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Dr. Vishwambhar Jadhav
Assistant Professor, Department
of Physical Education,
University of Mumbai,
Maharashtra, India

Kiran Anchan
Head of Department
Physical Education & Sports,
Sanjivani Junior College,
Kharghar, Navi Mumbai,
Maharashtra, India

Corresponding Author:
Dr. Vishwambhar Jadhav
Assistant Professor, Department
of Physical Education,
University of Mumbai,
Maharashtra, India

Importance of physical education: Social distance and social aspects during the lockdown

Dr. Vishwambhar Jadhav and Kiran Anchan

Abstract

This paper accentuates the importance of Social Distancing & Social Aspects worldwide during the lockdown. Social Distancing which is also known as physical distancing will help to prevent the virus from spreading in the community, in the same way, we also should be aware of Social Aspects like keeping our community healthy.

When we talk about social Distancing we could go on to list lots of dos and don'ts, but there is also some easier way to understand what you need to do and why is it essential, Always remember, distancing ourselves from others protects everybody particularly the more vulnerable in society. The same way when we talk about social aspects refers to how can we connect to people on the social platform during this pandemic and stay connected and healthy.

This article aims to make the community aware of the significance of social distance and how can we connect to people through various social aspects using technology.

Keywords: Social distance, physical distance, mental, festival, school, college, office, friends, family functions, social aspect, internet, zoom, google meet, YouTube

Introduction

Definition of Social Distancing: The Centers for Disease Control and Prevention (CDC) have defined Social Distancing as a set of "methods for reducing regularity and nearness of contact between people to decrease the risk of spread of disease".

During the 2009 flu pandemic, the WHO described social distancing as "keeping at least an arm's length distance from others, and minimizing meetings". It is united with good respiratory hygiene and handwashing and is measured as the most feasible way to reduce or suspend a pandemic.

During the COVID-19 pandemic, the CDC revised the definition of social distancing as "remaining out of gather surroundings, escaping mass meetings, and keeping a distance from others when possible". It was not specified why six feet was chosen. Current studies have guided us that sneezing or potent breathing during a workout can travel over six meters. Some have proposed the needed distance is based on the Debunked investigation from the 1930s and 1940s or misperception regarding units of dimension. Research scholars and science writer have made it essential the use of mask-wearing and social distancing.

When we talk about Social Distancing the advice is to make sure that any symptoms of coronavirus (COVID-19) to any person should not enter the Market place, Office, School, College & Public places, this applies to everyone.

For open schools, the class sizes must redirect the numbers of teaching staff available and are kept as small as possible. Lunchtimes, break times, and the movement of pupils around the school must be stopped, reduce large groups of children gathering. Parents should also guide not to assemble at the school gates.

Attention should be given as to how children reach the school or childcare center, and any needless travel on buses or public transport should be reduced.

All staff and children must wash their hands with soap or handwash for 20 seconds often and help those who have worry doing so. Everyone is told not to touch their faces and must be told to use a tissue or handkerchief.

On the flip side, as the main limitations lifted, it's easy to overlook the minor ones, but they should not be undervalued. There was a huge drop in acute breathing infection in the week before lockdown, so social distancing and handwashing were having a substantial impact.”

In other words, we are existing in one of the highly populated areas, where decisions, common sense, moral value, and most of all our behavior is going to be changed a lot.

Social Aspects: Extreme changes to our habits have enforced us to modify our social habits and re-evaluate our relations, the effects of which could last into our lives after lockdown. These changes could also have a substantial influence on our Physical, Mental, Emotional & Social health even as we stay at home.

How can we connect with friends, family, colleagues, students, partners, etc. all come in our mind? Staying at home can be quite nice for some time but can also be boring and controlling. The certainty of physical distancing has well and truly set in and it's normal to be finding things tough right now. Keeping in regular contact with everyone has never been more important than now.

This time is to re-priorities' what matters the most is a relation, it can be with your staff, friends, colleagues, student, family, etc. Before this lockdown, external elements may have been taking away from the relationship."

This COVID-19 is a challenge for everybody. We know positive social support can increase our capacity to cope with anxiety. Even those of us who are in field of physical education appear to be healthy are being focused to practice social distancing. However physical distancing ensures safety, staying at home with restricted human contact can have a substantial impact on one's mental well-being, as some studies have shown. Human beings are social individuals, and to have a human linking is important for their sense of well-being. At times like this, it is essential to still get social support from all elements of growth & development.

We should be thankful for technology that has made it possible for people to connect with their friends and precious ones through the Internet, Virtual Class, Google Meet, Zoom, YouTube, etc.

