

## The Environment of the Covid-19 is a New Physics Illness

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### ABSTRACT

In our opinion in the past 16 months a new mental illness showed up throughout the world, and we can safely conclude that among all the mental illnesses it rose to first place when it comes to the numbers. As a result, people neglect the way they dress, their own appearance, exact timelines, and schedules have become meaningless, and “social complacency” has become prevalent. Some specific changes in everyday life: drastic setbacks in the classic educational forms; teleworking became dominant; trips abroad disappeared; there are no more visits to relatives and friends; lack of conferences and congresses with in-person interaction; lack of public cultural events: theater, opera, performance, cinema etc. etc. People’s personalities tend to solidify between the ages of 26 and 28 and change very little after. If a serious environmental change occurs (eg unemployment, divorce, homelessness, imprisonment, several years of study abroad, etc.), if this condition is permanent and there is no possibility of close contact with the family and lasts this period lasts for more than a year, an irreversible change appears in one’s personality. The epidemic breaks down middle-aged people who have already developed a set of values and who work schedules they are already used to. People in such a situations cannot return to their old selves. This is a social, global stress. If this pandemic passes, new laws start to gaining ground, a new code of ethics may need to be written for this disease as well.

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### Introduction

There has never been a similar situation throughout society’s history like the one we experience due to the coronavirus-19. We face a unique crisis in the economic, financial, health, work organization and educational aspects of life, a crisis situation that humanity has never experienced. Being together with other people is necessary, especially in moments when they are going through the same unpleasant experiences. At the moment, humanity is suffering from this lack of togetherness, and at the same time everyone, the whole world, is affected by the same unpleasant events. It is imperative to emphasize that this new mental illness - the ‘turning in on ourselves’ - has left people’s mental functions untouched.

Human life is the most important. Balanced physical and mental health is when mental condition helps us get through critical moments and situations [1]. There could be a need for territorial distribution, with this we mean family - as the smallest group, the expansions of the circle being - city, province, country, continent, etc. or measurement in units of time during the course of an illness: 10 days, one month, one year and the period of subsequent compulsory rehabilitation, a long time consuming period of unanimity [2]. The aftercare for possible complications is also long and age-dependent. The current pandemic involves both of these.

This turn inwards is the period for self-awareness, one that started more than a year ago and led to the re-evaluation of the

things in our lives. We repeat it ever since then: “It would be great if we could get back our old selves”.

### General psychological description of the situation

The virus as a disease is contagious, but experiencing it also affects the environment, depending on the individual. So the behavior is involuntarily mimicked by the environment and thus passed on to family members, acquaintances. There is no atmosphere for either individual work or community. Sometimes we act automatically, without thinking [3]. During this period, our way of thinking also became bleak.

When it comes to the pandemic we must talk separately about fear and anxiety, and the feelings that result from these [4]. Fear is an ancient regressive phenomenon, it is present in all living thing. It can be separated into rational (justified, due to a certain event) and irrational fear. The essential feature of it being that it has a subject! Situational fear becomes harmful when it is disproportionately greater than the cause. It occurs stronger in neurotic people. The symptoms are: feeling low, tension from anticipation, narrowing of consciousness, sudden irrational actions. The physical symptoms that follow these are: dry throat, difficulty in breathing, nervousness, feeling weak, getting pale, cold sweat, fright etc.

Anxiety – it is not aimed at something specific, it is not concrete, it is diffuse. The term „floathing” anxiety is an excellent word for it, it sums it up perfectly. A general bad feeling, with a pessimistic outlook, flooded with sad emotions which do not have a subject.

These emotional manifestations are the preliminary traits of the disease. The “closed off” person with a life that is “isolated” from others results in physical changes as well, an example for these being the people who do sport as a hobby, those who went weekly to the swimming pool, played tennis, played chess etc. As the living space narrowed, additional exercises were given up, resulting in the appearance of extra pounds and a tummy, cumbersome-sluggish gait, neglect. People gained weight.

Unfortunately – because we don’t leave alone – this infection reaches the other members of the family. This is a secondary post-covid infection. It is not the illness itself, but the resignation and passivity that gains strength in one’s personality, and it takes the place of the exemplary parties in our environment [5].

