

**SOCIAL ISOLATION DURING COVID-19 AND ITS
IMPACT ON THE WELLBEING OF PEOPLE IN DISTRICT
KHAIRPUR MIR SINDH**



By

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**“This Thesis is submitted to the Department of Sociology, Quaid-i-Azam University,
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FINAL APPROVAL OF THESIS

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Okashah Ali Shah

Abstract

The current research examined the social isolation during Covid-19 and its impact on the wellbeing of people in District Khairpur Mir, Sindh, Pakistan. COVID-19 outbreaks from China in 2019 and within two months it sent billion of the population across the world into social isolation and lockdown. There was not any vaccine for COVID-19 to cure initially. The only way at the first stages was the observation of lockdown and self-isolation in houses. In this regard, people in District Khairpur Mir, Sindh has also observed isolation due to strict lockdown to curtail the spread of the virus further. The study examined social isolation and its impact on the social, economic, and psychological wellbeing of people in district Khairpur Mir, Sindh. The theory of social capital was applied. The nature of the study was quantitative, the universe was Khairpur District. The population or respondents were males of the districts. The close-ended questionnaire was used for data collection. The convenient sampling technique was applied. The Statistical Package for Social Science (SPSS) was used to analyze the data systematically. Both descriptive and inferential statistics were applied as a data analysis technique. The results showed that people have observed social isolation and lockdown to curtail the spread of the virus. It has negatively impacted their social life such as limiting them inside the home, restricting them from participation in social events like marriages, lack of physical contact with friends and relatives etc. Moreover, economically, the social isolation and lockdown have also affected the general population badly: people were uncertain regarding their current jobs, many people have left their jobs, and prices of commodities were increased. Furthermore, people were psychologically depressed: felt frustrated, self-isolated, no physical activities, feeling sad and anxious. On the other hand, lockdown and isolation have brought some positive changes in the lives of the people, such as they have spent quality time with their parents, family members. Moreover, this gave them to take care of their family elders, exercises regularly and have opportunities to work on their hobbies.

Keywords: Social-Isolation, Lockdown, COVID-19, Khairpur, Sindh, SPSS, Quantitative, Descriptive, Wellbeing.

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Chapter No.1

INTRODUCTION

1.1. Background of the Study

During the early part of 2020, there has been an abundance of critically important research on Covid-19 from medical, epidemiological, and virological disciplines. There is now an urgent need for sociologists to engage theoretically and empirically on the social impact of issues related to Covid-19. As we have moved further into 2021, governments around the world have imposed different types of restrictions on social life, to quell the spread of Covid-19 and ‘flatten the curve’. These have included imposing various degrees of social isolation and restrictions on things like social gatherings, travel, sport, and leisure activities, and going to work/school/university and other programs.

Novel Coronavirus Diseases, that is now called the COVID-19, was conceived from the city of China Wuhan in the year 2019 and dispersed in almost 206 countries around the world within less than two months and sent billions of people into the self-lockdown and self-isolation, which is the only cure to overcome the spread of COVID-19 (Chahrour et al. 2020). World Health Organization (WHO) has admitted the health concerns and declared the COVID-19 as a pandemic and danger or threat to public health. In the early stages, the Government authorities in the Wuhan city have observed the complete lockdown of the city and closed all the social, political, and economic activities and later many other cities have observed lockdown and social isolation as a preventive measure to curb the further spread of the fatal virus which has affected the billion people’s life within a shorter period. Similarly, after innovation within a few weeks, this virus scattered across the world, and it became a global public health threat or concern (Xiang et al. 2020).

Similarly, shortly on March 2020, 29th, the virus spread to more than 177 countries and affected more than 722435 patients, and more than 33, 997 suffered from COVID-19 (Canadian Society of Safety Engineering 2020). For the results, the state of China has taken some assertive measures to curb the spread, but unfortunately, many countries and their health authorities have taken the virus easily and shown less

interest and let this coronavirus as a rumour and attached it with the international politics (Sahu 2020). Self-quarantine and self-isolation negatively affect people's social, economic, and psychological life. In response, the WHO has professed the COVID-19 as a pandemic, and in the light of the current increasing menace to the public health concerns. The only way to curtail the virus is observing social distancing, quarantine, self-isolation or social isolation, and no direct social contacts. Social isolation has suffered people socially, economically, and psychologically. Socially people become isolated, with no integration, no educational activities, no social events, etc. Similarly, all businesses have been closed and even public transport has been blocked. Furthermore, depression among the people has been increased; and domestic violence due to frustration has been increased among married people (WHO 2020).

The experience of social isolation is associated with poor life satisfaction across domains, work-related stress, lower trust of institutions such as central government and business, perceived personal risk for COVID-19, and higher levels of use of substances as a coping strategy. The COVID-19 pandemic has led to the implementation of unprecedented “social distancing” strategies crucial to limiting the spread of the virus

1.2. Social Isolation and its Impact on the Social Life

The COVID-19 pandemic has influenced the social life of people. In social life, education, sport, and other social events are included. Due to social isolation and lockdown, all these activities have been closed and complete shutdown of all social events. In Pakistan, the Government of Pakistan has observed smart lockdown and restricted all social gatherings, like marriages ceremony, sports events, other cultural events, etc. Similarly, the education system or sectors has been more suffers and still suffering due to a lack of technological advancement in the education and learning process. All the educational organizations have been shifted their face-to-face classes to online sources (WHO 2020).

But due to lack of facilities and lack of fast internet facility students have been suffered a lot. In April 2020, nearly 1.723 billion students have been suffered due to closings of schools, colleges, and universities in reaction to the pandemic (Mustafa 2020). Similarly, 191 countries across the world have imposed a full lockdown of the education system, which includes 98.4% of the total world population of students (UNESCO 2020).

1.3. Social Isolation and Its Impact on the Economic Life

Pakistan is a developing country where almost 40% of the population is, directly and indirectly, living below the poverty line. With the outbreak of COVID-19 and social isolation, all the economic activities have been closed. A report stated that the lockdown and social isolation have further driven down 30% of the population below the poverty line. Moreover, 30% of the labour force in Pakistan is directly daily wager so that lockdown has made the daily wagers completely reliant on the state. Initially, the Government of Pakistan started to impose the complete lockdown which suffered millions of farmers, industrialists, and labourer's (The Government of Pakistan 2020).

Economically, people have been faced uncertain consequences, like uncertainty in their existing job, cut down of the existing salary, financial uncertainty, decrease in their level of earning and income. Moreover, it also negatively affects the loss of their already job and increases the fear of losing the job. A report stated that the lockdown and socio-isolation have lost the overall economic growth and Gross Domestic Product (GDP) by almost 10-12% (News Kyodo 2020). A study was conducted in the context of Gilgit-Baltistan regarding social isolation and economic loss. The results indicated that the majority of the 78% of respondents have stated that lockdown and social isolation are facing financial and economic uncertainty. Moreover, 64% of the respondents have decreased their level of earnings and income and 25% of the total respondents have stated that they were in a mood of fear of their

job. Finally, 6% of the respondents have originated that they were fearful of the loss of their already existing job due to lockdown.

1.4. Social Isolation and Psychological Wellbeing

Social-Isolation has also impacted psychological wellbeing, especially women who were more psychologically depressed. A study stated that the COVID-19 a social-isolation is also influenced women's health conditions, where it has increased the long- and short-term depression. In China, it was found that 7% of the women have a prevalence of posttraumatic stress symptoms, and women have a significant and highest level of this psychological distress as associated with men (Mustafa, Nasir. 2020:05).

The observation of complete lockdown and social isolation in Pakistan has enhanced the exposure of stressful events, such as a global health crisis which is associated with the increase of anxiety, depression, and dissatisfaction among the population. Moreover, the stigma and the social isolation due to infectious diseases could generate a higher level of anxiety and depression. A study in Hong Kong stated that a sample of Server of Acute Respiratory Syndrome (SARS) survivors have increased the level of psychological distress and anxiety, not during the pandemic, but also in the post-pandemic condition. Another research concluded that the SARS has a long-term psychological effect on the survivors with the traumatic stress disordered (PTSD) and depressive disordered being most of the common conditions that have been recorded.

Moreover, a study conducted in the USA found that during the H1N1 pandemic conditions, with the 7236 53 respondents or the participants, they have suggested an increase in the level of prevalence of anxiety, depression, and short-tempered. Similarly, another online internet-based study determined that 54 surveys were performed in China where total participants were 7,236 found that over one-third of the total participant's display indications and 55 of them were anxiety disorders during the COVID-19 pandemic while one-fifth of them recently underwent sleep

and 56% of them have the issues and depressing symptoms (Thahir, Siti, and Tiara 2021).

1.5. Present Research Context

The present research was conducted in the district Khairpur Mir, Sindh, Pakistan regarding the impact of social isolation or lockdown on the overall wellbeing of the people. Similarly, Sindh province is also a part of Pakistan, where similar precursory measures have been taken by the provincial government. As, the level of poverty is higher in the district Sindh, where people become socially, economically, politically, and psychologically suffered, hence, most of the population of the district Khairpur Mir are labour, small industrialists, and farmers. Due to lock down, all their activities have been closed and it negatively affects their overall wellbeing.

The study is divided into the following themes and sub-themes, such as examining social isolation and its impact on the social wellbeing of people in district Khairpur Mir, Sindh. To study the social isolation and its impact on the economic wellbeing of people in district Khairpur Mir, Sindh. To analyze the social isolation and its impact on the psychological wellbeing of people in district Khairpur Mir, Sindh.

1.6. Statement of the Problem

The COVID-19 has outbreak from Wuhan, a city of China and within two months it spread across the world and sent billion of people into self/social isolation. The only cure was social isolation and lockdown. As the consequence, the Government of Pakistan has imposed a complete lockdown at the initial stages and closed all the social, economic, and political activities. On the other hand, 40% of the population in Pakistan are living below the poverty line and the lockdown has further pushed down 30% of the population.

The modern world has rarely been so isolated and restricted. Multiple restrictions have been imposed on public movements to contain the spread of the virus. People are forced to stay at home and are burdened with the heft of quarantine. Individuals

are waking up every day wrapped in a freezing cauldron of social isolation, sheer boredom and a penetrating feeling of loneliness. The lockdown and social isolation affect people social life, economic activities, political events, and social movements. This also increases depression and anxiety among people. During the period of lockdown and social isolation people were suffered socially, economically, politically, and psychologically. How the lockdown and social isolation has impacted the overall wellbeing's of the people of the district Khairpur Mir, Sindh, Pakistan?

1.7. Objectives of the Research Study

The present research examines the social isolation during Covid-19 and its impact on the wellbeing's of people in district Khairpur Mir, Sindh Pakistan. The study has the following objectives.

1. To examine the social isolation and its impact on the social wellbeing of people in district Khairpur Mir, Sindh.
2. To study the social isolation and its impact on the economic wellbeing of people in district Khairpur Mir, Sindh.
3. To analyze the social isolation and its impact on the psychological wellbeing of people in district Khairpur Mir, Sindh.

1.8. Significance of the Study

Research means to reinvestigate any social phenomenon, to question the existing body of knowledge. In addition, in the current knowledge and to alter the existing body of knowledge, every study has its significance or importance, where the introduced study deals with the current situation of lockdown and social isolation. The study has both pragmatic or practical and theoretical implications for society. From the theoretical viewpoint, this study supports the path and way to the upcoming research students who expect to work on an associated topic.

Furthermore, this research also builds awareness amongst the females concerning the various aspects of social isolation and its impacts. On the other side, the researchers discovered the research add to the existing state of knowledge and its various factors.

Additionally, this research work gave practical experiences to the researcher regarding the research work and knowledge of quantitative research particularly. This research is also helpful and compulsory for the partial fulfilment of the degree in Sociology, from Quaid-i-Azam University.

Chapter No. 2

REVIEW OF THE LITERATURE

The purpose of the literature review is to distinguish what has been done and what will be desirable to do on the research topic. The literature review contained research papers, policy papers and strategy statements of international agencies.

