

COVID-19 AND HUMAN BEHAVIOUR

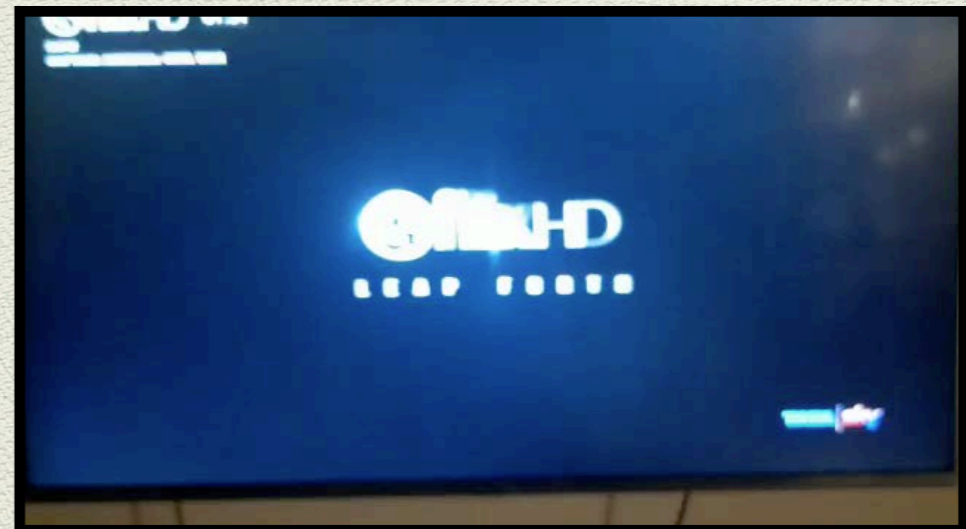
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INTELLIGENCE

- ◆ According to Wechsler, intelligence is defined as *the global and aggregate capacity of an individual to think rationally, act purposefully, and to deal effectively with her/his environment.*
- ◆ Real life examples;
 - ◆ Government Responses : Around the globe, governments of effected countries have implemented rules and guidelines for social- distancing, quarantine and lock- downs depending on the degree of fatality.
 - ◆ Social Media platforms like Instagram are promoting self isolation with filters and hashtags like #StayHome. Many public figures have used their influence responsibly and spread awareness about the disease as well as donated to the cause.
 - ◆ Schools have risen to the occasion and are regularly holding online classes successfully.
 - ◆ Companies - Google, Amazon, Starbucks, etc.
 - ◆ How people are responding : adaption, paranoia, and finding calm in the chaos.



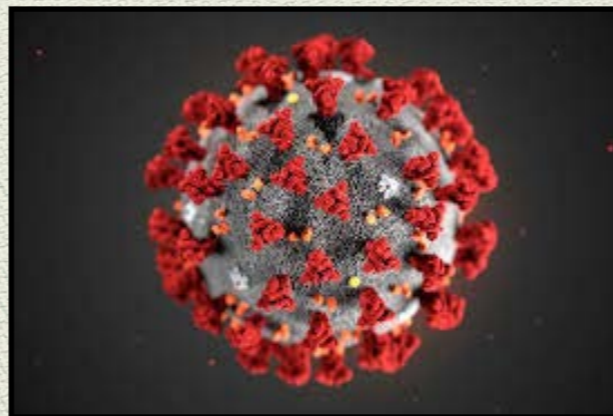
TRIARCHIC THEORY

- ◆ Robert Sternberg (1985) proposed the triarchic theory of intelligence.
 - ◆ **Experiential Intelligence:** Experiential or creative intelligence is involved in using past experiences creatively to solve novel problems. (govt. response, awareness, hospitals)
 - ◆ **Contextual Intelligence:** Contextual or practical intelligence involves the ability to deal with environmental demands encountered on a daily basis. It may be called '*street smartness*' or '*business sense*'. (daily hygiene)



COVID 19 STRESS

- ◆ Stress is the pattern of responses an organism makes to stimulus event that disturbs the equilibrium and exceeds a person's ability to cope
- ◆ Lazarus focused on how such stressful events are interpreted or appraised. He gave two types of appraisals-
 1. Primary appraisal : refers to the perception of a new or challenging environment as positive, neutral or negative in its consequences. COVID 19 being a negative event is appraised for its possible harm, threat or challenge
 2. Secondary appraisal : assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge.



EFFECTS OF COVID STRESS

- ◆ Emotional Effects : not seeing our friends and interacting with people for so long can take a toll on a person. This can lead to people feeling low and lonely and so we must stay connected with others to get through this situation together.
- ◆ Physiological effects : being stuck at home for more than a month can have go two different ways. On one hand some people become fitness freaks, take good care of their bodies and maintain their exercise regimes. While others just sit at home and eat all day.
- ◆ Cognitive effects : many people have lost their jobs due to this virus which leads to cognitive stress. Even sitting in front of the laptop the entire day can have cognitive effects. Other cognitive effects are poor concentration, faulty decision making etc.
- ◆ Behavioural effects : this stress effects our behaviour in the form of eating less nutritional food, disturbed sleep patterns and reduced work performance.

COPING WITH THIS STRESS

Endler and Parker gave three strategies to cope with stress which can be applicable to this situation

1. Task-oriented strategy : obtaining information about stressful situations and about alternative courses of action. During this time we can perform various tasks like baking, singing, playing board games, cards etc to deal with our stress
2. Emotion-oriented strategy : involves efforts to maintain hope and to control one's emotions. This can involve venting feelings of anger or frustration.
3. Avoidance-oriented strategy : this involves denying or minimising the seriousness of the situation.



Yeh Kaun Hai(original) by Sanjana Singh

<https://www.youtube.com/watch?v=JVB0P4ScN2E>