Let us not forget the psychological thesis: “a status that lasts for twelve months leaves a lasting mark on a person’s life”. There may even be a change we cannot correct. The change of our circumstances is permanent. We must try to help ourselves, together with our partner, to work out the moments of return. If working together with them does not seem to go well, there is no shame in asking for the help of a specialist: see if they have an idea that is not the within the usual stereotypes, something else that result in a driving force.

Loneliness and helplessness cause dissatisfaction, and narrowing of the living space also greatly affects motivation. There is no why, when and whatto act on. There is no segment of personality in which no change has taken place. Previous experience shows that nothing positive came out of this epidemic. It is a sense of disintegration in which the when and for how much remain unanswered, nobody knows when is the starting point and the end of this state.

### **A few specific psychological changes**

#### **The restrictions on freedom of movement**

The coronavirus-19 situation affects people, in their decisions, they have to cancel most of their previously decided programs, this results in a huge internal tension because people may have to postpone important and valuable discussions, which in some cases mean the loss of opportunities which are impossible to get back. The usual events with family and friends as well as the opportunities for recreation are also missing.

Lack of exercise and sedentary lifestyle have already led to weight gain, and those with excess weight are more susceptible to the coronavirus. This is especially true for children.

Less movement adversely affects a person’s muscular system, this can result in problems with balance, and even decreases spatial orientation.

People tend to use their own means of transport less or not at all. Interestingly, the restriction on movement entails a change in people’s gait, movement, and thus results in the change in their exterior.

#### **The fact of distancing**

In cities, on the street, in shops people tend to use an unusual form of movement: they avoid each other so that they can keep their distance. This unknowingly increases the feeling of distrust, because in the past we only avoided people if they evoked distrust or fear in us.

To provide the possibility for distancing less people are allowed

in ships, less people can travel using public transport (buses, trains, airplanes) than there are available seats.

Due to distancing there is a need for larger areas compared to before. Our old shops do not allow for the distance rule to be kept, so only a lower number of customers can enter the store. Lines start to form up on the street, which lowers people’s sense of safety.

#### **The mandatory mask usage**

Covering our entire face with the mask evokes a stranger’s personality and a really bad feeling in people. The mask cover so much of the face that the mimicry of communication disappears. We cannot recognize people behind the mask and this leads to anger and feeling offended. Wearing a mask for a long period of time leads to the degradation of our facial expressions. Often we forget to put on our masks and we have to turn back, which leads to us constantly getting late.

#### **Lack of sources of joy**

Nowadays, people have three important sources of joy so far: 1. cultural events, 2. hobbies, 3. regular daily meetings with friends and acquaintances. Participation in cultural events was not possible during this period; many hobbies can be carried out only in at home, personal encounters with friends and acquaintances practically stopped.

A complete block in our ability to experience joy appeared, and this leads to the distortion of one’s personality, regardless of age.

#### **Fear of death**

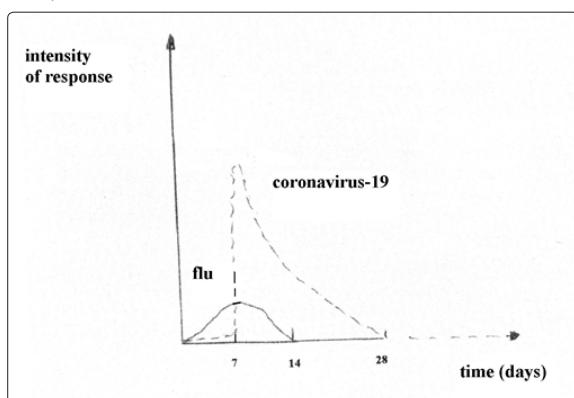
Every adult is aware of the thought of death, because all their experiences make it clear that whoever is born dies and they are aware of this about themselves as well. But people usually don’t deal with the idea of death too often because they experience in a close family and wider circle of acquaintances, that chronic patients usually live 2 to 10 years with their chronic illnesses. This is where a drastic change took place. The proportion of daily infections and daily deaths is approximately 25 to 1. The proportion of those in need of daily hospital treatment and the number of deaths per day is also approximately 25 to 1. The ratio of those on the ventilators to those who die is 5: 1. This should already make people think. What strikes people, however, is that many of those who get the coronavirus-19 usually die within 15 to 30 days. One is accustomed to chronic patients dragging their disease for years and it is almost inconceivable that they talked to someone on the phone in the past 2-3 weeks and now they are already dead! This creates the panic-like fear of death that is unique to this one case. Even the mildest symptoms triggers an awareness of death in people and this is a mentally “contagious” disease. Therefore, we argue that “turning in on ourselves” is a completely new mental illness and it affects all adults regardless of age (!) and boundaries (!).