2.1.Introduction and Background of the Research

The Novel Coronavirus is a disease, which is now called the COVID-19. This virus was invented or originated from the Wuhan a city of China Wuhan in the year November 2019. Within a shorter time, it dispersed around 206 countries across the world and sent billions of people into the self-lockdown, self-isolation, and shutdown of all the activities. The only way to cure and overcome the spread of COVID-19 is the adaptation of social isolation and lockdown which is also called social isolation (Chahrour et al. 2020).

The World Health Organization (WHO) has acknowledged the virus as a major threat to health concerns and declared as a pandemic. In the early stages, the Government health authorities in the city of Wuhan have practical the complete lockdown and closed all the social, political, and economic activities, latter many other cities have been observed complete lockdown and adaptation of complete social isolation and social distancing as a preventive measure to curtail the further dispersed of this fatal virus which has influenced billion people's life within a smaller time. Likewise, after the discovery of the infectious virus and within a few weeks, this virus disseminated across the world, and it became a global public health threat or concern and infect millions of people (Xiang et al. 2020).

Correspondingly, abruptly on March 2020, 29th, the virus spread to more than 200 countries and influenced more than 722435 patients, and more than 33, 997 experienced the positive test of COVID-19 (CSSE 2020). For the consequences, the state of China has taken some antagonistic procedures to reduce the spread, but inopportunately, many nations and their health agencies have taken the virus calm and exhibited less interest and let this coronavirus as speculation and affixed it with the

global politics and false planning of the West towards the Muslim country (Sahu 2020). Self-quarantine and self-isolation negatively affect the individual's social, economic, and emotional life.

In response to the pandemic, the WHO has declared the COVID-19 as a global pandemic, and in the glow of the present increasing threat to the public health worries. The only way to curb the virus is by witnessing the social distancing policy, self-quarantine, personality-isolation or social isolation, and no direct social contacts. Social isolation has endured people socially, economically, and psychologically. Similarly, socially people become separated and isolated, have no social integration, no educational activities, no social events, etc. (Holshue 2020).

Likewise, all businesses have been shut and even public transportation has been stopped. Additionally, the level of depression among the people has been heightened, and household violence due to dissatisfaction has been heightened among married people (WHO 2020).

The Novel Coronavirus or a disease-2019, which is named as the COVID-19, that is as an illness or flu, which instigated by a novel coronavirus, which is a Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2, which is previously called the 2019-Nov), that was initially discovered during an outbreak of the respiration disease or illness, which cases in the city of China Wuhan, Hubei Province (Emanuel et al. 2020). It was previously termed by the World Health Organization (WHO) on December 31, 2019, as a worldwide epidemic and danger to the public health concern (Mizumoto, Kagaya, and Zarebski 2020).

Moreover, on January 30, 2020, the WHO confirmed the COVID-19 pandemic a global health calamity or disaster called caused death to vulnerable people like old age and children who are previously suffered from asthma and other respiratory diseases (Remuzzi and Remuzzi 2020).

Moreover, the coronavirus which is now called the COVID-19 is a dangerous illness, which produced by a virus, that can proliferate from an infected or ill person to a healthy person quickly and infect the healthy person within a shorter time. The virus that causes COVID-19 is a new coronavirus, which has stretched all over the world within a short period of time from Wuhan China and sent billions of people into complete self-isolation and quarantine as well as the closure of all educational institutions. Moreover, the COVID-19 signs can vary from benign (or no symptoms) to severe illness (Sahu 2020).

Additionally, the COVID-19 was invented or invented from animals and other species and then spread to humans' beings. Where the virus spread from the person to a healthy person and infect the respiratory system immediately where the novel coronavirus is called or reported, but it is not yet completely known how easily this occurs and spreads around the world and sent billion of people in self-isolation (UNESCO 2020).

Every research study has some importance, where the study adds the information to the existing body of information. In addition, in the present knowledge and to alter the prevailing body of knowledge. Every study has its importance or significance, where the proposed study deals with the current condition of lockdown and social isolation. The study has equally practical or useful and theoretical consequences for culture. From an academic perspective, this study endorses the path and way to the forthcoming research scholars who anticipate working on an accompanying topic. Moreover, this research also builds understanding among the females regarding the numerous attributes of the social-isolation and its impacts on the general lifestyle. On the other hand, the study uncovered the investigation that adds up to the current state of knowledge and its numerous factors (Daniel 2020).

The COVID-19 pandemic has influenced the social life of people. In social life, education, sport, and other social events are included. Due to social isolation and lockdown, all these activities have been closed and complete shutdown of all social

events. In Pakistan, the Government of Pakistan has observed smart lockdown and restricted all social gatherings, like marriages ceremony, sports events, other cultural events, etc. Similarly, the education system or sectors has been more suffers and still suffering due to a lack of technological advancement in the education and learning process. All the educational organizations have been shifted their face-to-face classes to online sources (WHO 2020).

But due to lack of facilities and lack of fast internet facility students have been suffered a lot. In April 2020, nearly 1.723 billion students have been suffered due to closings of schools, colleges, and universities in reaction to the pandemic (Mustafa 2020). Similarly, 191 countries across the world have imposed a full lockdown of the education system, which includes 98.4% of the total world population of students (UNESCO 2020).

Social isolation is a process whereby there is a lack of social interaction, integration, lack of social connection, loneliness among the people, feeling frustration, and being socially disintegrated and socially isolated. Moreover, social isolation is a state of complete level of near-complete lack of physical contact between individuals, and among the groups in a society. Further, it is a condition where people are cut off from mainstream society and people of their location. It is also referring to loneliness which reflected the temporary and spontaneous lack of social contact among people. Moreover, the condition of social isolation is that it is a lack of social connection, loneliness among the people, feel lonely without being socially isolated (Giuffrida, Tondo, Beaumont 2020).

The corona virus has inspired the social life of people. In social life, learning, sport, and other social happenings are included. Due to social loneliness and lockdown, all these events have been shut down and the entire shutdown of all social events. In Pakistan, the Government of Pakistan has seen smart lockdown and limited all social congregations, like wedding ceremonies, sports events, other cultural happenings, etc. Equally, the education system or segments has been more agonised and still

sorrowful due to a lack of technical progress in the education and learning procedure. All the educational groups have been changed their face-to-face classes to online sources (WHO 2020).

Pakistan is an emerging country where almost 40% of the population is, immediately and ultimately, living below the poverty line. With the epidemic of COVID-19 and social isolation, all the economic events have been closed. A statement indicated that the lockdown and social separation have further driven down 30% of the population below the poverty line. Moreover, 30% of the labour force in Pakistan is unswervingly daily wager so that lockdown has made the everyday wagers reliant on the state. Firstly, the Government of Pakistan started to impose the comprehensive lockdown which endured millions of farmers, industrialists, and labourer's (The Government of Pakistan 2020).

Social-Isolation has also affected psychological wellbeing, particularly in women who were more emotionally depressed. A study stated that the COVID-19 a social-isolation is also inspired women's health situations, where it has improved the long-and short-term depression. In China, it was found that 7% of the women have an occurrence of posttraumatic stress symptoms, and women have an important and highest equal of this psychological suffering as related to the men (Mustafa, Nasir. 2020:05).

The reflection of complete lockdown and social separation in Pakistan has improved the experience of stressful experiences, such as a worldwide health disaster which is correlated with the increase of nervousness, depression, and unhappiness among the inhabitants. Moreover, the stigma and the social isolation due to communicable diseases could generate a higher level of nervousness and despair.

A study in Hong Kong specified that an example of Server of Acute Respiratory Syndrome (SARS) survivors have augmented the level of emotional suffering and nervousness, not during the epidemic, but also in the post-pandemic condition.

Another research determined that the SARS has a long-term psychological effect on the fighters with the traumatic stress disorder (PTSD) and depressive disorder being most of the ordinary conditions that have been documented.

2.2.Lockdown, Social Isolation, COVID-19, and Impact on Social well being

In Pakistan, the early case of the COVID-19 has been inveterate by the Ministry of Health, the government of Pakistan started on February 26, 2020, in Karachi. On the same day, one more case was substantiated by the Pakistan Federal Ministry of Health in Islamabad (Government of Pakistan 2020). Additionally, within fifteen (15) days, the number of totals verified COVID-19 positive cases reached 20 out of 471 presumed cases with record top in the Sindh province. Dividing economic, religious, and geographical borders with two early hard-hit countries, Iran and China, Pakistan was extremely susceptible to the pandemic.

The pandemic of COVID-19 has changed the social life of people. The lockdown and social isolation have restricted people's interaction. The COVID-19 pandemic has influenced the social life of people negatively. In social life, education, spectator sport, and other social incidents are contained which were suffered and still suffering. Due to social isolation and complete lockdown, all the social activities have been shut down and observed a complete level of closure of all social events, including marriages, cultural events, and sport-related activities as well (Lim 2020).

In Pakistan, the Government of Pakistan has remarked smart lockdown and limited all social gather together, like weddings ceremonies, sports events, and other cultural events, etc. Comparably, the overall education system or regions has been more enduring and still experiencing due to lack of technical innovation in education and understanding process. All the educational organizations and institutions have been changed their face-to-face classes to online resources through the internet (Vos 2020).

There is an unambiguous indication that pandemics such as COVID-19 negatively influence the livelihoods of persons, households, and neighbourhoods or

communities. In a report, the IMF has quantified that while the possessions of the disease will be touched all over, susceptible populations and underprivileged groups such as the poor and women are probable to suffer excessively from the eruption of the disease. These people may have inadequate entrance to health care and may be deficient in the capability to defend themselves from monetary stocks such as layoffs, abridged off-farm employ chances, closings of businesses, food uncertainties, deteriorating social-sector facilities, and issues like domestic violence against women (Jordan 2020).

While men and women are now as likely to agree with the coronavirus, the belongings of the pandemic may be suffered otherwise between the two groups. In a rising country like Pakistan, which positions poorly in terms of gender impartiality and the execution of human rights of women, an epidemic is probable to injury the social and economic fabric of society, while the combination of gender disparities is being faced by underprivileged groups. Women and girls are more to be expected to be exaggerated in crisis with growing anxiety, nervousness, loss of employment, and lack of economic prospects.

The virus has affected all aspects of social life. In the social context, the education sector has been more affected due to the online system of learning and teachings. Due to the lack of technological facilities and lack of fast internet accessibility many students have been suffered a lot educationally and socially. In March and April 2020, roughly 1.723 billion students have been endured due to closings of schools, colleges, and universities in response to the further spread of the pandemic (Mustafa 2020). Similarly, around 191 countries across the world have enacted a complete lockdown of the education system and related activities such as academic and non-academic activities, which comprises 98.4% of the total world population of students who have been suffered (UNESCO 2020).

A study was conducted in the context of mountainous regions regarding the social impact of social distancing, lockdown, and self-quintain. The findings of the study

showed that people in the mountainous regions were suffered a lot, where all the social activities have been closed and experiential complete social isolation and social distancing. The statistical analysis showed that 95% of the people affected by their routine activities, 92% of the people have been suffered and limited their social life. Moreover, 87% of the people have limited their travelling, 83% of them have increased in their household food expenditure. Finally, 78% of the respondents have stated that they have increased food shortages in their households (Anastasios, and Marie-Noelle 2021).

The only cure was social isolation and lockdown. As the consequence, the Government of Pakistan has imposed a complete lockdown at the initial stages and closed all the social, economic, and political activities. On the other hand, 40% of the population in Pakistan are living below the poverty line and the lockdown has further pushed down 30% of the population. The modern world has rarely been so isolated and restricted. Multiple restrictions have been imposed on public movements to contain the spread of the virus. People are forced to stay at home and are burdened with the heft of quarantine.

Individuals are waking up every day wrapped in a freezing cauldron of social isolation, sheer boredom and a penetrating feeling of loneliness. The lockdown and social isolation affect people social life, economic activities, political events, and social movements. This also increases depression and anxiety among people. During the period of lockdown and social isolation people were suffered socially, economically, politically, and psychologically. In a report, the IMF has quantified that while the possessions of the disease will be touched all over, susceptible populations and underprivileged groups such as the poor and women are probable to suffer excessively from the eruption of the disease.

These people may have inadequate entrance to health care and may be deficient in the capability to defend themselves from monetary stocks such as layoffs, abridged off-farm employ chances, closings of businesses, food uncertainties, deteriorating

social-sector facilities, and issues like domestic violence against women (Jordan 2020).

