

SOCIAL, MENTAL AND ECONOMIC IMPACT OF COVID-19 ON HOUSEHOLDS

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ABSTRACT

Background: Coronavirus disease-2019 (COVID-19) is an emerging public health problem threatening different components of people's health globally. Lockdown phenomenon associated with this disease has the potential of affecting total well-being of the people. This study assessed the social, mental and economic impact of COVID-19 on households in three Geo-political zones of Nigeria.

Methods: A cross-sectional survey was conducted among residents of South-west, South-south and North-central, Nigeria from May to June 2020, using convenience sampling via Google link. 400 willing residents were recruited for the study and semi-structured, mixed administered questionnaire was used to collect data on Economic, social and emotional effect of COVID 19 on respondents. All data collected were subjected to Chi-square test (SPSS version 22).

Results: Respondents with highest frequency

for total (39.55%) and partial (41.70%) lockdown were within age 31-40 years. The effect of various media was confusion (37.81%) in total lockdown and more of fear and anxiety (37.61%) in partial lockdown. The highest overall score of lockdown impact was on high economic impact. Female (OR = 7.2, 95% CI = 2.7-19.4) and Tertiary and above educational status (OR= 9.7, 95% CI = 2.2-42.1) were associated with higher likelihood of economic impact while, age 30 years and above are less likely to have social and emotional impact of COVID-19 (OR= 0.1, 95% CI = 0.1-0.4).

Conclusion: This study revealed that COVID-19 adversely affected economy of female and respondents with higher educational status. While, social and emotional response of respondents older than 30 years were not negatively influenced.

Keywords: Social, COVID-19, Economic, Impact.

INTRODUCTION

In the late 2019, the first case of Coronavirus disease later came to be known as COVID 19 was reported from Wuhan, China.¹ The disease, caused by SARS-Cov-2, has since been declared pandemic having spread to all

the continents of the world. As at the time of this study, the confirmed cases worldwide stood at 6,515,796 and the death toll was 387,298; while Nigeria figure for confirmed cases and deaths were 11,516 and 323 respectively.² There is no known cure or



vaccine yet but researches are ongoing while cases of the disease are being managed with various medications as approved by every country and the Ministry of health.

Methods of spread are through droplets from cough, sneeze, breath and talk from an infected individual. The disease is not known to be airborne but the virus can be infectious on surfaces for as long as few days.^{3,4} Preventive practices that has been emphasized include social distancing; regular hand washing and sanitizing with alcohol based liquid; not touching the face, mouth and nose with hands unless clean.^{3,4} Others include coughing and sneezing to elbows or using disposable tissue when someone coughs or sneezes; avoiding handshakes as much as possible. All these are to avoid possible contact with an infected area and touching the face with the same thereby infecting oneself.

Measures taken by many countries are quarantining, curfew and shutting down all borders (airports, land borders and seaports) to countries with high burden of the disease except for essential services and diplomatic travels.^{5,6} This international travel restriction of course is expected to lead to challenges of international trade and impact on the economy. In the same vein, within the countries, there are enforcement of social and physical distance. This resulted in having to restrict social gathering (schools from primary to tertiary, religious programmes, social occasions such as wedding, burial ceremonies, parties etc.). Initially, gathering was limited to maximum of 50, later to 30, 20 and 10 depending on the burden of spread in

various states.^{7,8} At a much later time, there were total lockdown of movement, trade and activities in some states while in other states, it was partial lockdown (curfew between 6pm to 6am). Some health facilities restricted number of staff per day so as to be able to observe social distancing and reduce possibility of spread while few had to restrict access by patients to non-emergency services either due to their staff testing positive to the virus or being proactive to guard against it.⁹

Inability to do usual trading or job is expected to lead to inability to make income and consequently effect on not only adequate nutrition but total physical, mental and social health of the people. This social and economic impact affect not only the nation, states, corporate organizations, medium and small scale industries (public and private) but also (and even more) on individuals and households.

Definitely, this is expected to affect people's ability to cope, fetching for their daily meals and means of survival. There are people whose means of survival are daily income and many of them actually eat from hand to mouth and having little or no savings. Not having to make any income in 24 hours tells much on them and household but they now have to be restricted from having any income for days and weeks. This paper seeks to find the effects of the COVID-19 lockdown and restriction of movement and activities on their social, mental wellbeing as well as the economic impact.



