were leading the procession and crowded in one place then they migrated to Pakistan and meet different people that's why this disease is transmitted and spreads from person to person rapidly. Some says it is transferred from bats, pigs and other animals. This is the perception of many human beings. It was created by Chinese to stigmatize Asian and American both countries and its neighborhoods. Other anticipated calls COVID-19, as "Chinese virus" which lead to harmful actions against Asians and also it creates mistrust and anxiety. China's main aim is to take control over other countries so this concept was also embedded in people minds.

4.7 Will of Allah Almighty

Another discernment with respect to corona infection was will of God. Individuals were of the view that people have lost their profound quality. They were in extreme sins. In this way, ALLAH ALMIGHTY has chosen to rebuff them for their transgressions. They were alluding the refrains of Quran which referenced God's indignation upon those individuals who rebel.

For instance, respondents were of the view that the people of Hazrat Nuh's clan were rebuffed and ALLAH ALMIGHTY had punished them through flood. Along these lines we people are rebuffed by COVID-19. Thus, these individuals were relating COVID-19 not with clinical science but with demonstration of God. This logic about Corona virus was basic among many individuals.

4.7.1 Case Study

Another crucial case study is of a young woman who lives in village from the previous ten years and belongs to Punjabi family. Her name was Nasreen. She was forty-five years old. Her educational qualification was matric. She was of the view corona virus is not a disease, it's a torture from Allah Almighty on everywhere throughout the world due to our sinful deeds and obscenity.

She regarded that the current coronavirus situation is caused due to not following the lessons of our Holy Prophet (P.B.U.H). In this way, corona infection is not a disease it's a punishment from Allah Almighty of all these wrongdoings. As in Islamic history we can see that how Hazrat Nuh's tribe was punished of their transgressions. Like that Covid-19 is also a punishment for all individuals of the world since we people have lost our significant nature of living in this world. If we want to get rid of this disease, we should make commitment with Allah Almighty and ought, to need to embarrass off our sins.

"From the past few years obscenely is at its pinnacle everywhere in the world especially in Muslim Nations. Also, the present youthful age is using tik-Tok application where Muslim young ladies are posting their videos and their dressing seems to be vein. Women escape out of her house bare. As, in March women were protesting on roads that they ought to be given equivalent rights and importance in the society as men have given and their slogan was *„mera jisam meri marzi'* (a slogan of Aurat March). They flee out of their houses naked even some went in protest with the permission of their fathers and brothers" stated by the woman.

4.8 Doctors' View about Covid-19

Doctors has a view that newly introduced disease which we called corona virus is an infectious disease. People experienced respiratory illness and they do not require the special treatment for this. This virus infects patient's upper throat and it can spread much like the cold virus. It is confirmed yet but this disease comes from mammals and birds and right now it spreads through human to human in whole world. Almost all over the world is infected so it's a big issue. It seems like sometimes it is seen under control but it is not under control now people are may be used too of listening too much of corona

virus from the past 8 months that's why they are taking it light but till now this disease is too much dangerous.

Some of the doctors has a view that corona pandemic is actually a pandemic which is known as covid-19. It is actually affecting the people of whole world. According to doctors it attacks on the lungs of the human being and it actually effects the lungs. It actually does exist in this world. The perception of doctors is so clear that they said that it actually does exist and it spreads through touching and through contacting people, so that's why they take such major precautions by wearing masks and social distancing which will keep them away from the virus and they use most of the time sanitizers and even they sanitize their gloves, shoes and their clothes to protect themselves from covid-19. So, doctors always try to convene the people that it is not a drama it is actually does exists and it can be harmful for the people so they just tell peoples to take it seriously.

4.9 Perception of Coronavirus as Bio War

Corona virus is a bio-war, it's not just for the one country, it's for the whole world and this virus have economic crisis first and then risk on the second. Most of the people are underestimating this risk because they are taking it as a joke, they are going outside and going for shopping with their families and hugging each other and if someone is having symptoms they are not avoiding to go in crowded areas and are not adopting hygienic measurements.

4.10 Social and Strict Religious Activities

Individuals of respondents are viable Muslims. They have solid strict jumping. Because of their strict bouncing they were not following government's rules. For instance, people were offering supplications in Mosque on the grounds that to religion is increasingly critical to them. Aside from religion social availability was another region where they didn't follow the SOPs. Open social affair (Jirga) was every now and again held so as to understand political and different issues.

Along these lines, so as to address such issues mindfulness is need of time yet this mindfulness ought to be socially and strictly good. Since they will never take mindfulness

worth consider in the event that it is socially and strictly contrary. Religion helped in understanding this with no issue.

4.11 Coronavirus a Fabricated Story

Many of the respondents of the view that as the current scenario of Pakistan is not satisfactory. When first phase of this virus spreads, they take it seriously and followed precautionary measures but, now in second phase of this disease, they could say that it is not a disease. It's just a plan of government to take aids and loans from foreign countries. As winter starts and people are facing health issues due to severe cold like seasonal flu, cough, and temperature. Government is putting their names in corona list. No doubt as Pakistan is much populated country where there is more chance of spread of this disease but according to their perception no such type of disease exists in Pakistan and just a fabricated story made by the government.