Social isolation and lockdown have changed the way of social interaction and exchange of thoughts and well-being. Due to lockdown and social isolation, face-to-face interaction has been shifted to online sources and internet-based connections through WhatsApp, Zoom, Skype. These webs allowed people to interact with each other (Lim 2020).

The literacy rate of Pakistan was already below the line where almost 40% of the population is completely illiterate. Moreover, low level of social awareness regarding education. The lockdown of schools is further vulnerable to the existing situation of illiteracy. In most of the areas, there is a lack of fast internet facilities and lack of information technology which further away from the population of Pakistan from accessing education. Due to online classes, students at schools do not take classes through online sources (Mustafa and Nasir 2020).

On the other hand, the level of poverty is also higher among the inhabitants of Pakistan. Rough estimates showed that almost 40% of the population is, directly and indirectly, living below the poverty line. Many reports have shown that globally, due to the lockdown almost 30% of the total population is further pushed below the poverty level. Among the people, females and children were more agonized socially. Due to lockdown, the daily wagers have been suffered. Almost 35% of people in Pakistan are daily wagers. However, to overcome the issues of poverty, the Government of Pakistan has issued an EHASSA scheme to promote the social livelihood of the poor people who are not able to survive in the situation of pandemics.

The worldwide higher education environment has substantially improved in the past few months due to the eruption of Coronavirus now called COVID-19. Students and among other participants were more accomplished and the COVID-19 has a radical

difference in the life of students. The students encountered travel limitations, social isolation, loneliness measures, college grounds closures, the public library has been closed and research and other educational activities have been shut down (UNESCO 2020). Due to the shutting of universities students' academic life has been agonized where the fast net and lack of technical entrance to the students.

A study led by News Kyodo (2020) asserted that the closures of schools and colleges harm the general learning process of students. Schools are delivering learning opportunities to young people, where the closing involves the social and academic learning process of students and divest of their social and academic development. Students who have less admission to learning other than schools have been more experienced from online education (The Japan Times 2020). After closings of school parents have started to battle to take the part of teachers and start to be teaching their children. Parents who are illiterate and have inadequate supplies cannot benefit from the online or internet-based education to their children, which not only endured their academic life, but also dispossessed them emotionally, socially, and psychologically.

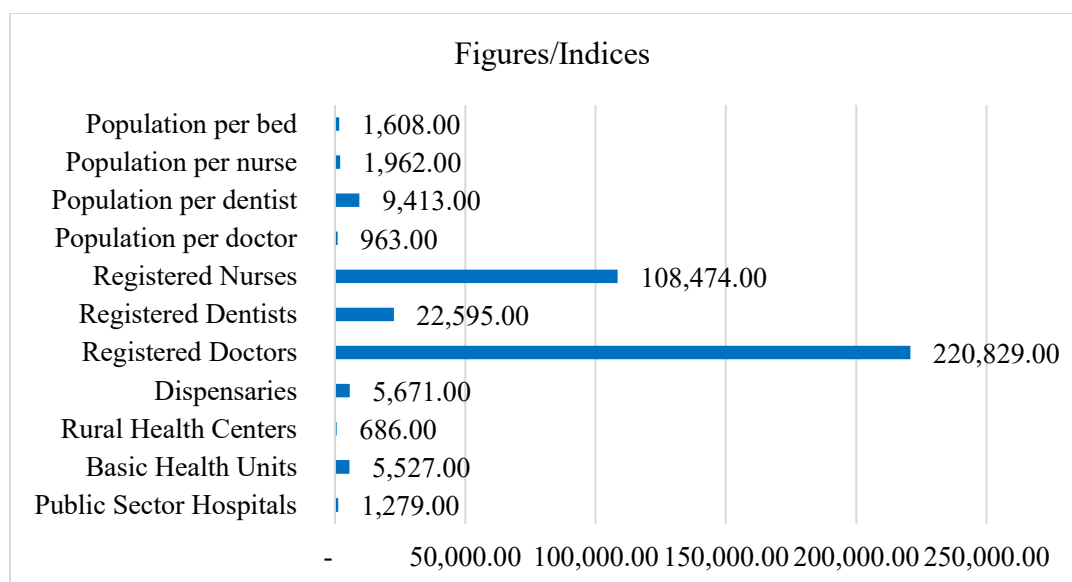
The health care facilities are insufficient in Pakistan. The health care delivery system is responsible for government-owned. The health sector is divided into major three parts, primary health care, secondary health care, and tertiary health care system. Although, in Pakistan, the health care system is maintained by both the government and the private sector. Due to insufficient health system facilities, beds and medicines have been full. Different health measures have been taken to overcome the health issues faced by global health concerns. Pakistan being a developing country has made some related strategies, such as the establishment of new hospitals, laboratories for testing, quarantine facilities, spreading awareness campaigns, etc., (Mustafa and Nasir 2020).

On the other hand, the level of poverty is also higher among the inhabitants of Pakistan. Rough estimates showed that almost 40% of the population is, directly and indirectly, living below the poverty line. Many reports have shown that globally, due

to the lockdown almost 30% of the total population is further pushed below the poverty level. Among the people, females and children were more agonized socially. Due to lockdown, the daily wagers have been suffered. Almost 35% of people in Pakistan are daily wagers.

However, to overcome the issues of poverty, the Government of Pakistan has issued an EHASSA scheme to promote the social livelihood of the poor people who are not able to survive in the situation of pandemics. Social isolation, social distancing and lockdown have limited the movements of people in the home, where people were unable to move in markets and relative houses due to mental panic and social control from the government. Social Isolation limits the social, political, and economic capital of people. Social capital can be enhanced through interaction and integration, but the pandemic has restricted the exercising of social capital. People in Sindh have delayed social events, like marriages and other home-based activities.

In Pakistan together with other crucial wellbeing issues, social change, political hazards, wasteland, terrorism, financial difference, issues with safety and security have made a ground rich for unhappiness, which has virtually taken the first position among every psychiatric condition (Mirza and Jenkins, 2004). Melancholy is a shared psychiatric disorder and the most commonplace in geriatrics (old people). Various studies have been conducted to investigate depression in the elderly and many found depression to be largely under-identified and untreated. Limitations to adequate analysis and medication combine specialists' hesitance to talk about fervent issues, time constraints, healing co-morbidities, perverting fortitude, and going after therapeutic factors. Apparent humiliation adds to the affected role hesitancy to start psychiatric medication.



(Source: Human Resources for Health Vision-2018-30. Summary statistics of Health care facilities and trained human resources in Pakistan)

2.3.Social Isolation, Lockdown, and Impact on Economic wellbeing's

As stated, Pakistan is a developing country where nearly 40% of the population is, directly and indirectly, residing below the poverty line. The per-day income of the 40% population is less than 2\$ per day. Moreover, 30% of the whole population is living below the poverty line where they have had less than 1.25\$ per day. With the eruption of COVID-19 and social isolation all the major economic activities such as businesses, industries, manufacturing firms, hostel businesses, etc., have been closed due to pandemics.

A report stated that the lockdown and social isolation have additionally pushed almost 30% of the population below the poverty line. 40% of the total population is already living below the poverty circle. Moreover, 30% of the labour force in Pakistan is directly daily wager so that lockdown has a variety the daily wagers reliant on the state. Initially, the Government of Pakistan started to impose the complete lockdown which agonized millions of farmers, industrialists, and labourer's (The Government of Pakistan 2020).

The lockdown and social isolation have negatively impacted the tourism sector of Pakistan. Currently, 40% of the total income is coming from tourism and its contributed 13% of the total Gross Domestic Products (GDP). Economically, people have been knowledgeable indeterminate consequences, like undefined in their prevailing job, cut down of the current salary, financial indecision, decrease in their level of earning and income. Moreover, it also depressingly disturbs the damage of their already job and upsurges the terror of losing the job. A description specified that the lockdown and socio-isolation have mislaid the inclusive economic growth and Gross Domestic Product (GDP) approximately 10-12% of total loss (Mustafa and Nasir 2020).

The lockdown and social isolation were not only adopted in the urban regions of Pakistan but also extended the complete level of lockdown and social isolation in the side areas including the mountainous regions of the country. A study led down in the context of mountainous areas including northern areas where the social isolation stopped the functioning of the economic activities and industries which is a direct loss to the general economy. Furthermore, the quantitative results showed that the majority of the 78% of respondents have specified that the condition of lockdown and adaptation of social isolation, they are facing financial and economic uncertainty in jobs and existing economic status (The Government of Pakistan (NIH) 2020).

The majority were aware of the negative consequences of the COVID-19 on their wellbeing's. Social capital can be enhancing thorough interaction and usage of skills among the people regarding any pandemic like COVID-19 and negative impacts. People were interacting with social media and other channels that were busy socializing the public regarding the importance of social distancing, lockdown and spread of the virus.

Social isolation has negatively affected social capital formation. People during the lockdown were interacting with media tools, rather than face to face physical interaction or association. Social isolation is a process whereby there is a lack of

social interaction, integration, lack of social connection, loneliness among the people, feeling prevention and being socially crumbled and socially isolated. Moreover, social isolation is a state of complete level of near-complete lack of physical contact between individuals, and among the groups in society (Sahu 2020).

The preliminary economic failures in different divisions have been projected at five billion rupees, as measured by the Asian Development Bank (ADB). Drops in Gross Domestic Product (GDP) growth are noted because of the decrease in services sectors like airline businesses, income losses, sharp drop in imports and exports, decrease in the number of remittances, and interruption in food supplies. When it's come to Pakistan, the country's GDP projected loss is 9-10 %. On the other hand, there are around 1.1 trillion rupees due to disturbances caused by the corona state. Karachi, a major economic hub with a population of around 20 million people, is projected to face a major income loss due to the lock-down of up to 380 billion rupees.

Moreover, 64% of the total respondents have found that they have decreased their level of earnings and income, and 25% of the total respondents have stated that they were in a mood of fear of their existing job. Finally, 6% of the respondents have found that they were fearful of the loss of their already existing job due to lockdown and social isolation. Many non-governmental organizations have been closed their projects and fired their employees due to a lack of financial status. This negatively impacts the overall livelihood of the people of Pakistan.

2.4. Lockdown, Social Isolation and Effects on the Psychological wellbeing's

Lockdown and social isolation have a greater impact on the psychological wellbeing's of people across the world and in Pakistan here a larger number of populations is undergoing situations of depression, anxiety, and frustration. The social-Isolation has also obstructed the overall psychological well-being, particularly women and children who were more psychologically unhappy and faced emotional depression. A study stated that the COVID-19 a social-isolation is also pretentious

the women's health conditions, where it has improved the long- and short-term depression and anxiety. Moreover, due to depression and anxiety the level of frustration among males has been increased and it's a negatively impact on domestic violence again women and children in the household (UNESCO 2020).

In China, it was originated that 7% of the women have popularities of posttraumatic stress symptoms and women has a substantial and highest level of this psychological trouble as contrasted to the men (Mustafa and Nasir. 2020). The observation of the complete lockdown and social isolation in Pakistan has augmented the exposure of traumatic events, such as a global health crisis which is linked with the increase of the level of anxiety, state of depression, and frustration among the population due to limit the social circle. Moreover, the social stigma when the disease has been attached to a person leads towards anxiety and the social isolation due to infectious diseases could generate a higher level of nervousness and hopelessness (Sanz, Sáinz, and Capilla 2020).

Globally, a study was conducted in Hong Kong regarding the situation of social isolation, and its psychological effects. The findings of the study found that on a sample of Server of Acute Respiratory Syndrome (SARS) survivors have improved the level of psychological suffering and anxiety, not during the epidemic, but also in the post-pandemic condition. (Lim 2020).

According to the newest survey of several countries show the ratio of poverty in different countries, Pakistan rank is 6th among 192 countries. The condition of hopelessness is very worst in Pakistan as the ratio of everyday people experiencing depression is 1,400.42 (World Health Organization, 2009). Depression has been recognized as a notable general welfare issue verified by its aligning of 4th position among the worldwide responsibility of illnesses. Many presume it will retain 2nd posture by the year 2020, respectively.