METHODOLOGY

Study area: Study was carried out in three socio-demographic regions of the country, South-west (Oyo, Osun, Ogun and Lagos states), South-south and North-central. Total and Partial lockdown states were so named as it was declared by various states in the selected geo-political regions. In the total lockdown states, there is complete restriction of movement except for essential duties as defined whereas in the partial lockdown states, there are movement and businesses except for social and religious gatherings with or without curfew. It was a cross-sectional descriptive study design.

The study population was all consenting adults who received the google form questionnaire within the study area. Sample size was calculated using Leslie Fishers formulae with a prevalence of 50%, a minimum sample size of 400 was arrived at but forms were distributed widely. At the end, 625 respondents participated in the study. It was a convenience sampling having to send Google form link to people via email and other social media platforms within the selected geographical area who were able to fill the form and submit within the time frame provided.

A self-developed semi-structured questionnaire was used as the instrument for data collection. It contained various aspects as socio-demographic and economic data; social and economic effect of the restriction of movement on their well-being. Mental health was assessed based on self-reporting of feeling of fear or anxiety of the respondents. Data was collected through a

mix technique wherein those who were not literate enough to use the google form had it administered to them by an interviewer.

The data from google form was converted to Microsoft Excel worksheet and exported to SPSS. The data were then analyzed with SPSS version 22. The instrument for grading respondents' responses on economic, social and emotional responses was developed by the authors and was based on participants' perception of their status at the time of interview. Responses on variables on economic impact were gathered and graded as high, medium and low. Responses that indicate financial or economic hardship on the individual and family were scored 1 and otherwise zero and then added together with the maximum score of 32 points. Score of 11 – 20 was considered medium while less than 11 and greater than 20 was taken as low and high respectively. Similarly, responses that indicate social or emotional inconvenience on the individual and family were scored 1 and otherwise zero and then added together with the maximum score of 40 points. Score of 13 – 26 was considered medium social and emotional impact while less than 13 and greater than 26 was taken as low and high respectively.

Bivariate analysis of the categorical variables were by Chi square with level of significance set at $p < 0.05$ while multivariate analysis was by Regression analysis. Data was presented in prose and frequency tables.

Participation was voluntary and informed consent obtained while ensuring confidentiality of the provided information.

It was a pure survey, so there was no form of physical harm to anyone.

Having to use convenience form of sampling which to a large extent will exclude those who do not possess a compatible device is a limitation for this study and should keep the user of this paper in check.

RESULTS

The socio-demographic characteristics of respondents in the total lockdown and partial lockdown categories shows the highest frequency to be those aged 31-40 years for both categories with 39.55% and 41.70% for the total lockdown and partial lockdown categories respectively. Majority of the respondents were of the Christian religion and Yoruba by tribe (Table 1).

Table 1: Socio-demographic Characteristics of Respondents

Variables	N = 402 Freq (%)		N = 223 Freq (%)	
	Total lockdown	Partial lockdown	Total lockdown	Partial lockdown
Age (years)				
< 20	3 (0.75)	3 (1.35)	X ² = 7.602 df = 4 p = 0.1073	
21 - 30	67 (16.67)	25 (11.21)		
31 - 40	159 (39.55)	93 (41.70)		
41 - 50	92 (22.88)	42 (18.83)		
> 50	81 (20.15)	60 (26.91)		
Sex			X ² = 1.257 df = 1 p = 0.2622	
Male	190 (47.26)	95 (42.60)		
Female	212 (52.74)	128 (57.40)		
Marital Status			X ² = 2.755 df = 2 p = 0.2522	
Single	105 (26.12)	71 (31.84)		
Married	282 (70.15)	142 (63.68)		
Divorced/Separated/Widowed	15 (3.73)	10 (4.48)		
No in household			X ² = 0.366 df = 2 p = 0.8328	
2 - 4	194 (48.26)	102 (45.73)		
5 - 9	201 (50.00)	117 (52.47)		
≥ 10	7 (1.74)	4 (1.80)		
Religion			X ² = 0.774 df = 1 p = 0.3791	
Christian	277 (68.91)	146 (65.50)		
Islam	125 (30.09)	77 (34.50)		
Tribe			X ² = 3.507 df = 2 p = 0.1732	
Yoruba	302 (75.12)	152 (68.16)		
Igbo/SE/SS languages	43 (10.70)	31 (13.90)		
Hausa/Fulani/Northern languages	57 (14.18)	40 (17.94)		