4.12 TV Channel and Cartoon Conspiracy

Another TV channel named *„Haqeeqat TV‘* talks more about conspiracy theories. They always used to predict about future. They had predicted that in few days“ government will say that second phase of corona came and due to second phase, they will close all educational institutes. Another conspiracy is that if in one place there is procession to flop Imran Khan’s government, then government says that corona is increasing, its second phase come and all that. So, these are all conspiracies and not a reality. Many Pakistani respondents who were fans of Simpsons believes that this cartoon had already predicted in 1993 about the ongoing coronavirus disease. Simpsons has an uncanny knack of predicting about future and their mostly predictions were true. In its fourth season episode “Marge in Chains”, people found that they depict global pandemic. So, this outbreak is also predicted by them which is also based on conspiracy.

4.13 USA, Israel, Arab Sheikhs and World Health

Organization Conspiracy

The crucial perception of people about corona virus is based on conspiracy. Many of the respondents claimed that all this drama is fabricated by United States of America, Israel, World Health organization and pharmaceutical industries.

America and Israel have created this pandemic in order to maintain their supremacy. Islamic countries are their main target. Christian and Jews will never be a friend of Muslim, that's why they keep on creating such issue like Corona. Most of the people have a belief that it is the conspiracy made by Israelis like in Polio planning, people used to say it is *'Haram'* and many cultural barriers occur. Same as Polio, people say it is just a story or conspiracy of Israel to introduce such type of vaccine which could harm Muslims and, in this way, Israel could destroy Muslim. In order to get rid of corona disease Muslims would be injected by such vaccine.

Many religious people of Pakistan say that it is actually just like a weapon against Islam by making COVID-19 a big issue. They say that the *'Kaabah'* has been closed for many of the months and also mosques are closed, so they think that it is actually a drama from the non-Muslim people against the Muslim. They defend their statement by saying that, Is the Covid-19 only spreading in the mosques and in the worship places? Why the markets are so opened and why other places are opened? So, this is just against the Muslim community they want to destroy the unity of the Muslims. Actually, Israelis want to spread fear in Muslims through Corona in order to stop them from going in Mosques.

Some respondents were also of the view that many countries were against *'Shia'* community. They want to completely abolish this community. Because of a certain type of jealousy and to eliminate *'Shiites'* from the whole world, the Arab Sheikhs introduce this non-communicable disease known as *'Corona'* which is nothing just a propaganda of Arab people to stop *'Shias'* from going to Iran, Iraq for *'Zia rat'*.

Pharmaceutical industry in order to maximize their profit creates such viruses in lab and make billion out of it. They will soon make a vaccine and they will pay a huge price for it.

4.14 Virus through Imported goods

Respondents were of the view that the second phase of this virus in Pakistan came from the products imported from foreign countries. It is all pre-planned and conspiracy of foreigners to spread virus in this way. Pakistan is much populated and underdeveloped country where there are not enough resources to meet the end of people. They have to rely on other countries aid which is in the form of second-hand clothes, shoes and sweaters known as *landa*. As winters have arrived, people were and still are bringing *landa* to their homes. As a result, corona has spread more and its second phase came. Mostly *landa* came from China nowadays. So, people were of the view that it is the first country where this virus was found and spreads in whole world. Now, China is spreading this virus more by giving aid to third world countries like Pakistan.

4.15 Distrust on Government

Due to various stances of Government in past which turned useless. People were led to rethink this issue differently. People were having no trust in Government and says COVID-19 just a drama and it does not exist in reality.

Some of the people argued that there are no such cases in Pakistan. If it is then very few cases possibly but Government is perpetuated wrong figures that there are hundreds of thousands of cases which is not true. They claimed that since government cannot be a well-wisher of public how could it care about public health.

4.16 People's Perception about Corona Virus Second phase

People have various perception about Corona Virus second phase. Some respondents said that people are not getting it serious till now and with the negligence and laziness in government actions and people's behavior the virus has grown up and it catches the roots. That is also the main reason of the arrival of second phase of Corona disease.

4.17 Decrease in Population Bulge

Most of the people have a view that corona virus is just a fear spread in public and not a disease. It is another way to bring decrease in population. Through this conspiracy, doctors injected aged with poisonous injections. They could introduce such vaccine which people are going to be inject for the treatment of COVID-19 and that vaccine will make people to produce less children so the actual thing is that the world wants the population to be lesser in future. In this way, super power countries through their conspiracy wants to reduce population and the other reason to bring decrease in population is the shortage of minerals because there are not enough resources to meet human needs properly.

4.18 World System Game

Some says that corona is nothing just a world system game. They are just making people fool. It is just a competition in which one country will be given control and authority to become powerful. The country who introduces vaccines of this disease will become powerful in whole world.