Further, it is a condition where people are cut off from mainstream society and people of their location. It is also referring to loneliness which is reflected temporary and involuntary in the lack of social contact among the people (Vos 2020). Moreover, the condition of social isolation is that it is a lack of social connection, loneliness among the people, feels lonely without being socially isolated (Mustafa, Nasir. 2020).

Moreover, a study conducted in the USA, where the results showed that during the H1N1 pandemic conditions, around 7236 53 respondents or the participants, have suggested an increase in the level of prevalence of anxiety, depression, and short temperedness. Similarly, another online internet-based study concluded that 54% survey was achieved in China where total participants were 7,236 found that over one-third of the total members' exhibition symptoms and 55% of them were apprehension disorders during the lockdown in COVID-19 pandemic while one-fifth of them recently suffered sleep and 56% of them have the issues and depressive symptoms (WHO 2020).

2.5. Research Gap and Current Context of the Study

The current research studies were conducted in the district Khairpur Mir, Sindh, Pakistan about the influence of social isolation, lockdown, and self-quarantine on the wellbeing of the population. Similarly, the Sindh region is also a part of Pakistan, where similar ominous measures have been taken by the provincial government. As, the level of poverty is higher in the district Sindh, where people become communally, socially, economically, politically, and psychologically suffered. Most of the population of the district Khairpur Mir are labour, small entrepreneurs, daily wagers, and farmers. Due to lock down, all their activities have been shut down and it adversely impacts their overall wellbeing.

The COVID-19 has an outbreak from Wuhan, a city of China and within two months it spread across the world and sent billion of people into self/social isolation. The only cure was social isolation and lockdown. Therefore, the Government of Pakistan has imposed a wide-ranging lockdown at the initial stages and closed all the social,

economic, and political activities. On the other hand, 40% of the population in Pakistan are living below the poverty line and the lockdown has further pushed down 30% of the population.

Social-Isolation has also affected psychological wellbeing, particularly in women who were more emotionally depressed. A study stated that the COVID-19 a social-isolation is also inspired women's health situations, where it has improved the long-and short-term depression. In China, it was found that 7% of the women have an occurrence of posttraumatic stress symptoms, and women have an important and highest equal of this psychological suffering as related to the men (Mustafa, Nasir. 2020:05). Pakistan is an emerging country where almost 40% of the population is, immediately and ultimately, living below the poverty line. With the epidemic of COVID-19 and social isolation, all the economic events have been closed.

A statement indicated that the lockdown and social separation have further driven down 30% of the population below the poverty line. Moreover, 30% of the labour force in Pakistan is unswervingly daily wager so that lockdown has made the everyday wagers reliant on the state. Firstly, the Government of Pakistan started to impose the comprehensive lockdown which endured millions of farmers, industrialists, and labourer's (The Government of Pakistan 2020).

The corona virus has also affected the overall academic life of people across the world and particularly in Pakistan. It comprised the overall option of information, state of mind concerning studies, abilities or the capabilities of evaluation, and the whole qualities, which need in life to persistence in the society. Teaching makes a person entertained, define with its goal, refine current state of knowledge, civilized, knowledgeable and serviceable person regarding the social marvel, who can donate to society in a positive or positive manner.

Whereas the old-style teaching means the face-to-face teaching and learning programs among teachers and students in general, where teachers bring contents

orally, orally or in a printed ways and students can reply to it and involved to picking and understand the fillings and knowledge, which has been delivered by a teacher. In this type of teaching and learning techniques and process, both teachers and students are present in the classroom and where the two way or reversing teaching and learning procedure can happen (Salam et al. 2017).

On the other hand, online studies, or web-facilitate commands are a kind of teaching or studies, where teaching and education process happened through the online ways, were both teachers and students not really appear in a classroom. In nonappearance of classroom teaching, the content is brought through different transmission strategies, where students can post/submit their tasks, contents, and research work through online sources, and same with the teachers, where they can upload educational/learning content and program on the websites or pages, where students are interrelating.

Likewise, a study was showed by Allen and Seaman (2014:9) and stated that, in the online studies, where teachers and students are both attach through online or internet system, where almost 90% of content or courses are being uploaded through an online portal. In online studies, several vides conferences, online conversation, webinar-based lectures, workshops, and yearly paper in certain time periods. Both online and face to face studies have their own significance, however, customarily in Pakistan face to face classroom experiments have been practiced since long.

Few universities in Pakistan have online studies system where they are serving thousands of students yearly who have no direct access to face-to-face classroom education. In the present context, due to COVID-19 al, the universities across the country have moved their face-to-face classes online where students are forcedly involved in online studies. Although, this was the unexpected decision of the Higher Education Commission, where most of the universities were even not able to accommodate students' academic activities online. But still, universities have resumed their online classes and students are joining in online studies.

The study is partitioned into the following themes and sub-themes, such as examining the social isolation and its influence on the social wellbeing of people in district Khairpur Mir, Sindh. To study the social isolation and its impact on the economic wellbeing of people in district Khairpur Mir, Sindh. The research was based on the social isolation and its impact on the psychological wellbeing's of people in district Khairpur Mir, Sindh, examine the social isolation and its impact on the social wellbeing's and the social isolation and its impact on economic well-being's and finally to analyze the social-isolation and its impact on the psychological wellbeing of people in district Khairpur Mir, Sindh.

Assumptions

1. COVID-19 has affected the social life, psychological wellbeing, economic status, and political activities of people across the world, as well as in Pakistan. The only cure for the virus is to observe social isolation, social distancing, and self-quarantine.
2. Socially, the virus has affected the social wellbeing of the population of Pakistan and the world, such as stoppage the marriage process, delaying or cancelling different social events, movements, and closure of schools, colleges, and universities.
3. Psychologically, the lockdown, social isolation impacts the mental level of an individual and create depression, anxiety, frustration among the people. Psychologically, women and children have been more affected as compared to males. On the other side, due to depression and frustration, domestic violence also increased in many places.
4. The lockdown and social isolation have also negative impacts on the economic life of people across the world. Due to lockdown, all the economic activities have been closed or shut down. Moreover, the daily wagers have been faced many issues due to a lack of earning opportunities during the lockdown.

Chapter No 3

THEORETICAL FRAMEWORK

Chapter three deals with the theoretical or conceptual framework. In the current research study, the theory of Social Capital has been applied at the first stages and then applied in the present research context.

3.1. Theory of Social Capital

The concept of social capital is the value or any kind of social benefits which gain from a social connection. The notion of social capital first seemed in the literature in the year 1914. It was discovered by a schoolteacher in West Virginia as the value created to individuals' lives through their social networks and connections. Since then, many Sociologists have analyzed the concept of social capital over the years, but it come about until the late 80's when the concept was interpreted by Robert Putnam in his articles, and then through the publication of his book, *Careering Alone* in 2000. This concept hit the public square.

Further, the theory of social capital has both personal and collective advantages. It has now been exhibited in a study that people's assistance in many key ways with rises in healthfulness, contentment, accomplishment, development, and even life expectancy. Likewise, groups of individual's advantages by developing more constructive, and imaginative in resolving difficulties, and gaining more from prosaic performances. The impact of social capital was not completely promoted in the incapacity society up until the magazine of Interdependency.

Since then, several academics and rehabilitation activists have communicated the significance of social capital in dispensing with incapacity-associated issues. In exploring to build social capital for folks with frailties, where it is focused on the four major concepts which were proposed by the Condeluci in 2002. These major areas included identifying the similarities, interests, and concentrations of the person in some sort of social question. This can be done via a "cultural profile", or assessment of the person's present enjoys. Similarly, the second step is mapping the neighborhood where the person lives to find clubs, companies, organizations, and gather important points that match the worries of the person in question.

The third point is to be identified; the social construction of the establishment must be examined through scientific ways. This would involve an outline of traditions, patterns, and activities that are expected in any social setting. This makes available for teaching and possible role-play a part to organize the person to join the group in s society.

Moreover, another crucial point is to identify the receptionist in the group who could serve as a facilitator for the person's approval into the neighborhood group. Optimistically this establishes an authorizing of the person we are championing to not only be accepted but begin to build relationships with other members of society. Today there is much awareness centred on the harmful impacts of social isolation, lockdown, and self-quarantine which is the opposite of social capital formation.

The social isolation and lockdown loss people togetherness or have trouble determining social capital they are at probability of aloneness and the social isolation during the present era of pandemics. The concern in this problem (social isolation and loneliness) has been deemed a health risk harsher than fatness, and many organizations and health coverage importers are looking more carefully at the influence of social isolation and more, ways to assist individuals to build social capital. As asserted earlier in this paper, assisting people with infirmities build social capital is a difficult undertaking in the greatest of times. When you add the adjustable of “social isolation,” restricting social meetings and other points of commitment.

This also adds to the fear and panic related to a disease, the construction or development of any social relationship becomes a daunting task. Irrespective, the campaigners at ANCOR determined to confront this issue by placing out a call to their participation to help detect actions, tactics, and ideas around building contacts during the COVID-19 limits.

3.2. Application of Social Capital Theory

In the present context of the research study, social isolation, social distancing, and lockdown have negatively affected the livelihood of people across the world. Not only developing countries but also developed regions of the world are more suffered as compared to developing worlds. The only way to overcome the spread of the pandemic, social isolation, and social distancing from people. Similarly, the concept of social capital is that when people get together, they can enhance their level of interaction and experiences which further enhance their social capital. Social capital on the other side is the ability of people to share experiences, knowledge, and interaction.

Similarly, social distancing limits people's movements, social and economic activities due to the fear of the spread of the virus. Due to the fear of the virus and panic related to a disease, the structure or development of any social connection becomes a challenging task. Notwithstanding, the activists at Anchor are strong-minded to tackle this issue by putting out a call to their involvement to help detect actions, tactics, and ideas around building interactions during the COVID-19 limits.

Due to the virus and social isolation all the social events, like marriages, political activities, social movements, social events, sports events, etc., have been closed. These, directly and indirectly, affect the overall social development of people. In addition to this, all the economic activities have been closed and many people are directly reliant on other people. People become idols and due to lockdown, their economic efficiency or economic capital has been wasted. Economic activities are increasing the social and economic capital of people through joint ventures. This pandemic and COVID-19 have limited the economic and social life of people and enabled them to go outside and interact with other people.

On the other hand, for people in Pakistan, especially in Sindh province the number of cases decreased due to people's active cooperation with the government during the smart lockdown. People of the region have followed the necessary SOPs of the

lockdown. Due to this, the COVID-16 has less likely influenced the overall livelihood of the people in the respective region.