Table 2: Economic status of respondents by lockdown situation of residence

	Total lockdown N=402	Partial lockdown N=223	
Occupation			
Small Scale Enterprise	134 (33.33)	72 (32.29)	X ² = 3.261 df = 4 p = 0.5151
Commercial drivers/manual labourer	44 (10.95)	16 (7.17)	
Civil servant/professional/Clergy	118 (29.35)	73 (32.74)	
Student/apprentice	67 (16.67)	36 (16.14)	
Unemployed/housewife/retired	39 (9.70)	26 (11.66)	
Educational status			X ² = 3.8988 df = 3 p = 0.2726
Primary or less	31 (7.71)	18 (8.07)	
Completed JSS	64 (15.92)	42 (18.84)	
Completed JSS	180 (44.78)	82 (36.77)	
Completed SSS	127 (31.59)	81 (36.32)	
Completed tertiary or higher			
Occupational status	n = 296	n = 162	X ² = 1.606 df = 4 p = 0.8077
Self-employed (no employee)	84 (28.38)	50 (30.86)	
Owns a business or organization (with employees)	39 (13.18)	25 (15.43)	
Employed by a private organization	68 (22.97)	30 (18.52)	
Employed by public or government organization	93 (31.42)	51 (31.48)	
Mainly digital/ICT business (online, computer based)	12 (4.05)	6 (3.71)	
Place of work	n = 296	n = 162	X ² = 4.422 df = 1 p = .0355
Away from the house	211 (71.28)	130 (80.25)	
Home or within walking from distance the house	85 (28.72)	32 (19.75)	
Distance of place of work	n = 211	n = 130	X ² = 1.9174 df = 3 p = 0.5905
0 - 1	32 (15.17)	17 (13.08)	
1 - 2	36 (17.05)	20 (15.38)	
2 - 3	60 (28.44)	32 (24.62)	
3 - 4	83 (39.34)	61 (46.92)	
Frequency of income	n = 296	n = 162	X ² = 0.790 df = 3 p = 0.8519
Per job / hire / contract	53 (17.91)	24 (14.81)	
Daily	74 (25.00)	43 (26.54)	
Weekly	18 (6.08)	11 (6.79)	
Monthly	151 (51.01)	84 (51.85)	

Occupations of the respondents were presented in Table 2. There were no statistical significant differences between the 2 categories.

With respect to the social and emotional effect of COVID-19 on respondents, responses are as in Table 3.

Table 4 shows economic effect of lockdown on respondents with statistical significance with number of days of work/job missed (p < 0.0001). The overall score of impact of lockdown on economic impact with the highest frequency being for the high economic impact (Fig. 1).

The association between selected respondents' social demographic

characteristics and social & emotional impact of COVID-19 is shown on Table 5. It shows that there is statistical significant difference between age and social & emotional impact of COVID-19 ($p < 0.001$). There was no statistical significant difference for spouse employment status $p = 0.061$ and place of work; $p = 0.307$.

Bivariate analysis shows statistical significant difference between selected socio-demographic characteristics (age, sex, marital status, number in household, occupational status and frequency of income) and economic impact of COVID-19. The female and married had a higher economic impact; the higher the number in household, the higher the economic impact (Table 6).

Table 7 presents the association between social & emotional impact of COVID-19 and its economic impact on respondents. Those that have high social & emotional impact also have high economic impact and the difference was statistically significant ($p = 0.013$).

Majority of respondents have a high economic impact in both categories of total and partial lockdown respondents respectively. The difference was found to be statistically significant at ($p < 0.0001$). Most respondents also have a high social and emotional impact in both categories of total and partial lockdown respondents respectively. The difference was found to be statistically significant (Table 8).

The predictors of economic impact of COVID-19 on respondents using logistic regression is shown in Table IX. Respondents with educational status of Tertiary and above are 9 times more likely to have an economic impact of COVID-19 (Odd ratio (O.R) = 9.669). Respondents with educational status of tertiary and above were more likely to have a social and emotional impact of COVID-19 (O.R = 1.640).