4.19 Lower-, Middle- and Upper-Class People's Perception

Some people were of the view that this virus is a big global scam and all the countries present at one platform and all the intellectuals of the World exploit the people on the name of economy. So, they think that may be its all because of the economy, money or for the sake of becoming superpower country.

- According to perception of upper-class people there is corona and it is serious cause to death.
- According to the middle-class people perception corona exists but it is not a serious issue which caused death. They believe it is like flu, and not more than that. They also have an opinion that it is all about the government game for the sake of international funds. In simple words we may say that government exploit people just because of their own financial interest.
- According to lower class or working-class people corona is not a big issue by which people goes into the mouth of death but it is just because of game of money played by the

rich people. They get pleasure from them in the form of money and we people don't have approach to aware the world or fight with rich people.

4.20 Conclusion

The perception of people regarding global pandemic corona virus is seen to be different. According to people corona is not any serious issue by which people may fall in death but it is the world political game played by the rich and powerful people just to exploit the people in the name of money. Some people were of the view that it is a conspiracy against China because China was developing at high rate. Therefore, it is believed that Bill gates and other powerful people have made this propaganda against China.

According to various respondents it is a result of eating forbidden foods and human sins, so people should ask for their forgiveness from God whereas some perceive this disease as a rumor, they say that it is not a very serious disease but it is just a source of spreading fear among people, and most of the patients died due to fear of corona. So different people have different perceptions regarding corona virus disease. But, in reality this virus is basically a very critical problem throughout the world wide because we all are living in global world it's not the issue of one place but the whole world is under this pandemic.

The present corona virus (COVID-19) pandemic has created a lot of problems and totally changed the lives of people on a global scale since its emergence and spread from China in late Dec, 2019 from „Wuhan“ city of china the virus has caused many lives infectious by this disease and millions of deaths worldwide. However, the control of this pandemic still remains unachieved. Due to the arise of pandemic, the life of the people throughout the world gets totally disturbed in every filed just like store shut down, public gathering bands, and physical distancing impose lockdown to slot on spread out of pandemic and all of these had impacted highly on global economy, like on airlines, export companies' tourism and many other nonessential sources have banned.

5. CONSEQUENCES AND CULTURAL BARRIERS TO THE WAY OF SOCIAL DISTANCING

This chapter will provide a detail illumination about the cultural barriers that influence social distancing. It will also highlight the social and psychological consequences of experiencing social distancing on the life of respondents during pandemic.

5.1 Behavioral Response

The spread of the infection had brought about resulting advancement of fears in the people. Most of the respondents feeling restless consistently. The member"s dreaded going to commercial centers were worried for the soundness of their relatives, and felt under-certain with the current disease control measures. Fundamentally raised degrees of dread were noted among many individuals. In the meantime, expanded degrees of nervousness was found among individuals due to social media. There was a higher inclination for graduates to fear for the security of their wellbeing, even at home. Likewise, some of the respondents had bring changes in their behavior to guarantee for their wellbeing for example they avoid to go outside, use symptomatic medications, use sanitizers masks and gloves, and washed their hands 3 to 4 times in an hour. Whereas, many people don"t have believe on social media and they spent their life without considering the nature of this disease.

5.1.1 Case Study

An essential case study is of a man who was a religious scholar. His name was Ahmed. He was forty-seven years old. He believed that our society has to give more value to religious values. Due to social distancing people are avoiding religious duties which has resulted in pandemic. During this coronavirus pandemic, people are maintaining social distancing and avoiding meeting each other in religious ways and avoid religious preaching in the mosque which is not the true behavior towards religious values and social distancing is making people forget the true essence of religious ethics.

“Islam never forbid to meet with people, Islam allow us to embrace or shake hand while meeting. Due to corona people stop coming to Mosques and stop meeting with people. This is also one of the major indications of Day of Judgment. Before corona people mostly hug each other in Mosques, now they stand far from each other. Government has imposed unethical restriction on Mosques which disturb us socially and religiously. Social distancing does not mean to forget our religious and moral values. Islam teach us to create harmony among other people by living collectively with peace, and not teach us to stay far from each other” recounted by the religious man.

5.2 Doctors’ View about Self-isolation

Doctors has a view that self-isolation basically alludes to the division of sick people with infectious ailments from others to ensure non infected people. For contaminated individuals, self-isolation normally happens in emergency clinic settings under the consideration of clinical callings. Besides, it is exhorted for patients to be arranged in a private room or to quarantine them but it is compulsory for the patient and his family to keep space between the infectious person and rest of all the members of the family that’s why many doctors preferred to isolate patients for 14 days in hospitals. According to doctors’ people were taking this disease light that’s why they didn’t preferred to isolate themselves in their homes within the room, due to this virus spreads a lot. Doctors has a view that if people follow proper precautionary measures, then they will not be suffered from this disease. Following is some of the precautionary measures which are suggested by doctors to keep oneself away from this virus. These safety measures during COVID-19 are as follows:

- Put infected person in a quarantine.
- Use symptomatic medications.
- Stay at home.
- Avoid to go outside.
- Spend less time outside home.
- Use mask and gloves.
- Adopt the safety, hygienic measurements like wash your hands again and again.