3Social Distancing is important for Mental Health

Distress and anxiety about novel coronavirus can make individuals feel anxious and out of control. Feelings of isolation and loneliness that are aggravated during physical distancing can cause our mental health. Aloneness is a danger to public health, much like substance & obesity, with humanity now being called to practice physical distancing, it's become even more problematic for those who live alone to socialize with their family & friends. This has fetched about groups who are trying to make digital communication more expressive. COVID-19 has made it a bit easier to both talk about and relate to feelings of aloneness. There are lots of side effects on our physical health so when we do the thing which can relax our mind is better. Things such as take deep breaths, meditation, stretching, prayer, or do some physical activities that bring you happiness.

Social Distancing is important: School, College & Corporates

Schools, colleges & Corporate offices have been closed since the outbreak of the coronavirus. Although there has been some guideline from the respective government for opening

the offices with minimum staff, no school and college are open yet.

Nevertheless, the bigger question remains whether schools & colleges are equipped enough to implement the social distancing norms discussed by the government. Maintaining physical distancing norms requires some essential school infrastructures to be in place. For E.g. As per the DISE statistics, 53,533 schools around India are single classroom schools. Mostly in 19% of schools, the ratio of students in the class (STR) is 35 or more, and in 8.3% of schools, i.e., around 1.3 lakh schools, more than 50 students sit in one classroom. How can one imagine these schools & colleges to continue with physical distancing in classrooms? After schools & colleges reopen, students will spend, on average, three to five hours in class. Thus, along with safeguarding physical distancing norms, it would also be essential for schools & colleges to safeguard children's hygiene which requires facilities like, handwashing, drinking water, sanitation, etc.

Importance of social distancing during family function

After several weeks of being told we need to stay home, a lot of people are afraid (especially parents). Life might have been difficult in terms of keeping up with plans, work, and home. Now, these things seem more complicated. Everyone is under the same roof all the time with nowhere to go for a break.

As many communities are planning to hold functions or gatherings. Event planners and officials should plan with taking consideration of local authorities, whether and how to implement these, making alterations to meet the exceptional needs and conditions of the local community. A function or gathering refers to a prearranged or natural event, indoor or outdoor, with a small number of people participating or a large number of people in attendance such as a community event or conference, parade, wedding gathering, concert, festival, or sporting event.

As people interact with each other in the functions or gathering the risk of spreading the coronavirus is more and higher. So, the event planner or the organizer should take into consideration of the local authority and plan. The size of a function or gathering should be determined based on safety laws and guidelines. Cleaning and Disinfection, Restrooms, Water Systems, Food Service, Staff Training, Sitting arrangement, Physical distancing, etc.

Social aspects of life how to get connected with people around the globe:

The Internet is an helpful tool supporting new trends and hi-tech expansions with each passing day. And here, the uppermost point, unquestionably and usually accepted, seems to be the social networking sites which are to stay for eternity. The name recommends that it is a place that associates diverse societies regardless of any perception. Remaining indoors at times is the best way to survive from the coronavirus pandemic, the internet has appeared as a savior for over internet users across the world. The lockdown doesn't look quite as unbearable with the internet.

It's about work, shopping, leisure, family bonding & other things as people try to recalibrate their daily lives. For each closed day grocery shop, movie hall, restaurants, or calling a doctor or any such thing everything can be done by just clicking a button on your mobile phone. When you stay at the same place and you feel distancing than ever, the internet brings your family and friends closer. Many organizations or office systems would have distorted if they didn't have the internet, which made video calls possible from different parts of the city and sometimes even the country.

Recommendation

- Maintain a safe social distance of 6 feet from everyone when you are outside.
- During meetings try to keep 6meter distance in between and also the number of members should be less.
- Meeting place or venue should be selected keeping things in mind that we should have 6 meters distance from each other.
- HANDWASHING with warm water and soap or using hand sanitizer is more effective.
- Trying to avoid a place where too much crowd is there.
- Sanitize your Workplace and Home two times a day
- Cover your mouth and nose with a mask or cloth when you are around with others.
- Monitor your health Daily
- Trying to connect with Social Network, Media Network, Internet, Meeting apps, etc.

Conclusion

Even in less stimulating times, many of us try to escape close contact with somebody who is sneezing, coughing, or running a fever to avoid getting sick ourselves. Our consideration of such issues has now been affectedly intensified by the beginning of a coronavirus initiating a pandemic of a disease known as COVID-19.

Many have speculated if we couldn't just protect ourselves by evading people with symptoms of respiratory infection. In the interim, social distancing remains one of the best weapons we have to slow the inaudible spread of this virus and flatten the curve of the COVID-19 pandemic. This will give our health-care professionals, hospitals, and other institutions more valuable time to prepare, protect themselves, and aid the many people whose lives may be on the line from this coronavirus.

In conclusion, our study contributes to a well thoughtful way of having Social Distancing for avoiding the spread of disease and how we can protect ourselves by following proper guidelines given by the government and WHO. Also, the Social Aspects of life which has changed as we are not able to connect with friends and family.

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