

The Impact of Epidemic Spread and Death Cases on People's Lifestyle

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Abstract

The COVID-19 pandemic has resulted in many countries enforcing a lockdown, whereby people are instructed to stay at home. The aim of this study was to find out the impact of epidemic spread and death cases on people's lifestyle. These findings add to the fact that when people face special events in their lives, they will have a great and far-reaching impact on their way of life. The reflexive accounts of the people reveal their positionalities on the field, where their daily lives, education, priorities and values were also being challenged due to the pandemic. The paper will help in adding knowledge about how the spread and death cases influence people's lifestyle.

Keywords: COVID-19 pandemic, people's lifestyle, death cases, education

1. Introduction

When more and more friends, relatives and colleagues were positive for COVID-19, people gradually felt the fear of the epidemic. A study surveyed the multiple positive effects of lockdown on environment and society including biodiversity (Ashok Kumar Verma, 2020). The study found that the best way to prevent and hamper transmission is to protect yourself and others from infection. Other studies indicate that the Pandemic of Corona virus is severely directly or indirectly impacting the life of the individuals on the whole (Jaspreet Singh, 2020). This disease due to its extreme isolation and lockdown measures, creates several other issues including social anxiety, panic states due to uncertainty, economic recessions and extreme mental stress (Jaspreet Singh, 2020).

For instance, it is imperative analyzing the

consequences of this sustainability analysis, both at the short and the long term (Sneha Gautam, 2020). The aim is to also review the interaction between this pandemic and sustainability and planetary health, including climate change, biodiversity, and urban built environment (Sneha Gautam, 2020). On the other hand, it is also possible that for consumers, ethical dimension of consumer decision has become salient during the pandemic, which is also likely to shift consumers towards more responsible and prosocial consumption (Hongwei He, 2020). Fundamental changes to our lives will affect our beliefs, attitudes, and strategies to reflect (Hongwei He, 2020).

Therefore, underscore the need to assess the impact of spread and death cases on people's lifestyle during the COVID-19 pandemic. The current study sought to evaluate the prevalence of people's lifestyle during the COVID-19

pandemic among the population in Taiyuan.

2. The Impact of Epidemic Spread on People's Lifestyle

The spread of the epidemic caused more and more people to be positive for COVID-19, resulting in a shortage of medicines. People hoard medicines one after another, and the symptoms of the epidemic mainly include fever, body aches, sore throat and so on. Related therapeutic drugs are in short supply, and some people even increase the price to buy drugs. There are so many people in hospitals and clinics and medical care is in short supply. Some pregnant women need to be hospitalized, but they have no beds and can only live in the aisle in hospitals.

Because of the infectiousness of the epidemic, after one person in the family is positive, most people in the family will be positive, and gradually develop symptoms such as fever. This affects the normal life of the family, and some families have difficulties in cooking and purchasing daily necessities. When all the people in the family are positive, only the person in slighter better health can take care of the others. Most people's symptoms will last for a week. Generally, the symptoms are severe three days before the COVID-19 starts, and then the symptoms gradually decrease. In most cases, COVID-19 becomes negative in 7-10 days.

In Taiyuan, it is very inconvenient for some people to live because of COVID-19, especially young people living alone. They often order takeout and rely heavily on it. However, with the spread of COVID-19, many take-out deliverymen also live in home, which leads to a shortage of take-out workers, and the cost of delivery has doubled.

This epidemic has made many people develop the habit of disinfection. A clean room can not only relax, but also help to keep healthy. Many diseases are caused by unclean environment. People should be sure to ventilate more to avoid indoor bacteria breeding at home. People are supposed to clean up the domestic garbage in time, disinfect and sterilize it in time, keep the room clean and tidy, and look comfortable by themselves.

Many people feel uncomfortable at home during the COVID-19. Seeing the heavy situation, some people are suspicious and always feel that their body temperature is high, and their body temperature is measured five or six times a day.

Obviously, nothing happened, but people were still very anxious. Therefore, in addition to physical health, emotional health should also be maintained. Most human diseases are related to emotions. Serious psychological problems will cause physical diseases. People should relax their heart, not be suspicious, and have a calm and natural life. Have an open mind, take everything easy, and life's sorrow and anxiety can be less.