Figure: 1. (Source: Researcher's Source)

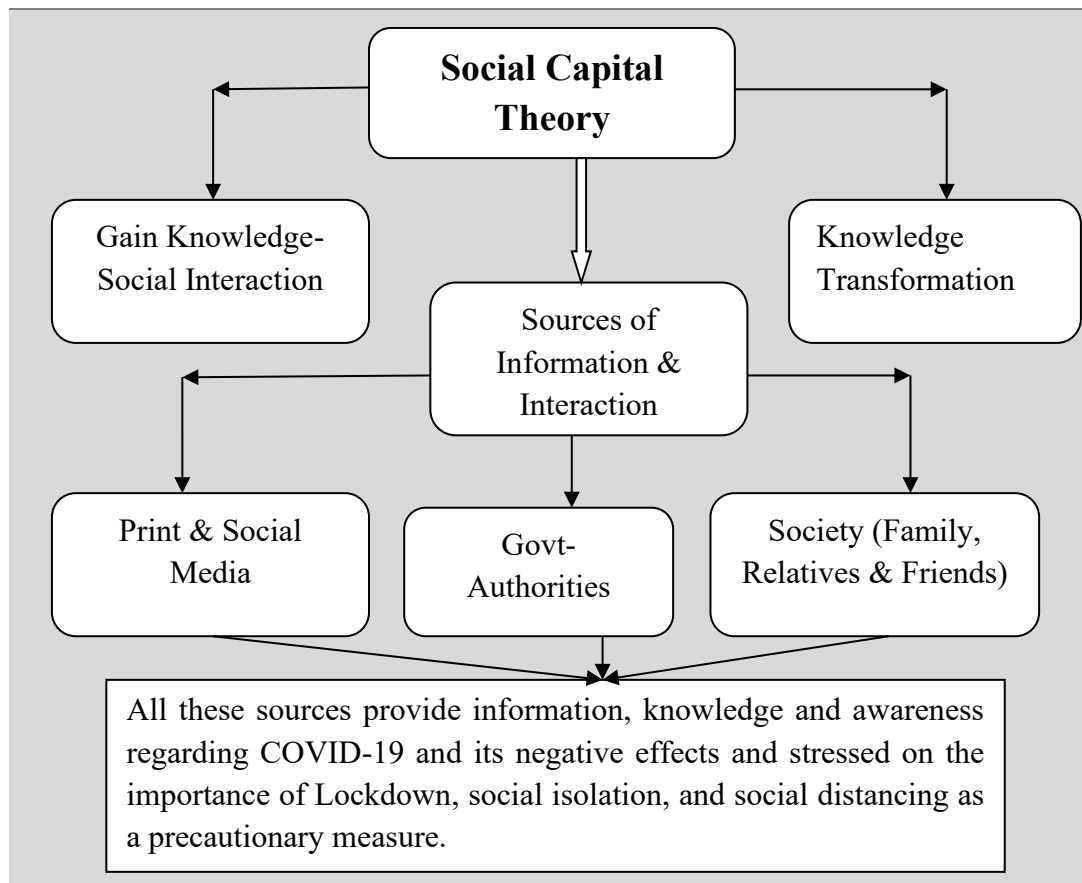


Figure No. 1 showed the model summary of the theory of social capital. The model stated that information, knowledge and awareness regarding any phenomena or issues can gain through social interaction. There are multiple sources of information channels, such as media, governmental authorities, and sociality as a whole. People in Sindh, Khairpur have enhanced their knowledge regarding the negative effects of COVID-19 through media and other sources which were available.

3.3. Propositions

Based on the theoretical framework, the following propositions have been drawn:

1. Social isolation, social distancing and lockdown have limited the movements of people in the home, where people were unable to move in markets and relative houses due to mental panic and social control from the government.
2. Social Isolation limits the social, political, and economic capital of people. Social capital can be enhanced through interaction and integration, but the pandemic has restricted the exercising of social capital. People in Sindh have delayed social events, like marriages and other home-based activities. The majority were aware of the negative consequences of the COVID-19 on their wellbeing's.
3. Social capital can be enhancing thorough interaction and usage of skills among the people regarding any pandemic like COVID-19 and negative impacts. People were interacting with social media and other channels that were busy socializing the public regarding the importance of social distancing, lockdown and spread of the virus.
4. Social isolation has negatively affected social capital formation. People during the lockdown were interacting with media tools, rather than face to face physical interaction or association.

Chapter No 4

CONCEPTUALIZATION AND OPERATIONALIZATION

4.1. Conceptualization

Conceptualization is a process where the variables and concepts are being defined and explained according to the present literature. In the present research, there are major three variables, social isolation, COVID-19 and the Wellbeing of people of district Khairpur Mir, Sindh, Pakistan.

4.1.1. Social Isolation

Social isolation is a process whereby there is a lack of social interaction, integration, lack of social connection, loneliness among the people, feeling prevention and being socially crumbled and socially isolated. Moreover, social isolation is a state of complete level of near-complete lack of physical contact between individuals, and among the groups in society (Sahu 2020). Further, it is a condition where people are cut off from mainstream society and people of their location. It is also referring to loneliness which is reflected temporary and involuntary in the lack of social contact among the people (Vos 2020).

Moreover, the condition of social isolation is that it is a lack of social connection, loneliness among the people, feels lonely without being socially isolated (Mustafa, Nasir. 2020).

4.1.2. COVID-19

The Novel Coronavirus or a disease-2019, which is named as the COVID-19, that is as an illness or flu, which instigated by a novel coronavirus, which is a Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2, which is previously called the 2019-Nov), that was initially exposed during an eruption of the respiration disease or illness, which cases in the city of China Wuhan, Hubei Province (Emanuel et al. 2020). It was formerly termed by the World Health Organization (WHO) on December 31, 2019, as a global epidemic and threat to the public health concern (Nthakoana and Ngatane 2020).

Moreover, on January 30, 2020, the WHO confirmed the COVID-19 pandemic a global health calamity or disaster called caused death to vulnerable people like old age and children who are previously suffered from asthma and other respiratory diseases (Remuzzi and Remuzzi 2020).

Moreover, the coronavirus which is now called the COVID-19 is a dangerous illness, which produced by a virus, that can spread from an infected or ill person to a healthy person swiftly and infect the healthy person within a shorter time. The virus that causes COVID-19 is a new coronavirus, which has stretched all over the world within a short period of time from Wuhan China and sent billion of people into complete self-isolation and quarantine as well as the closure of all educational institutions. Moreover, the COVID-19 signs can vary from benign (or no symptoms) to severe illness (Pedersen, Mogens Jin and Favero, Nathan 2020).

Additionally, the COVID-19 was invented or invented from animals and other species and then spread to humans' beings. Where the virus spread from the person to a healthy person and infect the respiratory system immediately where the novel coronavirus is called or reported, but it is not yet totally known how easily this occurs and spreads around the world and sent billion of people in self-isolation (UNESCO 2020).

4.1.3. Wellbeing

Many studies have examined the notion of well-being, which is also known as the wellness of people in a society, sensible value, or the overall quality of human's life, also refers to what is the essentially valuable relative to someone in near place (WHO 2020). Moreover, the well-being of an individual is what is eventually good for this person, what is in the self-importance of this person in a particular location or place. Well-being can describe as both constructive and damaging well-being of a person in society (Daniel 2020).

Whereas social well-being is a human sense of strong belonging to a specific community and making a different influence on society (WHO 2020). Emotional wellbeing on the other side stated the feeling good about certain things. Moreover, the condition of being happy, undergoing positive feelings such as love, joy, or compassion, and strong psychological feelings usually happy with life (Xiang et al. 2020).

4.2. Operationalization

Operationalization is a process, where the identified variables are defined and explained in the present context of research.

4.2.1. Social Isolation

In the current research context, social isolation is a process whereby an individual or a person is socially detached or disintegrated in society due to any reason. Presently, the world is undergoing a hard situation of the pandemic which is spread across the world and billions of people are presently lockdown or affected due to the virus. Although doctors from across the world have tried to an invented vaccine, they have failed to invent a vaccine that 100 cure the pandemic.

The only cure from the pandemic is an observation of social isolation and social distancing. People in district Khairpur Mir also got affected and closed all their social and economic activities during a complete lockdown. Due to this, the livelihoods of farmers have been suffered a lot. On the other side, the wellbeing's of daily wagers are affected, and they do not have any alternative ways of their livelihood. The social isolation in the context of population among the district Khairpur Sindh found that people have initially observed social isolation and social distancing to curtail the pandemic further.

Social isolation consisted of the following major components in the current research:

1. Do not have physical contact with anyone outside the family, which included relatives, friends, and other people in society.

2. Social distancing and isolation impact mental health or psychological implications on the individual.
3. Social distancing and isolation affect the social life of an individual, where an individual is in a state of lockdown in the house and limited mobility.
4. Social distancing and isolation affect the economic life of an individual, where an individual cannot work and engage in economic activities.
5. Lockdown down has also had some positive impacts on the individual's life, where it provided the quality time to spend with family members.

4.2.2. COVID-19

COVID-19 in the current research context means a virus spread initially from the city of Wuhan China in 2019 November and spread across 200 countries with three months and sent billion of people into socio-isolation, social distancing, and quatrain to curtail the spread of the virus. Till yet no effective vaccine has been invented to protect people's health. Moreover, this virus, that can spread from an infected or ill person to a healthy person quickly and infect the healthy person within a shorter period.

The virus that causes COVID-19 is a new coronavirus, which has stretched all over the world within a short period of time from Wuhan China and sent billion of people into complete self-isolation and quarantine as well as the closure of all educational institutions.

COVID-19 is operationalized through the following components:

1. People's awareness regarding the negative consequences of COVID-19 on social life.
2. Respondent's consciousness regarding the negative consequences of COVID-19 on economic life.
3. Respondent's perception regarding the negative consequences of COVID-19 on their psychological heath/life.

4. People's awareness regarding the positive implication's consequences of COVID-19 on social, economic, and psychological life.

4.1.3. Wellbeing

In the context of the present research study, wellbeing's means the overall livelihood of people. This included the social life, economic activities and psychological as well as political life of people. Social wellbeing's consisted of social events and social movements, marriages ceremony, family events, and sports activities. On the other hand, economical activities included businesses, farming, travelling etc. The well-being's also included the way of people's life to spend their time long with their activities. Psychological wellbeing's means the mindset of people where how much people in Khairpur are being happy.

The wellbeing's included social wellbeing's, economic well-being, and psychological wellbeing's. All of these are attached to the individual and society. The well-being was divided into social, economic, and psychological.

PART: 2. SOCIAL ISOLATION AND SOCIAL WELLBEING
I miss the companionship of my best friends
Social Isolation has limited my social life within the family circle
Social isolation restricted movement towards relatives and friends
Lockdown has restricted in performing religious activities
Social distancing/isolation has reduced travelling plans

PART: 3. SOCIAL ISOLATION AND PSYCHOLOGICAL WELLBEING
Most of the time I feel alone during lockdown/social isolation
I feel isolated from other friends who were in my circle
Most of the time I feel depression
It has affected my relationship with friends
The stress of social isolation affects my sleeping pattern
Increase social media addiction

Do not concentrate on studies/work

PART: 4. SOCIAL ISOLATION AND ECONOMIC WELLBEING

Lockdown has affected my existing job

Social Isolation put me in financial uncertainty
--

Social isolation has decreased in my monthly earning
--

It has posed threat and fear to lose my existing job
--

I have lost my job already

Increase the health budget

Not receive any support from the Government or other organizations
--

Chapter 5

RESEARCH METHODOLOGY

Research methodology is an organized, planned, and systematic way of conducting a research study. The research methodology consisted of numerous steps.

5.1. Research Design

The research design means the approach or the methodology which has been applied to conduct a research study. There is major three design or approaches. For the current research study, the quantitative research approach has been applied which is based on the numeric data presented in tabular forms. The quantitative research approach is a planned and organized method of data collection and analysis and presents the findings in tables and graphs.

5.2. Universe of the Study

The universe of the present study was limited to the District Khairpur Mir, Sindh, Pakistan where two villages were selected randomly regarding the people perception about the social isolation during Covid-19 and its impact on the overall wellbeing of people in District Khairpur Mir, Sindh. The reason behind the selection of District Khairpur Mir, Sindh, is due to the researcher own hometown and the education rate among the people are less and how the people have managed the situation of pandemic during the lockdown.

5.3. Target Population

The target populations of the study were males ‘respondents irrespective of their age, class, and culture. All the respondents were males. The reason behind the selection of only males ‘respondents was due to a conservative social structure, where unknown males are not allowed to talk to women. Due to this only males’ respondents were focused on data collection. Although, the study was quantitative, still with illiterate respondents, the researcher conducted face to face interviews.

5.4. Sampling Techniques

Sampling techniques means the method of selection of respondents. For the present research which was based on the public regarding the COVID-19, social isolation

and social distancing and its impact on the wellbeing's of people. So, there was no particularizing of respondents. Due to this reason, the convenient sampling technique was applied to reach out to respondents. The respondents were selected from two near the village of District Khairpur, Sindh. The researcher visited different places where people are gathering. Most of these areas were markets places and roadside areas.

5.5. Sample Size

The research was based on the quantitative approach and the total number of respondents were limited to one hundred and fifty (150) all-male respondents from the District Khairpur Mir, Sindh. The reason behind the limiting of 150 respondents is due to enough for the required results.

5.6. Data Collection Tools

The nature of the study was quantitative, so that is why the closed-ended structured questionnaire was designed for data collection. The tool (questionnaire) was divided into four sections. The first part consisted of socio-demographic information, the second is the social impacts, the third is economic and the final section is psychological impacts. The questionnaire was designed after a review of related literature and other documents related to the COVID-19, social isolation, and social distancing.