- Try not to touch your nose and mouth areas.
- Increase your immunity.
- Do not become panic and take rest.
- Intake of Vitamin C meals can reduce the risk of effect of Corona virus disease.

5.3 Self-quarantine

The global pandemic corona, spreads from person to person, so it is better to get in isolation, put in quarantine if anyone is suffering from this disease. Many were of the view that the rate of this disease becomes high in the colder season and lowers down in the warmer season. So, this is exaggerated form of common cold and flu. The influenza virus has become stronger and has been transformed into corona virus. The need of the hour is to keep social distancing as much as possible to avoid getting affected with the virus because human immune system has grown much weaker during the past two decades.

Many people were also of the view that self-quarantine is the betterment for the individuals who had direct contact with any contaminated individuals, made a trip to nations with boundless continuous transmission and had indications including fever. Isolate might be applied at the individual or gathering level which typically includes limitation to their home or an assigned office. But, many of the respondents refuse to isolate their members in case of diagnosing corona. They had a view that this disease is not so dangerous. Life and death are in the hands of ALLAH ALMIGHTY and not in the hand of these doctors so why could they put themselves in quarantine.

5.3.1 Case Study

It is the case study of a man who was thirty-five years old. His name was Muhammad Amin. He belonged to an Urdu speaking family and lived in Rawalpindi since his childhood. He was not educated. In his family his father was diagnosed with Covid-19 but because poor economic condition and little house they did not have the option to isolate their father according to SOPs required in this situation. He was quite confident that this common and not threatening disease can easily be vanished with the progression of time. He was of the view if they have large house, he would not keep his father

isolated in another room because this is not a serious disease which requires a lot of safety measures.

“Corona resembles to an ordinary flu, cough and nausea. It has gain hype for nothing and don’t deserve this kind of coverage all across the world. This so-called corona disease can be treated in home and in this condition, we don’t require any specific medicine. I am giving *Sana maki* green tea to my father as I have heard that this beverage is useful for bad throat or fever and also, I am utilizing different types of home-made healthy drinks too for my father” stated by the son of the affected father.

5.4 Social Distancing and its Aim

Social and physical removing measures intend to slow the spread of infection by halting chains of transmission of COVID-19 and keeping new ones from showing up. These measures are just to keep separation between individuals, and lessen contact with sullied surfaces, while contacting with social gathering inside families and outside too.

Most of the people were of the view that when the virus started people were taking it light and were considering it not a big threat. Because people were considering it as a Chinese virus as China want to harm American economy and want trade war with United America and was not ready to take precautionary steps to keep themselves away from Covid -19. So Covid-19 spreads very huge in United States. Similarly, the European countries were also not taking precautionary steps for controlling covid-19 so it spread highly in Europe. With the passage of time the virus spread in all over the world the people afraid and take steps for the pandemic and sincerely follow the SOPs of virus that spread rapidly due to traveling and communication with one another.

5.5 Cure for Covid-19

When COVID-19 first started there was a much panic regarding the disease and people were worried about the health and the way it was spreading and when people saw its escalation in European countries who have one of the best health systems in the world. When those systems were unable to control its spread then how can Pakistan cope up with this virus who has a ruptured health system. So, people were of the view that the one who is suffering from Corona virus should drink warm water in order to avoid this

disease to enter in their respiratory system. It is only high form of flu and fever and can be treated by getting into isolation only for 14 days. Some of the respondents believe that its symptoms are not visible but boosting up human immune system is very important. Eating balanced diet can also reduce the chances of getting effected by corona virus as well as following SOP's is best and helpful to stop this virus from spreading.

5.6 Effects of Social Distancing on People's Life

Social distancing has a lot of negative effect on people's life. Some of the respondents were of the view that social distancing is intended to limit associations between individuals and it is prompted for people to be separated from each other at any rate of 6 feet. Because of the infection's capacity to be transmitted by respiratory beads, a specific degree of individual's vicinity is required. So, according to respondents social distancing is not such a good idea. Therefore, for health they are not going to ask people to enforce social distancing around them and they think there are other good reasons to entrench social distancing, but these do not have to do with human health. Our immune system relies on contact with billions of bacteria and viruses every day in order to remain healthy. Many of these come from close contact with other people. Social distancing is detrimental to our immunity. We are social beings and we rely on close interaction with others. Touching other human beings releases oxytocin which makes us feel great. Without touch we can descend into depression. Social distancing induces stress. People spying on each other and there is a fear of contagion etc.

Along these lines it is viewed as that individual in isolation acquire mental difficulties. For the individuals who are experiencing social separating, it is probably going to be related with sentiments of shunning, depression and being ignored.