With the office being replaced by home office, social activities are limited to video calls, and many debates about the impact of the COVID-19 epidemic on education have begun to emerge. The outbreak of COVID-19 epidemic made online learning leap from an auxiliary learning mode to a mainstream education form. Within a few weeks of the outbreak of COVID-19, the China government launched an online education platform nationwide, which reflected its rapid response to the suspension of classes. The spread of the COVID-19 epidemic has also affected schools. Kindergarten students no longer go to kindergarten classes, and parents take care of them at home. Students in primary and secondary schools no longer go to school for offline classes. Instead, they take classes online.

Compared with the traditional classroom model, online learning has the following advantages. First, low absenteeism rate. Because students do not have to commute for an hour to go to school, they are unlikely to miss class time. In addition, even if they feel a little sick, they can attend classes at home. Second, improve learning efficiency and better time management. The recorded online teaching resources can be reused many times, which is convenient for students to learn at their own pace. Third, more people can afford it. Online learning platform does not involve classroom, campus maintenance and transportation costs, so it can reduce the cost of education. Forth, more people can get it. Online education has the flexibility of unlimited learning and can encourage students all over the world to take part in. As far as face-to-face classes are concerned, introverted students may prefer online interaction. When children study at home, parents will also participate more in school study.

With the gradual adaptation of students and teachers, the quality of classes in online education has been questioned by people. This is because the transition to online education is unplanned, and most teaching staff have

received little training on how to take classes online or how to use distance teaching technology effectively. Although it has been three years since the outbreak of the epidemic, students are familiar with online classes, but the efficiency of classes is not very good. Students with weak willpower are often distracted in class, which leads to their poor grades. However, the teachers in the school haven't carried out professional training and preparation for online teaching, and the online and offline courses have hardly changed. This also does not conform to the new mode of online teaching.

In addition, there are other challenges, including lack of attention, health, lack of social interaction, technical limitation and lack of test units. Not all students can stay focused for a long time, especially on online platforms. Working at home or in other telecommuting places, there are many opportunities for distraction. Staying in front of the screen is the main reason for students' mental and physical health problems. Lack of interaction will reduce students' motivation to pursue excellence and reduce healthy competition among students. Not all students or teachers can get the technology needed for online education, such as high-speed Internet, laptop, microphone, etc. Some people worry that the temporary teaching arrangements of educational institutions are not conducive to the test of learning results.

Students may feel highly anxious. Unfamiliar with online education, the unfinished teaching plan, the uncertainty of the test and the lack of clear information about when the current teaching mode will end make students worry. Teachers are also under pressure to make electronic teaching plan, learn how to use the new teaching platform and how to alleviate students' concerns.

Many teachers' continuing education and training, new curriculum standard training, educational forums and academic conferences are held online, which saves round-trip time and a lot of travel expenses, greatly reduces the conference cost, and at the same time, because the live broadcast of online conferences is not limited by the number of people, it reduces the distortion of previous training information. Many regular meetings at the school level, even some school-based teaching and research, cross-campus teaching and research, and even discussion classes are also conducted online, which solves the time and space constraints and

saves the time for centralized waiting. The health awareness and life awareness of teachers and students have been generally enhanced, and some health habits such as wearing masks and washing hands frequently have been forced to develop. Teachers, students and parents gradually experience the fun and benefits brought by slow life. Teachers and students have leisure to read the whole book, and they have leisure to learn cooking, tea art and floral art, and their ability to survive and live has generally improved. The length of time parents spend with their children has increased several times compared with usual, and parent-child interaction have generally increased, which has changed the family lifestyle and entertainment style.

Due to the current situation, active teaching materials and courses for anti-epidemic and epidemic prevention have been produced. People's struggle against epidemic diseases and the history of struggle, a vivid and real teaching material, have played real and practical roles, such as telling the truth education, preventing and controlling scientific knowledge and good living habits education, learning lessons and reflecting education, responsibility education, sympathy education that finds suffering and is willing to help, rational thinking education and life equality education.

With the continuous spread of the epidemic, people pay attention to protective measures. Everyone wears a mask when going out, and people will hoard some N95 masks. Masks are in short supply in supermarkets, but fortunately, the price has not risen.