Table 3a: Social and emotional effect of COVID-19 on respondents

Variables	Total lockdown	Partial lockdown	
How staying home has been	N=402	N=223	$X^2 = 58.836$
Not easy at all	51(12.69)	56 (25.12)	df = 3
Just trying to cope	260 (64.68)	76 (34.08)	$p < 0.0001$
Really need the test	12 (2.98)	23 (10.31)	
Need the rest but too long	79(19.65)	68 (30.49)	
Necessity of the home staying/lockdown			
I believe so	266 (41.29)	122 (54.71)	$X^2 = 9.707$
Not necessary	41 (10.20)	23 (10.31)	df = 2
Unsure/Neutral	95 (23.13)	78 (34.98)	$p = 0.0078$
Programmes/event planned for and cancelled (multiple responses)			
Family vacation	61 (15.17)	30(13.45)	$p=0.5589$
Birthday party	107 (26.62)	36 (16.14)	$p=0.0028$
Business seminar	72 (17.91)	25 (11.21)	$p=0.0267$
Conference	86 (21.39)	43 (19.28)	$p=0.5323$
Easter special event	243 (60.45)	79 (35.43)	$p<0.0001$
Wedding party	74 (18.40)	38 (17.04)	$p=0.6693$
Going back to my base	45 (11.19)	19 (8.52)	$p=0.2908$
Religious programme /activity	363 (90.29)	131 (58.74)	$p=0.0001$
Burial/ remembrance	87 (21.64)	51 (22.87)	$p=0.7229$
Academic event	79 (19.65)	46 (20.63)	$p=0.7701$
Effects of the cancelation (multiple responses)			
Sad/devastated	248(66.67)	119(53.36)	$p=0.0428$
Things may be costlier later	283 (70.40)	144 (64.57)	$p=0.1338$
Loss of investment	236 (58.71)	116 (52.02)	$p=0.1063$
Not really much	58 (14.43)	31 (13.90)	$p=0.8568$
Reaction of people when cough/sneeze in public	n= 56	n = 29	
Normal / Usual empathy	18 (32.14)	12 (41.37)	$X^2=0.9334$
Embarrass	12 (21.43)	5 (17.24)	df=3
Moved away stylishly	20 (35.72)	10 (34.49)	$p=0.8174$
Not noticed	6 (10.71)	2 (6.90)	
Own reaction when cough/sneeze in public	n=56	n=29	$X^2=0.0076$
Scared of being infected	14 (25.00)	7 (24.14)	df=1
Not disturbed	42 (75.00)	22 (75.86)	$p=0.9303$

Table 3b: Social and emotional effect of COVID-19 on respondents II

Effect of radio/TV/social media (multiple responses)	n = 402	n = 223	
More of fear and anxiety	138(34.33)	84 (37.67)	p = 0.4033
Educative	84(20.90)	49 (21.97)	p=0.7525
Reassurance	34 (8.46)	13 (5.83)	p=0.2327
Confusion	152 (37.81)	73 (32.74)	p=0.2054
Any hope to end the pandemic			
Very optimistic, it will end soon	352 (87.56)	187 (83.85)	X ² = 4.422
The end of the world has come	26 (6.47)	18 (8.07)	df = 1
Really don't know / care	24 (5.97)	18 (8.07)	p = .0355
Means of Getting along (multiple responses)			
Word of encouragement from spiritual leaders	237 (58.96)	99 (44.39)	p=0.0005
Word of encouragement from family and friends	82 (20.40)	47 (22.08)	p=0.8309
Self-encouragement	94 (23.38)	62 (27.80)	p=0.2213

Table 4: Economic effect of lockdown on respondents (N=625)

Variables	Total lockdown	Partial lockdown	Statistics
Number of days of work/job missed			
None	n=296	n=162	X ² = 106.41
1 – 2 weeks	35 (11.82)	80 (49.38)	df = 3
3 – 4 weeks	28 (9.46)	32 (19.75)	p < 0.0001
> 4 weeks	201 (67.91)	45 (27.78)	
How much financial loss from workplace/job			
None	n=296	n=162	X ² = 37.280
< 10 000	61 (20.61)	68 (41.98)	df = 4
11 000 – 20 000	69 (23.31)	28 (17.28)	p = 0.0001
21 000 – 50 000	56 (18.92)	24 (14.81)	
> 50 000	42 (14.19)	31 (19.14)	
How much loss on previously planned event			
< 10 000	n=122	n=63	X ² = 1.633
11 000 – 20 000	21 (17.21)	15 (23.81)	df = 3
21 000 – 50 000	21 (17.21)	12 (19.05)	p = 0.6519
> 50 000	28 (22.95)	14 (22.22)	
How much can be retrieved/refunded hopefully			
Nothing / unsure of anything	n=122	n=63	X ² = 22.254
< 25 %	25 (20.49)	10 (15.87)	df = 4
26 – 50%	47 (38.52)	19 (30.16)	p = 0.0002
51 – 75%	12 (9.84)	24 (38.10)	
76 – 100%	26 (21.31)	6 (9.52)	
Was the event cancelled or postponed			
Cancelled totally	n=122	n=63	X ² = 1.060
Postponed to a later time	48 (39.35)	29 (46.03)	df = 2
Changed to online event	58 (47.54)	25 (39.68)	p = 0.5885
How as the pandemic affected your job			
Any risk of losing perishable items or get them expired	n=296	n=162	p<0.0001
As government or private organization workers, do you receive full salary	n=160	n=101	X ² = 0.0556
Yes in full	128 (80.00)	82 (81.18)	df = 1
Not yet	32(20.00)	19 (18.81)	p < 0.8136)
If an employer, did you pay your workers, last month			
Yes in full	n=34	n=20	X ² = 5.745
Yes not in full	11 (32.35)	13 (65.00)	df = 2
Not yet	13 (38.24)	3 (15.00)	p < 0.5657)