5.6.1 Case Study

It is the case study of a woman who is forty-five years old. Her name was Noreen. She belonged to a Pashtun family. She believed that the society is full of love, care and brotherhood and it is unfair to stop us to love our relations due to this disease. Viral disease is just for a certain period of time. It does not last permanently.

“I am not afraid of corona virus; I hug and kiss to all my relatives without any hesitation. The day of death is certain and decided by Allah Almighty not by these doctors. So, I can’t stop touching my children and grandchildren. I tried to avoid them at the start but later on I feel that why I stop loving them due to this fake news. I do not understand that as we people know that life and death are in the hands of ALLAH ALMIGHTY so why people are afraid of this disease and are compelling to keep themselves away from their relatives” stated by the woman”.

5.7 Psychological Response towards Social Isolation

Due to social isolation people have various psychological response. Many respondents were of the view that for the first time, they have all the time in the world to get in tune with their inner self and work on what is most important to their mental health. People have the opportunity to explore their introverted side and to try all the things that they have put off for so long like reading, cooking, dancing and making art. This has paved way towards the much-needed discipline of self-care.

As the saying goes „Distance makes the heart grow fonder“ so people are all taking increased steps to staying connected with their loved ones maybe by taking part in chores or indoor activities that involve participation, like cooking a good meal, planting a sapling, doing kind acts or something as simple as a sweet text message or call.

Various people thinks that social distancing is not a natural thing or meant to be natural unless a person chooses to distance themselves. It’s something that’s being forced upon us due to the circumstances. Humans were meant to be social and when something is not natural, it can cause a person to become depressed, hopeless, weary, sad, suicidal etc. especially when it lasts for a long period of time.

5.7.1 Case Study

It is the case study of a man who was sixty years old. His name was Tariq. He belonged to banking profession. He was involved in social interaction and believed in close ties with community members. He believed that coronavirus has negative impacts on the social life. He was of the view the first and foremost thing to make oneself happy and

healthy is to live with brotherhood and share each other sorrows and worriers, otherwise we will have to be ready to face psychological problems.

“Corona has destroyed our social and ethical values. We embrace each other on meeting which strengthen our brotherhood, but due to social distancing our relations are on stake. Some people hesitate to meet which causes many social problems between families. We people are facing a lot of psychological problems due to this social distancing. Before corona virus all people of the village came and sat together in the evening, but now people are living in their restricted boundaries within their house. This thing made us disturb psychologically” narrated by the respondent.

5.8 Consequences of Social Distancing

All of the reasons people are resistant to social distancing are the consequences of social distancing. Proscribed behavior includes hugging, kissing, walking arm in arm, sitting head-to-head, whispering in ears, cooking together in a cramped kitchen, providing comfort to the sick, efficient use of space on public transportation including subways and airlines, auditorium seating and innumerable other losses. The public-space considerations can probably be quantified as lost revenue. The social and psychological impacts may be quantified. Some of the consequences of social distancing are as follows:

- Feeling of loneliness is increased.
- Day-to-day planning is found lacking too often because of self-isolation.
- Getting panic.
- Calorie intake-burning ratio is disturbed.
- Lack of exercise may trigger other health problems.
- Some people would tend to become lazy and start being couch potatoes.
- Fear can be the result of social distancing. Being reluctant or apprehensive regarding getting too close to a person; to be suspicious of someone sneezing or coughing, which is a natural thing we all do it. It causes one to feel as if they are acting unnaturally.
- No way to spend time with friends
- You can become addicted to social media

- Possibly less motivation to exercise because gyms are closed
- Increase in depression and anxiety symptoms
- Going to school becomes more difficult and it's harder to stay motivated
- A sleep schedule can be virtually nonexistent
- Eating more junk food to cope with depression and anxiety
- People start more drama online
- "Non-essential" businesses close
- Overall, just very bored

Despite the fact that social distancing is important and necessary, the consequences of social distancing are many and can be quite severe for some people. Social distancing can cause loneliness, depression, anxiety, isolation, loss of social skills, boredom, and an increase in psychiatric symptoms, depersonalization and an increase in negative behaviors from overindulging in food, drugs, alcohol to a disrupted sleep schedule, a decline in physical hygiene, inertia, loss of motivation, and a shortage of clean clothes. For the elderly, the consequences can be even more substantial, with a loss of verbal skills, intense loneliness, depression, anxiety, disorientation, withdrawal, and a retreat into their own world.

5.9 Damaging Effects of Social Distancing

For many people damaging effects of social distancing are increasing. People can lose their sense of perspective when socially isolated, so that things that might not have been a problem when they could be straightened out face to face, now become much bigger issues. For younger people this could result in too much time on social media with more trolling, flame wars and general ugliness. Misunderstandings are likely to crop up more often, as is bullying. And that is only for starters.

“I have seen people maintaining phone contact and doing home visits while continuing a safe distance. Persons with mental illness need support more now than ever. Some of the people I work with are afraid to open their door for a breath of fresh air. I encourage them all to reach out to anyone they know who has any disability to get in contact or increase their normal contact in safe ways. It is very helpful for them” narrated by the respondent.