Many people are at home for a month because of the lockdown, without wages, and their mortgage and car loans are in danger of default. People are anxious at home, but there is no good way. When an accident comes, having some money on hand is a person's greatest sense of security. Elder people often teach people to be frugal. People always think that those habits are past tense. However, it is only in times of crisis that people know that deposit marks a person's ability to resist risks, and cash flow determines the life and death of an enterprise. People should not be confused by consumer loans, and not be blinded by material desires. In the future life, people should save some money, save a sureness in their heart and a sense of security in their heart.

3. The Impact of Death Cases on People's Lifestyle

With the spread of the epidemic in Taiyuan, there are more and more death cases. Among these cases, the elderly account for the vast majority. Due to the influence of age and some basic diseases, the symptoms of COVID-19 in the elderly are more serious, even death. With more and more death cases, people are more afraid of the COVID-19. Especially families with elderly people and basic diseases. Elderly people with symptoms generally need to be sent to the hospital, but the reality is that many elderly people have passed away without going to the hospital for treatment because of the shortage of medical resources and people's inaccurate understanding of the COVID-19 epidemic.

COVID-19 poses the greatest threat to the elderly with chronic diseases such as hypertension. Eating coarse grains and vegetables and fruits can effectively prevent cardiovascular and cerebrovascular diseases. Many people are picky eaters and are prone to physical problems. Therefore, three meals should be balanced, and vegetarian food and miscellaneous grains should be eaten.

Taiyuan, the capital city of Shanxi, has relatively perfect medical resources, but there are too many patients who need to be hospitalized, which leads to a shortage of beds. However, in some local cities, medical resources themselves are not sufficient, and there are not many hospitals, resulting in many elderly people not having the opportunity to go to hospitals for treatment.

The continuous development of social media has increasingly influenced people's way of thinking. Many experts claimed on TikTok and other apps that the COVID-19 epidemic was just a light cold, so do not be afraid, it will be fine in a few days. Such unfounded information has caused many people to die without treatment. It was only after hearing of someone's death that people began to pay attention to the seriousness of the COVID-19.

People were shocked by the death cases at first. With the increasing number of death cases, people gradually understood the seriousness of the COVID-19 epidemic. People spend a lot of energy to pay attention to the health of their family members, watch some videos about health on the app or start exercising. Exercises

and enhance immunity by running and doing yoga. Parents also pay great attention to their children's health, and improve their immunity by supplementing VC and eating more fruits.

Only by exercising regularly can a person keep himself alive. Moreover, this is also the most direct way to improve your immunity. Office workers should not sit in the office all day long. After a long time, people will be depressed and have no vitality. People should exercise and not make money when they are young, and not get sick when people are old. It is not worth the candle. People do not need strenuous exercise. After work, people could practice Tai Ji Quan, Baduanjin and take a walk, which is beneficial to your physical and mental health.

There is no specific medicine in COVID-19, which relies on human immunity. People with strong immunity can carry it on their own, and people with poor immunity can hardly resist it. Immunity is a person's greatest competitiveness. Death cases make us aware of the seriousness of our health, and people should sleep for more than 7-8 hours every day. Work is really not as important as your body. Do not stay up late, body is very important.

COVID-19 let people understand that fame and fortune are useless. If people break down, everything will be useless. People should know how to be content, not ask for too much, and not be insatiable. As long as the family is alive and together, the money is enough to spend. Good health, disease-free and disaster-free, and a safe life are person's greatest blessings.

The Spring Festival is coming soon, but because many families have lost elderly people, it has a negative impact on the atmosphere of the Spring Festival. People have to spend time on the funeral of the elderly and have no time to take care of other things. The policy of epidemic prevention and control requires that the funeral be simple, and do not make a big deal.

4. Conclusion

With this reflexive account, it can be well asserted in the conclusion that the spread of epidemic and death cases in COVID-19 have an impact on people's lifestyle. Mainly reflected in the following aspects including medical care, sports, education, money ideas and so on. This finding implies that when people face special events in their lives, they will have a great and far-reaching impact on their way of life. Some previously disagreeable views and ideas may

change when encountering some events. The reflexive accounts of the people reveal their positionalities on the field, where their daily lives, education, priorities and values were also being challenged due to the pandemic. The paper will help in adding knowledge about how the spread and death cases influence people's lifestyle.

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