

Apprehending the Pandemic

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Abstract: People over eras have seen war, pandemics and many more, with high death and high birth rates, and multiple ups and down in the graph of demographic transitions. But at the stage of ultra-advancement of technology, facing the pandemic, the entire population needs to get conscious about the cause and consequences of population growth and its results. Thus, this is a generalized study over the present situation of covid-19 pandemic and its relation to the theoretical understanding on population, and the relation of technological advancement and education.

Keywords: Pandemic, population, death rate, mental health.

1. Introduction

1) *Understanding present situation, how pandemic is having an enormous impact on mental health and why?*

This last two years of pandemic is not just about the fear of getting succumbed to the virus. It has taught us to maintain a healthy lifestyle along with to maintain the quality of life we choose. This pandemic has taught us the importance of humanity and grow attachment within. How interestingly we have been putted in a situation to select home and family to be our work place. But the interesting side to be noticed is how we all have suffered in a fear to lose someone close to us. How every human has learned to adjust with the minimum commodities and facilities in life. This pandemic has taught us a lot entirely. The constant effect of this pandemic is adversely seen in the mental health of people. Every time in this last one and half year, it has become a constant mode of sadness with all the death reports in the news channels. All the death report has made us realize that the time allotted to every individual in this earth is very limited and special. We all have a cause that makes us realize that we have a family behind and we have people in our lives for whom we need to choose to live. We need to stay stiff in the life not just for self to stay but all other who need us to be strong and happy. Life goes on and it must. But the work, fear and anxiety are again a pressure over human.

2) *Evaluating mental health over sections of society*

The enormous effect of these pandemic can be evaluated by degrading mental health of people. Anxiety, depression, stress, mostly distress, are the common situation. Impact is not only over a particular section of the society, but mostly the pressure is over the adult, the working class. The fear of unemployment, loss of income is the reason of psychological weakness. Growing unemployment has impacted the lifestyle of people, which again is a distress. Another most effected class is the

women, due to the increasing of domestic pressure, even the working women in loss of economy and growing joblessness has led to the distress. Even the teenagers getting detached from their peer group, and the socializing platforms and the educational institutions has led to multiple suicidal cases. Even all these demise report have definitely created an immense level of anxiety in every individual. It also has shivered me thinking, what is life? But all this question has no answers. Healthy people, young ones, those were more conscious about their health and skin, they are leaving and this makes me nervous. Even writing this is also making me think, how many of the readers are going to understand what I want to share with all.

2. Theoretical Understanding

1) *How over population is the cause of the pandemic:*

Being a sociological learner, I would share a theoretical learning, where sociologist along with multiple scholars have explained that at a stage of growing population we will come to a point where being in a cosmopolitan society with all the high technology and the advancement, high medical facilities and low death rates, the reason of death will be due to the lifestyle we choose. "High birth rate" and "low death rate" will result in the explosion of the population rate. Thus, that is happening, and the result of over population will always have natural and preventive check in the process of war, and pandemic and famine.

Hence, we see every day people dying out of heart attack and strokes and what not. But the pandemic is the result of the natural and preventive check by the nature to control the population and make a balance in the earth, so that the entire population is comfortably available to the resources available. But the point to compare is that we are existing in the cosmopolitan society, where the technology and its advancement is at the peak. But the advancement is unable to control the death rate caused due to the pandemic. This is what the entire population needs to understand, that how the social and natural factors of the society play a vital role in maintaining balance in terms of population by having preventive checks. Thus, there is a need to understand the importance of education, along with the technological importance, otherwise we will be left out with only pandemics. The importance of education must also grow along with the importance and need of technologies. As education helps understanding the importance of family planning, the utilization of economy, and quality of life. With

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only industrialized society it is impossible to maintain a balanced lifestyle. But we must also understand the calculation that only by controlling the death rate we are not going to create a sustainable and balanced population. Rather by understanding the importance of family planning and birth rate and its and its impact on demographic transition, will lead to a quality of life, which is only possible by the implementation of education. Thus, we need to understand that only by developing technologies we will not be able to reach the goal of healthy and balanced demography. Rather education and implication throughout is not only going to make the population advanced but also knowledgeable. Thus, it is a question to evaluate that, we need a technological advanced population or knowledgeable population?

3. Conclusion

After many studies and existence in a pandemic situation,

now the concern is that people need to understand the importance of education, otherwise there will be less utilization of technology, and the way of progress will be left out. We need to understand that more the population is, more will be the problems related to it. Thus, the society needs to move forward by both education and development, to understand the demographic transition and its control. And choose a quality life in this era of post modernity.

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