5.7. Data Collection Techniques

The self-administered structure questionnaires were premeditated, where the face-to-face interviews were conducted with those respondents who were illiterate and couldn't understand the English language. Those respondents who were educated and understand the English language have filled the questionnaires by themselves.

5.8. Data Analysis Tools

The nature of responses was in numbers and the quantitative research approach was selected. So due to the nature of the research/field data, the Statistical Package for Social Sciences (SPSS) software was used to analyze the data systematically.

5.9. Data Analysis Techniques

The SPSS is used as the data analysis tool. In this current research study, both descriptive statistics (percentages and frequencies) and inferential statistics (descriptive and correlation) tests were applied as a data analysis technique.

5.10. Pre-Testing

Pre-testing mean checking the reality and validity of the questions and questionnaire. In the pre-testing process, conduct some interviews or collect the data before conducting actual fieldwork. For this purpose, a total of fifteen (15) questionnaires were pre-tested and after the pre-test, some minor modifications have been done and make the questionnaire further accurate and authentic.

5.11. Ethical Concerns

Every social science research has some limitations, which are important to keep in mind while conducting research a study. These ethical concerns were complete confidentiality of the data and the respondent's identity from the public and stakeholders. The researcher has assured respondents that this research will not be miffed anybody, and this research is completely on an academic basis and basic requirement of master's degree from Quaid-i-Azam University, Islamabad. The data will be used for only academic purposes and do not share it with anyone else. No such question was asked or written in the questionnaires which are against the socio norms, religious ethics, and other issues.

Secondly, the respondents were given a proper time and suitable environment, so that they will not experience any type of pressure during responses to the questions.

Chapter No 6

RESULTS

The results and data analysis sections deal with the descriptive and inferential analysis of the collected data and testing of the hypothesis.

Section: A. Socio-Demographic Profile of Respondents

Table 1. Age of Respondents

Category	Frequency	Percentage
18-28	76	50.7
29-39	28	18.7
40-50	24	16.0
Above 50	22	14.7
Total	150	100.0

Table No. 1 showed the ages of respondents. The results showed that 50.7% of the respondents were 18 to 28 ages, 18.7% of the respondents were 29 to 39 ages, 16.0% of respondents were 40 to 50 ages, and 14.7% of respondents were above 50. The conclusion of the table showed that the majority of the respondents were less than 18 to 28 pages.

Table 2. Qualification of Respondents

Category	Frequency	Percentage
Below Matric	16	10.7
Matric	12	8.0
Inter-Graduation	40	26.7
Master and above	82	54.7
Total	150	100.0

Table No. 2 showed the qualification of the respondents. The results showed that 10.7% of the respondents were below matric, 8.0% of the respondents were metric, 26.7% of the respondents were inter-graduation, and finally, 54.7% of respondents

were master and above. The conclusion of the table showed that the qualification of the majority of the respondents was master and above master.

Table 3. Family Type of Respondents

Category	Frequency	Percentage
Nuclear	27	18.0
Joint	60	40.0
Extended	63	42.0
Total	150	100.0

Table No. 3 showed the family type of the respondents. The results showed that 18.0% of the respondents were nuclear family, 40.0% of the respondents were joint family and finally, 42.0% of the respondents belonged to extended families. The conclusion of the table showed that the majority of the respondents were extended families.

Table 4. Monthly Income of Family of Respondents

Category	Frequency	Percentage
<20000	3	2.0
20000-30000	22	14.7
310000-40000	23	15.3
41000-50000	45	30.0
Above 50000	57	38.0
Total	150	100.0

Table No. 4 showed the monthly income of the respondent's family. The results showed that 2.0% of the respondents have below 20,000 monthly incomes, 14.7% of the respondents have 20,000 to 30,000 monthly incomes, 15.3% of respondents have 31,000 to 40,000 monthly incomes, 30.0% of the respondents have 41,000 to 50,000 monthly incomes, and finally, 38.0% of the respondents have above 50,000 monthly

incomes. The conclusion of the table showed that the majority of the respondents have above 50,000 monthly incomes.

Table 5. Employment Status of Respondent

Category	Frequency	Percentage
Employed	124	82.7
Unemployed	26	17.3
Total	150	100.0

Table No. 5 showed the employment status of the respondents. The results showed that 82.7% of the respondents were employed, and finally 17.3% of the respondents were unemployed. The conclusion of the table showed that the majority of the respondents were employed.

Table 6. Occupation of Respondent

Category	Frequency	Percentage
Student	13	8.7
Private Job	21	14.0
Govt Job	24	16.0
Farmer	43	28.7
Business	36	24.0
Unemployed	13	8.7
Total	150	100.0

Table No. 6 showed the occupation of the respondents. The results showed that 8.7% of the respondents were students, 14.0% of the respondents were private jobs, 16.0% of the respondents were government jobs, 28.7% of the respondents were farmers, 24.0% of the respondents were business and finally, 8.7% of respondents were unemployed. The conclusion of the table showed that the majority of the respondents were a farmer.

Section: B. Social Isolation and Social Wellbeing of Respondents

Table 7. Respondents View about Missing Companionship of Best Friends

Category	Frequency	Percentage
To Great Extend	97	64.7
To Some Extend	37	24.7
Not at all	16	10.7
Total	150	100.0

Table No. 7 showed the respondent perception of missing the companionship of his best friends. The results showed that 64.7% of the respondents were too great extended, 24.7% of the respondents were to some extend and finally, 10.7% of respondents were not at all missing the companionship of their best friends during the lockdown. The conclusion of the table showed that the majority of the respondents were missing the companionship of their best friends.

Table 8. Respondents View that Social Isolation Limited Social Life

Category	Frequency	Percentage
To Great Extend	100	66.7
To Some Extend	29	19.3
Not at all	21	14.0
Total	150	100.0

Table No. 8 showed the respondent perception of social Isolation has limited his social life within the family circle. The results showed that 66.7% of the respondents were too great extended, 19.3% of the respondents were to some extend and finally, 14.0% of respondents were not at all social isolation limited his social life within the family circle. The conclusion of the table showed that the majority of the respondents were limited his social life within the family circle because of social isolation.

Table 9. Lockdown Restricted Movement Towards Relatives/Friends

Category	Frequency	Percentage
To Great Extend	96	64.0
To Some Extend	43	28.7
Not at all	11	7.3
Total	150	100.0

Table No. 9 showed the respondent perception of social isolation restricted movement towards relatives and friends. The results showed that 64.0% of the respondents were too great extended, 28.7% of the respondents were to some extend and finally, 7.3% of respondents were not at all social isolation restricted movement towards relatives and friends. The conclusion of the table showed that the majority of the respondents were social isolation restricted movement towards relatives and friends.

Table 10. Restricted In Performing Religious Activities

Category	Frequency	Percentage
To Great Extend	76	50.7
To Some Extend	47	31.3
Not at all	27	18.0
Total	150	100.0

Table No. 10 showed the respondent perception of lockdown has restricted in performing religious activities. The results showed that 50.7% of the respondents were too great extended, 31.3% of the respondents were to some extend and finally, 18.0% of respondents were not at all restricted to performing their religious activities in lockdown. The conclusion of the table showed that the majority of the respondents were restricted his religious activities in lockdown.

Table 11. Respondents View that Reduced Travelling Plans

Category	Frequency	Percentage
To Great Extend	80	53.3
To Some Extend	43	28.7
Not at all	27	18.0
Total	150	100.0

Table No. 11 showed the respondent perception of social distancing/isolation has reduced travelling plans. The results showed that 53.3% of the respondents were too great extended, 28.7% of the respondents were to some extend and finally, 18.0% of respondents were not at all reduced travelling plans. The conclusion of the table showed that the majority of the respondents were reduced travelling plans due to social distancing/isolation.

Table 12. Effect Routine Activities, Like port/Social events

Category	Frequency	Percentage
To Great Extend	77	51.3
To Some Extend	32	21.3
Not at all	41	27.3
Total	150	100.0

Table No. 12. showed the respondent perception to affect routine activities, like sport and social events in lockdown. The results showed that 51.3% of the respondents were too great extended, 21.3% of the respondents were to some extend and finally, 27.3% of respondents were not at all affected by routine activities, like sport and social events in lockdown. The conclusion of the table showed that the majority of the respondent' routine activities were affected in lockdown.

Table 13. Restricted to Participates in Marriage Ceremonies

Category	Frequency	Percentage
To Great Extend	101	67.3
To Some Extend	25	16.7
Not at all	24	16.0
Total	150	100.0

Table No. 13 showed the respondent perception of social isolation restricted to participate in marriage ceremonies. The results showed that 67.3% of the respondents were too great extended, 16.7% of the respondents were to some extend and finally, 16.0% of respondents were not at all social isolation restricted to participate in marriage ceremonies. The conclusion of the table showed that the majority of the respondents were social isolation restricted to participate in marriage ceremonies.

Table 14. In Isolation, Eating Habits Have Changed

Category	Frequency	Percentage
To Great Extend	84	56.0
To Some Extend	45	30.0
Not at all	21	14.0
Total	150	100.0

Table No. 14 showed the respondent perceptions of Isolation, his eating habits have changed. The results showed that 56.0% of the respondents were too great extended, 30.0% of the respondents were to some extend and finally, 14.0% of respondents were not at all changed their eating habits in isolation. The conclusion of the table showed that the majority of the respondents were changed their eating habits in isolation.

Table 15. Respondents View that Increase in Household Food Consumption

Category	Frequency	Percentage
To Great Extend	76	50.7
To Some Extend	41	27.3
Not at all	33	22.0
Total	150	100.0

Table No. 15 showed the respondent perception to there is an increase in household food consumption. The results showed that 50.7% of the respondents were to great extent, 27.3% of the respondents were to some extent and finally, 22.0% of respondents were not at all increased in household food consumption. The conclusion of the table showed that the majority of the respondents were increased household food consumption.

Section: C. Social Isolation and Psychological Wellbeing of Respondents

Table 16. Respondents View that they Feel Slone During Lockdown

Category	Frequency	Percentage
To Great Extent	81	54.0
To Some Extent	37	24.7
Not at all	32	21.3
Total	150	100.0

Table No. 16 showed the respondent perception to most of the time he feels alone during lockdown/social isolation. The results showed that 54.0% of the respondents were to great extent, 24.7% of the respondents were to some extent and finally, 21.3% of respondents were not at all feel alone during the lockdown. The conclusion of the table showed that the majority of the respondents felt alone during the lockdown.

Table 17. Respondents View that they Feel Isolated from Friends Circle

Category	Frequency	Percentage
To Great Extend	70	46.7
To Some Extend	50	33.3
Not at all	30	20.0
Total	150	100.0

Table No. 17 showed the respondent perception to feel isolated from other friends who were in his circle. The results showed that 46.7% of the respondents were to great extent, 33.3% of the respondents were to some extent and finally, 20.0% of respondents were not at all feel isolated from other friends who were in his circle. The conclusion of the table showed that the majority of the respondents felt isolated from other friends who were in his circle.

Table 18. Respondents View that Most of the Time they Feel Depression

Category	Frequency	Percentage
To Great Extend	65	43.3
To Some Extend	35	23.3
Not at all	50	33.3
Total	150	100.0

Table No. 18. Showed the respondent perception to most of the time he feels depressed. The results showed that 43.3% of the respondents were too great extended, 23.3% of the respondents were to some extend and finally, 33.3% of respondents were not at all feel depressed during the lockdown. The conclusion of the table showed that the majority of the respondents felt depressed during the lockdown.

Table 19. Respondents View that Lockdown Affected Relationship with Friends

Category	Frequency	Percentage
To Great Extend	70	46.7
To Some Extend	50	33.3
Not at all	30	20.0
Total	150	100.0

Table No. 19 showed the respondent perception of lockdown/isolation affected his relationship with friends. The results showed that 46.7% of the respondents were too great extended, 33.3% of the respondents were to some extend and finally, 20.0% of respondents were not at all affected his relationship with friends. The conclusion of the table showed that the majority of the respondents were affected by his relationship due to lockdown.