#### **Comparing the flu to the coronavirus-19**

The flu is a viral infectious disease. Humanity has been living with the flu for decades and there is a vaccine against it. The basic problem is that vaccination usually means 6-8 months of protection and generally everything occurs at winter in the temperate zone. In the XX. Century, 3 pandemic situations are known: the Spanish flu in 1918 (30–100 million deaths); the Asian flu in 1957 (two million deaths); and the Hong Kong flu in 1968 (one million deaths). The disease spreads among people through aerogenic droplets (at short distance), direct physical contact, or objects touched by the patient, so the role of daily

hygiene is a must when it comes to preventing the infection [6]. The number of flu patients worldwide is estimated at 30 to 50 million each year, causing 3 to 5 million cases of serious illness, and 400,000 to 650,000 patients die from it. 20% of unvaccinated children and 10% of unvaccinated adults become infected. It is remarkable that 90% of unvaccinated adults are not infected! In one year, 300 million became infected with the covid virus and 3 million died. People who received the covid vaccine, even if they get infected and end up in hospital, do not die! This must be understood with common sense! We could also say IT this way, “Die anti-vaxxers,” but let others live.

Due to the great similarity of the symptoms caused by the coronavirus-19, it was initially compared to the flu, but a very large number of severe patients are ventilated in this case, while for flu this number is negligible. When it comes to flu most symptoms disappear in 7–10 days after the 2–3 days of the incubation period, though coughing last can last for two weeks. From the beginning of the infection to the end of it around 28 days pass [7]. When it comes to the coronavirus-19 the incubation period is longer, 5–7 days, and in 1–2 days it can turn into a serious condition. At this moment we can't assess this “turn” precisely, this is why so many of the coronavirus-19 patients get into hospital care. If we could assess the incubation period more precisely, there would be far less deaths. A plausible unique explanation is that from the onset of infection, the coronavirus-19 multiplies slowly so that the body does not produce a higher quantity of antibodies, and then the growth starts to curve exponentially (steeply), but by this time the body does not have a high amount of antibodies and so it becomes unable to fight the rapid multiplication of the virus [8]. (see Figure 1.)



The extremely rapid course of coronavirus-19 disease, as well as the patients being kept on the ventilator in the antemortem period, is an important obstacle to more thorough professional observation [9]. Information on symptoms is incomplete because the patient's life is being rescued and there is not enough time to collect data.

In general, the total course of coronavirus-19 disease is approximately 28 days, followed by a recovery period, the former patient - according to the general opinion - can infect other people for another 3 months (!).

### Evaluation

We can separate people into three groups, depending on the effects of the coronavirus-19 [10].

1. People who got infected and already recovered. In them a fundamental fair appeared, what that was not present in their previous lives.
2. The families and friend groups who lost people due to the

coronavirus-19. In these people a form of transmitted fear has been created and because of their communication with the rest of the group are able to “infect” many other people with this type of fear.

3. All the people who do not belong in group 1 and 2 fall into this category. These are characterized by diffuse fear. This diffuse fear is perpetuated by the media through the daily news broadcasts - their intentions being prevention - and people specifically experience it every day due to the necessary measures taken by governments. In their immediate vicinity, nothing is as it used to be: curfews, travel restrictions, shopping restrictions, keeping distance from others, hand washing, wearing a mask, not celebrating festivities, hotel closures, lack of theatrical performances, and so on etc.

### Summary

The primary traits of the new mental illness, of this “Post-trauma after Covid-19: “turning in on ourselves”.

It affects everybody.

A general so-called global sense of fear. Extremely contagious - “mental infection”.

Personality distortions can occur due to cohabitation deficiencies. Uncertainty of the individual and their environment in the near future.

Undermined faith in the future.

This is a social global stress.

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