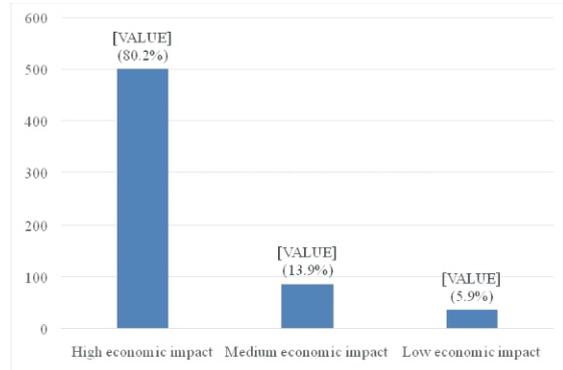


Figure 1: Overall score of impact of lockdown on economic impact

Table 5: Association between respondents' social demographic characteristics and social & emotional impact of COVID-19

Variables	Social & emotional impact of COVID-19			X ²	df	Pvalue
	High	Medium	Low			
Age (years)						
< 20	1(16.7)	5(83.3)	0(0.0)	321.709	8	*<0.001
20-29	14(15.2)	78(84.8)	0(0.0)			
30-39	167(66.3)	85(33.7)	0(0.0)			
40-49	131(97.8)	0(0.0)	3(2.2)			
≥ 50	120(85.1)	0(0.0)	21(14.9)			
Sex						
Male	217(76.1)	64(22.5)	4(1.4)	15.473	2	*<0.001
Female	216(63.6)	104(30.6)	20(5.9)			
Marital Status						
Single	8(4.5)	168(95.5)	0(0.0)	1184.18	4	*<0.001
Married	424(100)	0(0.0)	0(0.0)			
Divorced/Separated/Widowed	1(4.0)	0(0.0)	24(3.8)			
Number in household						
2 – 4	167(56.4)	125(42.2)	4(1.4)	106.990	4	*<0.001
5 – 9	265(83.3)	33(10.4)	20(6.3)			
≥ 10	1(9.1)	10(90.9)	0(0.0)			
Spouse gainfully employed						
Yes	407(67.9)	168(28.0)	24(4.0)	12.029	4	0.061
No	23(100.0)	0(0.0)	0(0.0)			
No applicable	3(100.0)	0(0.0)	0(0.0)			
Place of work						
Away from home	374(69.6)	139(25.9)	24(4.5)	7.154	4	0.307
Home/neighbourhood	56(65.9)	29(34.1)	0(0.0)			
Not at all	3(100)	0(0.0)	0(0.0)			
Walking distance						

Table 6: Association between respondents' social demographic characteristics and economic impact of COVID-19