Table 20. Stress Affects Sleeping Pattern

Category	Frequency	Percentage
To Great Extend	65	43.3
To Some Extend	40	26.7
Not at all	45	30.0
Total	150	100.0

Table No. 20 showed the respondent perception to the stress of social isolation affects his sleeping pattern. The results showed that 43.3% of the respondents were to great extent, 26.7% of the respondents were to some extend and finally, 30.0% of respondents were not at all the stress of social isolation affects his sleeping pattern. The conclusion of the table showed that the majority of the respondents were the stress of social isolation affects his sleeping pattern.

Table 21. Respondents View that Increase Social Media Addiction

Category	Frequency	Percentage
To Great Extend	100	66.7
To Some Extend	30	20.0
Not at all	20	13.3
Total	150	100.0

Table No. 21 showed the respondent perception to increase social media addiction during the lockdown. The results showed that 66.7% of the respondents were too great extended, 20.0% of the respondents were to some extend and finally, 13.3% of respondents were not at all addicted to media during isolation. The conclusion of the table showed that the majority of the respondents were addicted to media during the lockdown.

Table 22. Respondents View that Not Concentrate on Studies/Work

Category	Frequency	Percentage
To Great Extend	77	51.3
To Some Extend	40	26.7
Not at all	33	22.0
Total	150	100.0

Table No. 22. showed the respondent perception to do not concentrate on studies/work. The results showed that 51.3% of the respondents were too great extended, 26.7% of the respondents were to some extend and finally, 22.0% of respondents were not at all concentrated-on studies/ work. The conclusion of the table showed that the majority of the respondents were not concentrated on studies or work.

Section: D. Social Isolation and Economic Wellbeing of Respondents

Table 23. Respondents View that Lockdown Affected Existing Job

Category	Frequency	Percentage
To Great Extent	96	64.0
To Some Extend	33	22.0
Not at all	21	14.0
Total	150	100.0

Table No. 23 showed the respondent perception of lockdown has affected his existing job. The results showed that 64.0% of the respondents were too great extended, 22.0% of the respondents were to some extend and finally, 14 % of respondents were not at all affected his job due to lockdown. The conclusion of the table showed that the majority of the respondents were affected by his job due to isolation.

Table 24. Respondents View that Put them in Financial Uncertainty

Category	Frequency	Percentage
To Great Extend	99	66.0
To Some Extend	31	20.7
Not at all	20	13.3
Total	150	100.0

Table No. 24. Showed the respondent perception of social Isolation put in financial uncertainty. The results showed that 66.0% of the respondents were too great extended, 20.7% of the respondents were to some extend and finally, 13.3% of respondents were not at all in financial uncertainty during the lockdown. The conclusion of the table showed that the majority of the respondents were in financial uncertainty during the lockdown.

Table 25. Social isolation Decreased Monthly Earning

Category	Frequency	Percentage
To Great Extend	96	64.0
To Some Extend	31	20.7
Not at all	23	15.3
Total	150	100.0

Table No. 25 showed the respondent perception of social isolation has decreased in his monthly earning. The results showed that 64.0% of the respondents were to great extent, 20.7% of the respondents were to some extent and finally, 15.3% of respondents were not at all social isolation has decreased in his monthly earning. The conclusion of the table showed that the majority of the respondents were isolated has decreased in their monthly earning.

Table 26. Threat and Fear to Lose Existing Job

Category	Frequency	Percentage
To Great Extend	61	40.7
To Some Extend	33	22.0
Not at all	56	37.3
Total	150	100.0

Table No. 26 showed the respondent perception to it has posed threat and fear of losing my existing job. The results showed that 40.7% of the respondents were too great extended, 22.0% of the respondents were to some extent and finally, 37.3% of respondents were not at all it has posed threat and fear to losing their existing job. The conclusion of the table showed that the majority of the respondents has posed threat and fear to lose their existing job.

Table 27. Respondents View that Lost their Job Already

Category	Frequency	Percentage
To Great Extend	32	21.3
To Some Extend	35	23.3
Not at all	83	55.3
Total	150	100.0

Table No. 27. showed the respondent perception to lose his job during the lockdown. The results showed that 21.3% of the respondents were too great extended, 23.3% of the respondents were to some extend and finally, 55.3% of respondents were not at all lost their job during the lockdown. The conclusion of the table showed that the majority of the respondents were not lost their job in lockdown.

Table 28. Respondents View that Increase the Health Budget

Category	Frequency	Percentage
To Great Extend	67	44.7
To Some Extend	43	28.7
Not at all	40	26.7
Total	150	100.0

Table No. 28 showed the respondent perception of an increase in the health budget. The results showed that 44.7% of the respondents were to great extent, 28.7% of the respondents were to some extend and finally, 26.7% of respondents were not at all increased in the health budget. The conclusion of the table showed that the majority of the respondents were increasing in the health budget.

Table 29. Not Receive Support from Government/Organizations

Category	Frequency	Percentage
To Great Extent	71	47.3
To Some Extent	32	21.3
Not at all	47	31.3
Total	150	100.0

Table No. 29 showed the respondent perception to not receive any support from the Government or other organizations. The results showed that 47.3% of the respondents were too great extended, 21.3% of the respondents were to some extend and finally, 31.3% of respondents were not at all do not receive any support from the Government or other organizations. The conclusion of the table showed that the majority of the respondents received any support from the Government or other organizations.

Section: E. Social Isolation and Its Positive Impact on Wellbeing

Table 30. Respondents View that Spent Quality Time with Family

Category	Frequency	Percentage
To Great Extend	101	67.3
To Some Extend	29	19.3
Not at all	20	13.3
Total	150	100.0

Table No. 30 showed the respondent perception of spending quality time with my family. The results showed that 67.3% of the respondents were too great extended, 19.3% of the respondents were to some extend and finally, 13.3% of respondents were not at all spending quality time with their family. The conclusion of the table showed that the majority of the respondents were spending quality time with his family.

Table 31. Respondents View that Take Care Parents and Elders

Category	Frequency	Percentage
To Great Extend	105	70.0
To Some Extend	25	16.7
Not at all	20	13.3
Total	150	100.0

Table No. 31 showed the respondent perception to take care of parents and elders. The results showed that 70.0% of the respondents were too great extended, 16.7% of the respondents were to some extend and finally, 13.3% of respondents were not at all taking care of parents and elders. The conclusion of the table showed that the majority of the respondents took care of parents and elders.

Table 32. Respondents View that Participate in Household Activities

Category	Frequency	Percentage
To Great Extend	86	57.3
To Some Extend	37	24.7
Not at all	27	18.0
Total	150	100.0

Table No. 32 showed the respondent perception to participate in household activities. The results showed that 57.3% of the respondents were to great extent, 24.7% of the respondents were to some extend and finally, 18.0% of respondents were not at all participate in household activities. The conclusion of the table showed that the majority of the respondents participated in household activities.

Table 33. Respondents View that Adequate Sleeping Time Available

Category	Frequency	Percentage
To Great Extend	97	64.7
To Some Extend	27	18.0
Not at all	26	17.3
Total	150	100.0

Table No. 33 showed the respondent perception of adequate sleeping time available. The results showed that 64.7% of the respondents were too great extended, 18.0% of the respondents were to some extend and finally, 17.3% of respondents were not at all adequate sleeping time available. The conclusion of the table showed that the majority of the respondents were adequate sleeping time available.

Table 34. Respondents View that Talking to Friends on the Phone

Category	Frequency	Percentage
To Great Extend	79	52.7
To Some Extend	22	14.7
Not at all	49	32.7
Total	150	100.0

Table No. 34 showed the respondent perception of talking to friends on the phone. The results showed that 52.7% of the respondents were too great extended, 14.7% of the respondents were to some extend and finally, 32.7% of respondents were not at all talking to friends on the phone. The conclusion of the table showed that the majority of the respondents were talking to friends on the phone.

Table 35. Respondents View that Working on Hobbies at Home

Category	Frequency	Percentage
To Great Extend	69	46.0
To Some Extend	45	30.0
Not at all	36	24.0
Total	150	100.0

Table No. 35 showed the respondent perception of working on hobbies at home. The results showed that 46.0% of the respondents were too great extended, 30.0% of the respondents were to some extend and finally, 24.0% of respondents were not at all working on hobbies at home. The conclusion of the table showed that the majority of the respondents were working on hobbies at home.

Table 36. Respondents View that Relaxing by Meditation/Yoga/Exercise

Category	Frequency	Percentage
To Great Extend	58	38.7
To Some Extend	43	28.7
Not at all	49	32.7
Total	150	100.0

Table No.36 showed the respondent perception of relaxing by meditation/yoga/exercise. The results showed that 38.7% of the respondents were too great extended, 28.7% of the respondents were to some extend and finally, 32.7% of respondents were not at all relaxed by meditation/yoga/exercise. The conclusion of the table showed that the majority of the respondents were relaxing by meditation/yoga/exercise.

Table 37. Respondents View that Playing Video Games

Category	Frequency	Percentage
To Great Extend	40	26.7
To Some Extend	47	31.3
Not at all	63	42
Total	150	100.3

Table No. 37 showed the respondent perception of playing video games. The results showed that 26.7% of the respondents were too great extended, 31.3% of the respondents were to some extend and finally, 42% of respondents were not at all playing video games. The conclusion of the table showed that the majority of the respondents were playing video games.

Section: F. Inferential Statistics

1. **SIPW**: Social Isolation and Psychological Wellbeing.
2. **SIEW**: Social Isolation and Economic Wellbeing.
3. **SISW**: Social Isolation and Social Wellbeing.

Table 38. Descriptive Statistics

Category	Mean	Std. Deviation	N
SIZE	1.5807	.71107	150
SIPW	1.7257	.76646	150
SIEW	1.7790	.73584	150

Table No. 38 showed the descriptive statistics regarding the three major variables, i.e., Social, Economic and Psychological impacts of Isolation, social distancing, and COVI-19 on the overall wellbeing's of respondents. The results showed that social isolation, social distancing, the lockdown has a greater impact on the social, economic, and psychological wellbeing's. The mean score for SIPW: Social Isolation and Psychological Wellbeing are 1.5807, for Economic Wellbeing it is 1.7257, and

finally for psychological Wellbeing is 1.7790. These figures showed that the impact rate is to a great extent.

Table 39. Correlations Among Variables

Categories		Social	Psychology	Economics
Social	Pearson Correlation	1	.973**	.967**
	Sig. (2-tailed)		.000	.000
Psychology	Pearson Correlation	.973**	1	.982**
	Sig. (2-tailed)	.000		.000
Economics	Pearson Correlation	.967**	.982**	1
	Sig. (2-tailed)	.000	.000	
**. Correlation is significant at the 0.01 level (2-tailed).				

Table No. 39 showed the correlation between social isolation, psychological and economic wellbeing. Social impact is positively significant and correlated to psychological impacts [$r = .973$, sig. 0.00] which is less than $p=0.005$. Hence the social impact and psychological impacts are associated or correlate. The conclusion of the table showed that all the three variables have strong among each other. The p-value for social and psychological is .973, for social and economic it is .967, for economic and psychological it .967 respectively.

Table 40. Descriptive: Positive Impacts on Wellbeing's

Category	Mean	Std. Deviation	N
SIPI	1.7039	.73483	149
Valid N (listwise)			149

Table No. 40 showed the descriptive statistics showed that the mean of social isolation and positive impact score was 1.7039 with the standard deviation of .73483 which is quite high. The conclusion of the table showed during the isolation people have spent quality time with their family members and done their hobbies etc.

Chapter No. 7

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

7.1. Discussions

Novel Coronavirus Diseases, that is now called the COVID-19, was invented from the city of China Wuhan in the year 2019 and dispersed almost 206 countries across the world within less than two months and sent billions of people into the self-lockdown and self-isolation, which is the only cure to overcome the spread of COVID-19 (Chahrour et al. 2020). Socially people become isolated, with no integration, no educational activities, no social events, etc. Similarly, all businesses have been closed and even public transport has been blocked. Furthermore, depression among people has been increased, and domestic violence due to frustration has been increased among married people (WHO 2020). Similarly, results show that majority of the respondents stated that 53.3% of the respondents were to great extent.