5.10 Perception about Social Distancing

Many respondents have a point of view that corona virus is a global issue and people have to follow precautionary measures. Due to this virus, many countries in the world suffered a lot and get infected to this disease. So, one should have to keep social distance and wear masks outside the home. Many countries as well as economies get disturbed because of this disease. Human has suffered from such diseases since the world has evolved like Spanish Flu, Dengue etc. So, people have to cope up and fight against this disease. Being a Muslim, they are looking towards Allah's help only & they firmly believe & know that nothing is possible without His order & help. This virus will & can be wiped out only with the will of Allah Almighty but human have to follow precautionary measures to keep themselves away from this virus.

Some respondents were of the view that COVID-19 actually exist and it is affecting the lives of people but not the people of Pakistan because the Pakistanis are used to of using unhygienic foods and they have an unhygienic life style. This virus is actually more effected to those people who used to live very hygienic life like the Western, European, and American people where they actually do not contact with the bacteria, because they used sanitizers on the daily basis so when this virus comes it has spread more in western countries because they have a sensitive immune system and also those people were more hygienic than the people of Pakistan. The people of Pakistan are actually having unhygienic life style and also their food is unhygienic so their immune system is more mature than the western people. So, it is proved that using sanitizer does not keep oneself away from this virus.

Similarly, many cultural barriers also occur on the way of social distancing because people believe that there is no corona virus in Pakistan and no social gathering in mosques or in religious places can affect them with this virus.

5.11 Cultural Barriers on the Way of Social Distancing

Each state over the world upholds careful steps to de-raise the spread of infection. Execution of such measures in Pakistan, because of multifaceted elements, so far stays fruitless. An inquiry to be replied: Why are lockdown and social-separating in Pakistan

remain so dubious? The appropriate response lies in cognizance of monetary, strict, social and social variables of the nation. Human security remained un-prioritized, brought about losing the certainty of masses over the rulers. Minimized masses are left helpless before destitution, hunger, absence of education, joblessness and winning deadly infections. They have no certainty over the rulers, in this way, are hesitant to adhere to government's guidelines.

Globally, careful steps are taken to mitigate the transmission of coronavirus. Despite the execution of these steps in Pakistan, several elements including social variables, economic and religious patterns have made social distancing partially possible. People of the research area show resilient behavior towards government social distancing under strong influence of cultural values which has minimized the effectiveness of these measures and spread coronavirus.

5.12 Hand Shaking

Culture factor in Pakistan is the greatest deterrent in keeping up of social-removing. Numerous respondents were of the view that shaking hands and embracing are profoundly settled in Pakistani culture. To meet somebody without shaking hands and embracing are imagined as a danger to the way of life.

Greetings either verbal or non-verbal are based on culture which defines the boundaries of social relationships. Physical greetings have its roots in cultural values. The way we interact have been changed due to pandemic. People all over the world has adapted new ways of greetings as physical greeting methods are more likely to spread the virus. The cultural methods of greetings include shaking hands, kisses or hugs are contributing to the transmission of virus in Pakistan. Altering or adjusting customary practices are the primary prevention against coronavirus spread.

In research area, cultural ways of greetings are found to be profoundly settled in society. Meeting someone without shaking hands is considered as insulting whereas shaking hands and giving hugs express dignity, love and respect. Saying Salam do involve touch in our society and it's a tradition to physically greet members of the same gender. People

follow the high-touch culture despite the fear of pandemic as they consider cultural greetings as mandatory.

5.13 Offering Prayer in the Mosque

Ramadan which is the sacred month of Muslims is commended with an extraordinary enthusiasm in Muslim states. In any case, festivity of Ramadan during pandemic malady in Pakistan would to some degree be not the same as other Muslim states. It has been watched, in other Muslim states where imams adhere to governments' guidelines asking individuals to supplicate Tarawih at homes. Despite what might be expected, strict pastors in Pakistan have energized their fans to neglect the counter pandemic measures, keeping the lives of numerous in danger.

5.14 Religious Community Gathering

Pakistan, then again, has the least education rate in the locale bringing about carelessness to the basic national and universal issues. Uneducated individuals who aimlessly follow religion are accepting the Covid-19 as an intrigue being made by Non-Muslims against the Muslims. In such delicate conditions, anticipating them to follow lockdown and social-separation turned into a tough assignment for government. Community gatherings on festivals like, Eid Milad-un-Nabi, Eid-ul-Fitr, Eid-ul-Azha, Chehlum etc. is also the main reason of the spread of corona. Because in such festivals people greet each other and did not practice social distancing.

People of different societies have different perspectives regarding corona virus disease. One of the Christian was of the view that it is written in their Holy Book that pandemic will come in future, so it is that period which was pre written. They even didn't stop attending functions in their Church and also don't stop to worship God in Sundays in Church. So, they were of the view pandemics were written in Holy book and if they stop going to churches their God will get angry and as a result corona virus attack on them.