Variables	Economic impact of COVID-19			X ²	df	p-value
	High	Medium	Low			
Age (years)						
< 20	6(100.0)	0(0.0)	0(0.0)	57.541	8	*<0.001
21 – 30	88(95.7)	3(3.3)	1(1.1)			
31 – 40	218(86.5)	29(11.5)	5(2.0)			
41 – 50	128(95.5)	3(2.2)	3(2.2)			
> 50	114(80.9)	6(4.3)	21(14.9)			
Sex						
Male	246(86.3)	14(4.9)	25(8.8)	19.707	2	*<0.001
Female	308(90.6)	27(7.9)	5(1.5)			
Marital Status						
Single	367(86.6)	30(7.1)	27(6.4)	10.001	4	*0.040
Married	165(93.8)	8(4.5)	3(1.7)			
Divorced/Separated/Widowed	22(88.0)	3(12.0)	0(0.0)			
No in household						
2 – 4	259(87.5)	31(10.5)	6(2.0)	23.774	4	*<0.001
5 – 9	284(89.3)	10(3.1)	24(7.5)			
≥ 10	11(100.0)	0(0.0)	0(0.0)			
Occupational Status						
Self-employed	112(81.8)	22(16.1)	3(2.2)	50.950	10	*<0.001
Owns a business/organization	124(95.4)	5(3.8)	1(0.8)			
Employed by a private organization	116(95.8)	3(2.5)	2(1.7)			
Employed by public / government	182(84.7)	11(5.1)	22(10.2)			
Mainly digital/online/internet	2(9.1)	0(0.0)	20(90.9)			
Spouse gainfully employed						
Yes	529(88.3)	40(6.7)	30(5.0)	1.862	4	0.932

Table 7: Association between overall social & emotional impact of COVID-19 and its Economic impact on respondents

Economic Impact	Social & Emotional Impact			X ²	df	P-value
	High	Medium	Low			
High	373(67.3)	160(28.9)	21(3.8)			
Medium	33(80.5)	5(12.2)	3(7.3)	12.648	4	*0.013
Low	27(90.0)	3(10.0)	0(0.0)			

*Statistically significant <0.05

Table 8: Association between Status of lockdown and Impact on the respondents

	Total lockdown	Partial lockdown	TOTAL	Statistics
Economic Impact				
High	352	149	501	X ² = 41.396
Medium	39	48	87	df = 2
Low	11	37	37	P < 0.0001
Social & Emotional Impact				
High	327	106	433	X ² = 77.119
Medium	65	103	168	df = 2
Low	10	14	24	P < 0.0001
	402	223	625	

Table 9: Predictors of economic impact of COVID-19 on respondents using logistic regression

Explanatory factors	B	OR (95% CI)	df(p-value)
Age(years)			
<30(Ref)			
30	-0.982	0.375(0.041-3.434)	1(0.385)
Sex			
Male (Ref)			
Female	1.973	7.190(2.669-19.368)	1(0.000)*
Marital status			
Never married			
Ever married	0.946	0.237(0.135-0.416)	1(0.163)
Number in household			
<5	-0.814	0.443(0.169-1.163)	1(0.098)
>5			
Educational status			
Up to secondary	2.269	9.669(2.221-42.099)	1(0.003)*
Tertiary and above			
Occupational status			
Employed	-1.289	0.276(0.111-0.684)	1(0.005)*
Unemployed			
Omnibus test; X ² = 51.966, p-value <0.001. Correct classification; 95.2%			

Table 10: Predictors of social and emotional impact of COVID-19 on respondents using logistic regression

Explanatory factors	B	OR (95% CI)	df(p-value)
Age(years)			
<30(Ref)			
30	-1.965	0.140(0.052-0.378)	1(0.000)*
Sex			
Male (Ref)			
Female	-0.321	0.726(0.437-1.204)	1(0.214)
Marital status			
Never married			
Ever married	-1.439	0.237(0.135-0.416)	1(0.000)*
Number in household			
<5	-0.873	0.418(0.230-0.759)	1(0.004)*
>5			
Religion			
Christians	-2.025	0.132(0.045-0.384)	1(0.000)*
Islam			
Educational status			
Up to secondary	0.495	1.640(0.920-2.926)	1(0.094)
Tertiary and above			
Occupational status			
Employed	-0.038	1.039(0.657-1.643)	1(0.871)*
Not Employed			
Omnibus test; X ² = 54.410, p-value <0.001. Correct classification; 86.9%			



DISCUSSION

Our study revealed the predominance of age group 31-40 years. This age group is active, productive and autonomous, any conclusion derived from this study will be valid for both groups in partial and total lockdown. It was not surprising that majority of the respondents were Christian and Yoruba because of the study site which is majorly dominated by this group. Lockdown is a phenomenon that resulted in many countries of the world due to the ravaging effect of COVID-19 that specific treatment for the virus yet to be identified and with the belief that staying indoor will interrupt its transmission since it is a droplet infection. It was not surprising that this lockdown affected citizens socially, mentally and economic wise because all these are component of health.