Moreover, due to depression and anxiety the level of frustration among males has been increased and it is a negatively impact on domestic violence again women and children in the household (UNESCO 2020). In China, it was found that 7% of the women have a prevalence of posttraumatic stress symptoms, and women have a significant and highest level of this psychological distress as compared to the men (Mustafa, Nasir. 2020). A study in Hong Kong stated that a sample of Survivors of Acute Respiratory Syndrome (SARS) survivors have increased the level of psychological distress and anxiety, not during the pandemic, but also in the post-pandemic situation. Various studies have been conducted to investigate depression in the elderly and many found depression to be largely under-identified and untreated (Bilal et al. 2020). Similarly, the results showed that most of the respondents stated that 43.3% of the respondents felt depressed during the lockdown.

Furthermore, the education system or sectors has been more suffers and still suffering due to a lack of technological advancement in the education and learning process. All the educational institutions have been shifted their face-to-face classes to online sources (Vos 2020) But due to lack of facilities and lack of fast internet facility

students have been suffered a lot. In April 2020, approximately 1.723 billion students have been suffered due to closings of schools, colleges, and universities in reaction to the pandemic (Mustafa 2020). Similarly, the results showed that most of the respondents stated that 51.3% of the respondents were not concentrated on studies or work. The coronavirus has inspired the social life of people. In social life, learning, sport, and other social happenings are included. Due to social loneliness and lockdown, all these events have been shut down and the entire shutdown of all social events.

In Pakistan, the Government of Pakistan has seen smart lockdown and limited all social congregations, like wedding ceremonies, sports events, other cultural happenings, etc. Equally, the education system or segments has been more agonised and still sorrowful due to a lack of technical progress in the education and learning procedure. All the educational groups have been changed their face-to-face classes to online sources (WHO 2020).

Additionally, 30% of the labour force in Pakistan is directly daily wager so that lockdown has made the daily wagers completely dependent on the state. Initially, the Govt of Pakistan started to impose the complete lockdown which suffered millions of farmers, industrialists, and labourer's (The Government of Pakistan 2020). Similarly, the results showed that many of the respondents stated that 66.0% of the respondents were financial uncertain during the lockdown. In addition, Similar results showed that 64.0% of the respondents where isolation has decreased in his monthly earning.

A study was conducted in the context of Gilgit-Baltistan regarding social isolation and economic loss. The results showed that the majority of the 78% of respondents have stated that lockdown and social isolation are facing financial and economic uncertainty. Moreover, 64% of the respondents have decreased their level of earnings and income and 25% of the total respondents have stated that they were in a mood of fear of their job. Finally, 6% of the respondents have found that they were fearful of

the loss of their already existing job due to lockdown. Social-Isolation has also affected psychological wellbeing, particularly in women who were more emotionally depressed. A study stated that the COVID-19 a social-isolation is also inspired women's health situations, where it has improved the long- and short-term depression. In China, it was found that 7% of the women have an occurrence of posttraumatic stress symptoms, and women have an important and highest equal of this psychological suffering as related to the men (Mustafa, Nasir. 2020:05).

Similarly, the results showed that 64.0% of the respondents were affected by his job due to isolation. In addition, the results showed that 40.7% of the respondents have posed threats and fear to lose their existing job. Similarly, the results showed that most of the respondents stated that 55.3% of respondents were not lost their job in lockdown. The reflection of complete lockdown and social separation in Pakistan has improved the experience of stressful experiences, such as a worldwide health disaster which is correlated with the increase of nervousness, depression, and unhappiness among the inhabitants. Moreover, the stigma and the social isolation due to communicable diseases could generate a higher level of nervousness and despair.

A study in Hong Kong specified that an example of Server of Acute Respiratory Syndrome (SARS) survivors have augmented the level of emotional suffering and nervousness, not during the epidemic, but also in the post-pandemic condition. Another research determined that the SARS has a long-term psychological effect on the fighters with the traumatic stress disordered (PTSD) and depressive disturbed being most of the ordinary conditions that have been documented.

Further, it is a condition where people are cut off from mainstream society and people of their location. It is also referring to loneliness which reflected the temporary and involuntary lack of social contact among people. Moreover, the condition of social isolation is that it is a lack of social connection, loneliness among the people, feel lonely without being socially isolated (Giuffrida, Tondo, Beaumont 2020). In addition, the results showed that 54.0% of the respondents felt alone during the

lockdown. In Pakistan, the Government of Pakistan has remarked smart lockdown and limited all social gather together, like weddings ceremonies, sports events, and other cultural events, etc.

Comparably, the overall education system or regions has been more enduring and still experiencing due to lack of technical innovation in education and understanding process. All the educational organizations and institutions have been changed their face-to-face classes to online resources through the internet (Vos 2020). Moreover, the results showed that many of the respondents stated that 51.3% of the respondents were affected in lockdown. In addition, more results showed that 67.3% of the respondents were social isolation restricted to participate in marriage ceremonies.

These people may have inadequate entrance to health care and may be deficient in the capability to defend themselves from monetary stocks such as layoffs, abridged off-farm employ chances, closings of businesses, food uncertainties, deteriorating social-sector facilities, and issues like domestic violence against women (Jordan 2020). Correspondingly, the results showed that most of the respondents specified that the results showed that 44.7% of the respondents were increasing in the health budget. The coronavirus has inspired the social life of people. In social life, learning, sport, and other social happenings are included.

Due to social loneliness and lockdown, all these events have been shut down and the entire shutdown of all social events. In Pakistan, the Government of Pakistan has seen smart lockdown and limited all social congregations, like wedding ceremonies, sports events, other cultural happenings, etc. Equally, the education system or segments has been more agonised and still sorrowful due to a lack of technical progress in the education and learning procedure. All the educational groups have been changed their face-to-face classes to online sources (WHO 2020).

Moreover, 78% of the respondents have stated that they have increased food shortages in their households (Anastasiou, and Marie-Noelle 2021). Likewise, the

results showed that 50.7% of the respondents were an increase in household food consumption. Pakistan is an emerging country where almost 40% of the population is, immediately and ultimately, living below the poverty line. With the epidemic of COVID-19 and social isolation, all the economic events have been closed. A statement indicated that the lockdown and social separation have further driven down 30% of the population below the poverty line. Moreover, 30% of the labour force in Pakistan is unswervingly daily wagers so that lockdown has made the everyday wagers reliant on the state. Firstly, the Government of Pakistan started to impose the comprehensive lockdown which endured millions of farmers, industrialists, and labourer's (The Government of Pakistan 2020).

The testing of hypothesis showed that the three major variables, i.e., Social, Economic and Psychological impacts of Isolation, social distancing, and COVID-19 on the overall wellbeing's of respondents. The outcomes showed that social isolation, social distancing, the lockdown has a greater impact on the social, economic, and psychological wellbeing's. The mean score for SIPW: Social Isolation and Psychological Wellbeing are 1.5807, for Economic Wellbeing it is 1.7257, and finally for psychological Wellbeing is 1.7790. These figures exhibited that the impact rate is to a great extent. Moreover, the correlation between social isolation, psychological and economic wellbeing. Social influence is positively significant and correlated to psychological impacts [$r = .973$, sig. 0.00] which is less than $p=0.005$. Hence the social impact and psychological impacts are associated or correlate. The conclusion of the table showed that all the three variables have strong among each other. The p-value for social and psychological is .973, for social and economic it is .967, for economic and psychological it .967 respectively.

In the conclusion, many respondents have spent quality time with their family members such as taking care of their parents and elders' people in the home. The result of the inferential statistics also showed that social isolation and positive impact score was 1.7039 with the standard deviation of .73483 which is quite high. The

conclusion of the table showed during the isolation people have spent quality time with their family members and done their hobbies etc. This showed that the virus has brought some positive changes to the livelihoods of the people in Sindh.

7.2. Conclusion

The current research study analyzed the social isolation during covid-19 and its impact on the wellbeing's of people in district Khairpur Mir, Sindh Pakistan. As stated, the COVID-19 has outbreaks from China and sent almost the whole population in self-isolation, and lockdown and still the lockdown and isolation are going on. The isolation and lockdown have negatively affected social life, economic activities, and mental health. Moreover, social isolation, social distancing, and the lockdown has limited the movements of people, limits the social, political, and economic capital of people. Further, social isolation has negatively affected social capital formation. On the other hand, isolation and lockdown have some positive impacts on the overall livelihood of people in Khairpur Sindh, such as they have spent quality time with the family members, take care of their elders in the family, regular exercise etc.

7.3. Recommendations

Based on the results and literature review the following recommendations are proposed for the public and the future study:

1. Spend more time with family which will help to overcome alone feelings, depression, anxiety, and frustration and have some activities with family members to spend quality time.
2. Provide better internet access through which students will never suffer from their education.
3. Arrange different timing for office employees which help social distancing and make them secure about their jobs.
4. Government should provide financial, food and other necessary help to people.

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ANNEXURE

Annex-I

SOCIAL ISOLATION DURING COVID-19 AND ITS IMPACT ON THE WELLBEING'S OF PEOPLE IN DISTRICT KHAIRPUR MIR, SINDH



By

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Introduction

I am Okashah Ali Shah, a research student at, Department of Sociology, Quaid-i-Azam University, Islamabad, Pakistan. I am conducting my thesis work titled “Social Isolation During Covid-19 And Its Impact on The Wellbeing’s of People in District Khairpur Mir, Sindh, Pakistan”. Your responses are valuable for me in this research work. All the information provided would be kept confidential and only use in thesis work.

Thank You.

PART: 1. SOCIO-DEMOGRAPHIC PROFILE OF RESPONDENTS

S. No	Category	Responses
1	Age (Years)	1. 18-28 2. 29-39 3. 40-50 4. Above 50
2	Qualification	1. Below Matric 2. Matric 3. Inter-graduation 4. Master and Above
3	Family Type	1. Nuclear 2. Joint 3. Extended

4	Monthly Income of Family	1. <20000 2. 20000-30000 3. 31000-40000 4. 41000-50000 5. Above 50000
5	Employment Status	1. Employed 2. Unemployed
6	Occupation	1. Student 2. Private Job 3. Govt Job 4. Farmer 5. Business 6. Unemployed

PART: 2. SOCIAL ISOLATION AND SOCIAL WELLBEING				
		1. To Great Extend	2. To Some Extend	3. Not at all
S. No	Category	Response		
7	I miss the companionship of my best friends			
8	Social Isolation has limited my social life within the family circle			
9	Social isolation restricted movement towards relatives and friends			
10	Lockdown has restricted in performing religious activities			
11	Social distancing/isolation has reduced travelling plans			
12	Effect routine activities, like sport and social events			
13	Social isolation restricted to participating in marriage ceremonies			
14	In Isolation, my eating habits have changed			
15	There is an increase in household food consumption			

PART: 3. SOCIAL ISOLATION AND PSYCHOLOGICAL WELLBEING				
		1. To Great Extend	2. To Some Extend	3. Not at all
S. No	Category	Response		
16	Most of the time I feel alone during lockdown/social isolation			
17	I feel isolated from other friends who were in my circle			
18	Most of the time I feel depression			
19	It has affected my relationship with friends			
20	The stress of social isolation affects my sleeping pattern			
21	Increase social media addiction			
22	Do not concentrate on studies/work			

PART: 4. SOCIAL ISOLATION AND ECONOMIC WELLBEING				
		1. To Great Extend	2. To Some Extend	3. Not at all
S. No	Categories	Response		
23	Lockdown has affected my existing job			
24	Social Isolation put me in financial uncertainty			
25	Social isolation has decreased in my monthly earning			
26	It has posed threat and fear to lose my existing job			
27	I have lost my job already			
28	Increase the health budget			
29	Not receive any support from the Government or other organizations			

PART: 5. SOCIAL ISOLATION AND POSITIVE IMPACT				
		1. To Great Extend	2. To Some Extend	3. Not at all
S. No	Categories	Response		
30	Spending quality time with my family			
31	Take care parents and elders			
32	Participate in household activities			
33	Adequate sleeping time available			
34	Talking to friends on the phone			
35	Working on hobbies at home			
36	Relaxing by meditation/yoga/exercise			
37	Playing video games			