The shrines of Shia's are visited each year by trillions of pilgrims and also spend whole day in Imam Bargarh' s and near the Holy tomb of their beloved Imams. They were of the view that life and death are in the hands of Allah Almighty then why due to the fear

of this virus they could stop going in *Imam Bargarh* 's and in *Juloos*. Despite this virus, crowd was seen in *Juloos* and no one even wear mask or practice social distancing in the whole *Juloos* on 10th Muharram in Rawalpindi and also on *Chehlum* of their beloved Imam.

5.14.1 Case Study

It is the case study of a person who has tested positive for coronavirus. His name was Muhammad Aleem. He was forty-two years old. When he was diagnosed with coronavirus, his elder son isolated him in a separate room. His mother came to meet him from another town. When she reached their home, she insists to meet his son but her grandson advise her to stay away from her son. He attempted his best to make her grandmother understand that corona infection is hazardous malady and on the off chance if she gone to meet his child, she also got contaminated by this virus due to her age factor. She was old and this virus is increasingly harmful for old ones. But his grandmother does not listen to him. At that point she goes to that room where his son was isolated. She embraced him firmly, adored him so much.

“You want to get me far from my son. We are devotees of ‘*Panjatan Pak*’ and ‘*Ghazi Abbas Alamdar (A.S)*’ and virus can do no harm to the person who has a firm faith on ‘*Moula Ali (A.S)*’. She said to his son that no need to take medications, she will appeal to ‘*Mola Ghazi Pak (A.S)*’ and blow candles every Thursday and Friday underneath the ‘*Alam Pak*’. Then he will get rid of this sickness” stated by the mother of the affected person.

5.15 Joint Family System

Joint family system is a system where extended family lives. Usually, Pakistani people preferred to live in joint family instead of nuclear family because it is in their culture that after marriage girl have to live with her husband along with his parents and siblings. So, this is another issue on the way of social distancing. Many respondents says that they are living in joint family system where there is not enough space for them to practice social distancing in their homes. They live with harmony and brotherhood and it is considered bad for them if anyone in their home gets sick and they isolate them or start practicing

social distancing instead of taking care of him. It is seen that many people who get suffered with this virus lives in joint family. Instead of this people did not prefer to isolate their member because this thing is inherited in their culture to live jointly.

5.16 Cultural Events

Cultural events are celebrated each year with great zeal so they are also considered as the barriers on the way of social distancing. In cultural events there is a crowd of people and no one practice social distancing or wear mask in events.

5.17 Herbal Drink (Sana Maki Kahwa)

People preferred home remedies over medicines for the cure of corona virus. In the start when corona spreads, many people says that *Sana maki kahwa* is best for curing this disease so when anyone diagnoses with corona, they gave the patient this *kahwa*. Many respondents were of the view that it is doctor's profession to charge heavy fees from the patient. Corona virus is nothing just a simple cough, flu and fever. It can be cured easily in home by giving patient a *kahwa* which is made by special kind of herb known as *Sana maki kahwa*. Moreover, many respondents also says that virus like Corona can do no harm to Muslims because they offer prayer five times a day and *Wazu* has the power to keep human free from all kind of diseases. So how could Muslims get affected from coronavirus?

5.18 Conclusion

Medical health practitioners and doctors regarded social distancing as a strategy for avoiding coronavirus. People of the setting show a change in their behavioral response to prevent the virus. Cultural and traditional ways of greeting such as shaking hands while meeting, religious obligations at mosque, social gatherings and living pattern become a hindrance in maintaining health measures and social distance. Social distancing has altered the socio-economic life and psychological well-being of people.

People believed that social and cultural values and traditions are in endangerment due to maintaining social distancing. The behavior of people is resilient towards social

distancing due to its impacts including psychological issues, economic destitution and social isolation within a society.

6. SUMMARY & CONCLUSION

This research aimed to explore the perception of people about coronavirus and the cultural barriers in way of maintaining social distancing. The consequences of social distancing have also been analyzed. Data was collected by employing qualitative methods such as case study method, participant observation and in-depth interviews etc. Thirty individuals were of different age group, professions and religious sects were selected as research sample from multi locale including different areas of Rawalpindi and Islamabad to get insight into the research objectives.

In research area, varied perception of people about coronavirus exists depending on the education, economy, religion, and age of people. A considerable section mainly consists of upper social stratum believed that coronavirus is a fatal disease and needs precautionary measures. Majority of the respondents considered pandemic as a propaganda of either developed countries or government officials to control the world and economies under conspiracy worldviews.

A large portion of the population hold the opinion that coronavirus has hidden agenda and were more worried about knowing the truth of the virus rather than believing its biological existence due to absence of accurate source of information and illiteracy. The views of people about coronavirus have also entrenched religious basis. People regard the pandemic as the wrath and will of Almighty Allah due to our sinful deeds. Several TV channels become a source of spreading conspiracies about coronavirus.