Human beings are created to device coping mechanism in adverse situation of life. This was also exhibited in this study, in which about one-third in both categories device means of coping to release emotional effect of COVID-19. This also corroborate a study by *Polizzi et al.* which said reading more, which is a mentally challenging task during an epidemic that require lockdown is a way of preparing for how life will change for the better following the pandemic. Likewise a study on Posttraumatic growth in trauma recollections of 9/11 survivors reveals that appreciation of one's life as a coping mechanism, is possibly a maker of positive adaptation and wellbeing.¹¹ Emphasis on cancellation of religious activities and other programmes was also seen because religious activities and ceremonies are highly valued in

this part of the country. About two out of five respondents in both categories reported effect of various media as being negative leading to confusion in total lockdown while fear and anxiety in partial lockdown. The likely reason for this may be because the sources of information may not be a trusted one and hence leading to psychological problems. World Health Organization suggested that information should be sought from trusted sources to prevent psychological problems.¹² Cancellation of programmes no doubt resulted in loss time, financial investment which may not be recovered even after the lockdown is lifted giving rise to further emotional effect.

Majority of the respondents are optimistic that the pandemic will soon end. This might be because of faith of the respondents, either as a Christian or Muslim and coupled with encouragement gotten from spiritual leaders. Economic effect of lockdown on respondents much on total lockdown with associated financial loss in about a quarter of the respondents and it was statistically significant. The reason for this may be because activities that involved physical contact cannot be engaged in and monitoring, supervision and evaluation of some processes not possible. This total lockdown makes it difficult for many street vendors and daily wage earners to find any means for survival. A study reported that lockdowns in sub-Saharan African countries are likely to make the savings of about one-third of the population essentially vanish and thereby removing all resilience capacity to future shocks.¹³ The overall impact of lockdown, has high economic in about four



out of five respondents. This might be because events like this don't readily occur and level of preparedness was low. A study reported that COVID-19 is a new source of poverty creation, which had a strong impact on both developed and fragile economies, leaving the biggest negative effects on production networks, a significant reduction on agricultural activities, tourism, trade and industry.¹⁴ A study revealed that there will be massive economic shock on households if no social protection is offered and that can increase poverty rate to about thirty percent within three months.¹⁵

In assessing association between selected respondents' social demographic characteristics and social & emotional impact of COVID-19, there was statistical significant difference between age and social & emotional impact of COVID-19. More than nine out of ten respondents in age group 41-50 years are in high social and economic impact of COVID-19 category. This may be because respondents in this age group are in productive age with many dependents on them and they will also have limited social interactions due to lockdown. Likewise, age group 21-30 years are young adults and has about four out of five respondents are in the medium social & emotional impact of COVID-19 category while one out of seven in age group > 50 years are in the low social & emotional impact of COVID-19 category. The last age group > 50 years finding is contrary to what would have being expected because these group are the elderly that are with a lot of problems and social and economic impacts are not an exception as seen in another study among the elderly.¹⁶ Although, this might be

because this age group might had witnessed some epidemics in the past and hence the impact of this on their social and emotion being minimal.

In this study, it was discovered that economic, social and emotional impact was high in both partial and total lockdown groups but higher in total lockdown group. For economic impact, it was about nine out of ten for total lockdown group while about seven out of ten in partial lockdown group and for social and emotional impact it was four-fifth in total lockdown group while about half in partial lockdown group. This was not however surprising because activities were generally paralyzed in total lockdown and this will however have profound effect on all aspects of health and wellness of respondents.

The predictors of economic impact of COVID-19 on respondents using logistic regression, female sex were seven times more likely to have this impact than male. The likely reason for this may be because of women involvement in different economic sectors of the country. Most are involved in informal sector like Agriculture, trading and industry. This similar finding was also reported in in another study.¹⁷ Also, respondents with educational status of tertiary and above are nine times more likely to have economic impact of COVID-19. The likely reason is because most of these respondents are mostly in formal sectors and involved in activities that can boast the economy. Some attention might be diverted to how they can get cure to COVID-19 and neglect other aspects that can improve their economy.



For predictors of social and emotional impact of COVID-19 on respondents, those 30 years and above are less likely to have this impact compared to those less than 30 years. This may be because they are much mature and less affected by this impact. With regards to respondents with educational status of tertiary and above were twice more likely to have a social and emotional impact of COVID-19 compared to respondents with lower educational level. This might be linked to more expectation of the society from them and the need to socialize more.

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