

Behaviour Tolerance to Covid-19 Pandemic **Shefa Mahmoud***

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Description

The COVID-19 pandemic represents a massive, global health crisis. Crisis requires large-scale behavior change and poses significant psychological burdens on individuals, yet people have developed behavior tolerance against covid-19 could be explained as need to live they will continue their life hoping that their body will find way to treat this virus, adapting new skills or wearing mask 24 h.

But what's making people fearless from deadly consequences? The answer is time! Time will engages you in repeating circle of slowly decaying.

It's also a cyclical pattern," says Roxane Silver, a psychologist at the University of California, Irvine and one of the study's authors. "The more stressed you are the more you are likely to be engaged with the media. And it can be hard to break the pattern, especially when the news is bad. The more news, the more stress, the more stress the more news."

The idea of quarantine seems as much like a prison! It is prevent them from the daily activities physically and socially.

Research suggests that people forced to live in quarantine conditions face a greater risk of anxiety, depression, anger, irritability, insomnia and post-traumatic stress symptoms. The longer quarantine lasts, the worse its impact on psychological well-being. The solitary time the whispers of mind being in home could be devastating in physical and psychological levels.

According to a meta-analysis co-authored by Julianne Holt-Lunstad, PhD, a professor of psychology and neuroscience at Brigham Young University, lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder. She's also found that loneliness and social isolation are twice as harmful to physical and mental health as obesity.

What most people afraid is them self! thoughts and their regrets in regularly day they skip the Confrontation of them self by any activity paralysis their souls. Some people do overtime job that beat their mind to the limit that they only think about the bed! or being online addicted and etc., people can't accept their truth!

They can't live with them self actually for clarifying they can't live with the guilt. Pain regret there are a lot of human feelings could take us down and without proper, psychological solution or perhaps a friend to talk to, advice, meditation or religion to

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take forgiveness to our past mistakes, we might get depressed and with this social isolation and loneliness, it will significantly increase the risk for premature mortality, and the magnitude of psychological problems even suicide attempts!

Says Holt Lunstad, "Being connected to others socially is widely considered a fundamental human need-crucial to both well-being and survival."

Our brains will try to balance this equation pressure of self-judgment and bubble of depression self petty and hate or give a chance to go out and meet people and skip the part that could get infected!! (I will wear a mask) away to comfort himself perhaps first time everything was all right and the second and so on one of the tendencies is for people to think, 'It's going to be OK this time'. We need people to understand that it won't."

People have to think about the risks, not in terms of judgment on each occasion, but as a set of rules that they always adhere to," says west. "It's a simple equation: The more barriers you put in the way of that virus getting from one person's lungs into another person's lungs, the fewer infections there will be."

But our brain will translate it to safety code (virus couldn't affect me) the resolve of the burden give it pleasant feeling to your mind, it's a happy game because before getting out you were stressed. Anxious worried restless you are adrenaline in the roof and then you face the death but you did survive and nothing happened you're brain sending happy hormones and start enjoying the challenge.

Now everything okay until one step slap! People think if they run somehow virus won't catch them!! Resemble the role of 5

seconds! Mean less neither ineffective nor protective or they can't get infected because simply they didn't see the virus! Human nature builds on the sense and visualization another major challenge in following public health guidance on corona virus.

Martin says, is the invisible, intangible nature of the spread of the virus. "Human beings in general are much more responsive when there is immediate evidence of the outcome," she says. "But because there is such a long incubation period, and because many people are asymptomatic in the beginning, it's not until too late that people think, 'I ought to have isolated more.'"

With time they get tired and tend to give up how much news counting the mortality rate it's doesn't affect them!

Even now, there is evidence that people are suffering from corona virus news fatigue and reading less about the pandemic.

This might be due, in part, to a psychological phenomenon known as psychic numbing, the idea that "the more people die, the less we care".

If I look at the mass I will never act. If I look at the one, I will."
Mother Teresa

(We not only become numb to the significance of increasing numbers, but our compassion can actually fade or collapse overall as numbers increase).

Josef Stalin said "One death is a tragedy. One million is a statistic." we show statistic to people of mortality rate we think it will prevent them from going out and be more restrict.

We thought if we showed how serious the problem was, people would be more motivated to help," says Slovic. Instead, we only make them feel bad as the number of people suffering or dying grows in a tragedy, our donation or efforts increasingly feel like a drop in the ocean. Also, some group of people act like it's not there responsibility or they rely on others.

They hardly follow the guidance of public health and those are more dangerous than a virus, itself as they could be a risk for them self and others carrier for COVID-19 (Contiguous source) that walk among us.

So with all these facets people, tend to neglect the crisis as a way to save them Self from much big threat, a threat that could be felt and see they reach of a point of threshold and seem that the outside safer than their own house even with the risk of death from COVID-19.