The perception of people has changed during the second phase of coronavirus. A segment of population who have considered coronavirus a serious threat in initial phase has regarded it as a normal health issue during second phase. Some respondents were of the view that the negligence of the people and government is the main reason of arrival of second and third phase.

The economic organization of the area also played a pivotal role in influencing the worldviews of people regarding coronavirus. According to the perception of upper-class

coronavirus can cause death whereas middle class considered it as an economic crisis. As per to lower stratum, coronavirus is a fake news spread by rich people to manipulate poor.

Social distancing has been considered as a way of preventing the virus by health care practitioners. Many cultural barriers including cultural ways of greeting, social and religious festivals and gatherings and combined family systems have hindered the way of practicing social distancing. Cultural and traditional ways of prevention are a barrier in the way to follow proper health measures.

Several social, psychological, and economic consequences are perceived by social distancing. People regard social isolation as a threat for their ethics and social values. It has also altered economic patterns as well as mental well-being of people by causing stress, anxiety, depression, over-eating disorder, feeling of loneliness and over-dependence on technology and social media. Due to these effects, people are reluctant to practice social distancing.

Coronavirus being a global threat is an inciting panic for people as novel and highly contagious. There have been a variety of perceptions generated through various sources. People differ in their belief system about the virus and behave accordingly. Culture being a significant part of each society serve as a way of understanding coronavirus. The social, cultural, and economic life of people get altered with social distancing which has affected their social and mental well-being.

6.1 Way Forward / Recommendations

- It is realized that people get information regarding coronavirus from multiple spheres, so a uniform genuine source of information should be given to provide accurate information about coronavirus and its situation in the country.
- After giving accurate information about the nature and existence of coronavirus,

proper precautionary measures should be taught for meticulous social response.

- As it is observed that the perception of the people has religious base and the institution of religion has a major role in determining the daily life activities and response towards pandemic, the religious authorities should advice and manage the offering of religious duties according to control virus transmission.
- As the vaccination phase of the virus has started, the public should be well informed about the purpose and effects of the virus to avoid ill-information.

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ANNEXURE-1

INTERVIEW GUIDE

Name

Age

Gender

Religious affiliations

Income

Q. What is corona virus?

Q. Do you think corona pandemic is a real issue?

Q. What is your perception about corona virus?

Q. How would you describe your dealing with corona out-break?

Q. Would you say that most of the people are underestimating the risk, reacting appropriately or overeating, if yes, then how?

Q. If someone in your quarantine feels a little sick, what action would you take?

Q. Are you suffering financial crisis due to lockdown?

Q. Would you think attending funeral of a person who dies of corona results in the spread of virus?

Q. What do you think corona virus is a disease or its just a scheme of government?

Q. If someone is suffering from corona virus, would you prefer to visit his house or prefer to stay yourself away from him?

Q. Can another person would be infected from the person who died of this virus?

Q. Which methods are adopted by you to protect yourself from corona virus?

- Q. What role government has to play to give awareness to public?
- Q. If any person in your home suffered from this disease, what would you do?
- Q. What should we do to save ourselves from this disease?
- Q. What is social distancing?
- Q. What is the importance of social distancing in this pandemic?
- Q. How social distancing is the only defense against spread of COVID-19?
- Q. Individual action really matters in this grand scheme of things. Explain how?
- Q. How wearing simple face masks by all people in the public and at work flatten this infection?
- Q. How can self-isolation and social distancing affect your mind and human body?
- Q. What type of depression you feel while staying at home?
- Q. What type of precautionary measures you follow when somebody comes to meet you during this pandemic?
- Q. What are the consequences of social distancing?
- Q. Do you feel that socialization can affect your matrimonial life?
- Q. In your opinion, how people would be successful in saving their lives, if they follow proper social distancing?
- Q. Were you able to stay at least 6 feet distance to other person all the time?
- Q. What is the other way to save ourselves from this disease except social distancing?
- Q. What is cultural barrier?
- Q. What are the barriers on the way of social distancing?
- Q. How corona virus is spreading more due to cultural barriers?
- Q. Do you think culture matters a lot for people instead of life?

Q. In your opinion, do you think cultural barriers are the hurdles on the way of social distancing?

Q. Culture barrier is a big issue against social distancing. Explain how?

GLOSSARY

Jirga	A tribal gathering or council.
Behayi	Obscenity
Aurat March	Annually held social demonstration for Women's Day
Ziarat	To visit
Landa	A market for inexpensive or secondhand articles.
Sana Makki	An herb used for treatment of flu and cough
Totkay	Home remedies
Ikhlaiyat	Ethics
Taraweh	Extra prayer performed by Muslims during Ramadan
Chehlum	A religious ceremony on the fortieth day of deceased one
Imam Bargah	Congregation hall for Twelve Shia Muslim commemoration
Juloos	A procession on religious basis.
Wazu	Ablution before offering prayers.
Nazla	Seasonal Flu
Mom Batiyan	Candles
Kaabah	A square stoned shrine in Mecca for Muslim pilgrimage