

Problems of Corona Virus Crisis in Nigeria: Implications for Counselling

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Abstract. Corona virus pandemic is a global infection that puts burden on every individual across the globe. Many scholars believed the pandemic could be best described as world war III. Since the whole world is battling with getting appropriate drug/vaccine that will curb corona virus, nations will constantly be confronted with series of problems. This paper reviews the problems of COVID-19 crisis in Nigeria and counselling implications. These problems examined in this work include insecurity, coronaphobia, economic strangulation, food scarcity, various health concerns, social disorientation and implications for counselling. It was recommended government at all tiers and individuals must jointly unite to defeat COVID-19 across the globe.

Keywords: corona virus, crisis, problems, counselling implications

Introduction

The world tends to be under the siege of the novel corona virus since late 2019. It appears to raise its ugly head from rumour to reality, posing so many threats to individuals, groups and the society as a whole. Unfortunately, COVID-19 might have united all nations in pain, its outbreak brought turbulence to every home and nations. The compelling problem created by COVID-19 tends to make peace and sustainable development unattainable. Urgent projects across the world did not get proper attention, but displaced to the highly infectious (COVID-19) disease which is a real clog in the moving wheel of development worldwide. COVID-19 could be simply described as a planetary disaster that has no respect for age, status, highest educational qualification, religious inclination and political affiliation. The intent of this paper therefore is to dig into the problems that squired COVID-19 outbreak across the globe without an exception to Nigeria.

Insecurity

For any nation or society to develop steadily, lives and properties of individuals must be preserved. Infact, security is a fundamental right of all citizens across any nation. COVID-19 pandemic appears to have brought idleness, joblessness, hunger and criminality which are great threats to security architecture of nations ravaged by the novel corona virus. Crimes were at an alarming rate in Nigeria, especially when the lockdown government order was announced to forestall the community spread of corona virus.

Thomas-Odia, Diamond, Adeowo and Ezeilo (2020) reported that Lagos and Ogun states' residents were experiencing troubles of COVID-19 and insecurity at the same time. Different attacks on resident by one million boys (OBN), Awawa Boys (AB) No Salary Boys (NSB) and different cult groups had left the residents of the states in panic mode. Hoodlums had complained that, they were having no food, so they attacked residents with dangerous weapons, kill, steal from shops/houses, rape ladies and women. Residents in a bid to wade off criminals burnt tyres (causing air pollution) and turned to vigilantes in order to secure their lives and properties.

Insecurity caused by COVID-19 pandemic further seems worsen the already fragile security architecture in Nigeria. Other sectors such as economy, social, agriculture among others are directly hit by insecurity of lives and properties. Falana (2015) noted that the federal

government of Nigeria, state governments, communities and individuals spent a lot to secure their lives and properties. Despite spending such huge amount, the country still grapples with the menace of kidnapping, hostage taking, terrorism and armed robbery from time to time.

COVID-19 pandemic across the globe enacted pain of insecurity on nation's collective development, special happiness and diversion from other scholarly thinking to seeking vaccines/solutions to the pandemic. Trepidation tends to pervade individual and collective happiness. Every citizen cannot sleep with his/her eyes closed because of insecurity of lives and properties. Unfortunately, this sleep deprivation may be COVID-19 fabricated. The immune-system of the body which is greatly needed to fight COVID-19 is appears greatly weakened as a result of sleep deprivation. As insecurity during COVID-19 pandemic escalates, there is the need to affirm that vision 2020 MDG goals' achievements have been abridged and vision dingy.

Coronaphobia

Another fallout from COVID-19 pandemic is unnecessary fear. Osborn (2019) defined phobia as irrational fear or horror of something that may unlikely cause harm to an individual or group of people. In essence, irrational fear of COVID-19, despite taking necessary medical precautions may be described as coronaphobia.

Psychologically, coronaphobia might be taking a toll on many individuals across the globe. Generally, it was observed that, there was palpable tension everywhere as a result of COVID-19 pandemic. This also resulted to mental concern across the globe, to the extent that many individuals were patients of various mental illness hospitals. Fortunately, corona virus infection is never a death sentence, if there is no underlying ailment(s), keeping to personal hygiene and having strong immune system make everyone stands a chance to recover from the virus infection. Hence, there is no need for entertaining irrational fear that could further invoke any health hazard(s). Naguy, Moodilar-Pensburg and Alamir (2020) said that coronaphobia is accompanied by anxiety-packed reactions, panic attacks, dread of death, preoccupation of getting infected with COVID-19, compulsory washing, needlessly hoarding of groceries and hysterical contagion. This novel virus makes people phlegmatic automations who are obsessed by what the clock says. Constantly asking when isolation will be over, when lockdown rule would be lifted and when the untold hardship imposed by COVID-19 will be over. To cope with the aforementioned hardship, so many people resorted to excessive drinking of alcohol and substance use, which may be difficult to quit after normalcy has been returned to the globe.

Das (2020) found that many patients and frontline health workers managing COVID-19 cases had reported excessive fear, sleep disturbances, restlessness, anxiety and depression. This situation needs urgent attention, before escalating into serious clinical disorders. Though, it takes month(s) or year(s) to rehabilitate patients of coronaphobia, resources and efforts should be mobilised to stop it. More so, irrational fear has made some patients of COVID-19 at various isolation centres absconding, which aids further spread of the highly contagious COVID-19 virus.

Economic Strangulation

According to Buttler (2020) COVID-19 pandemic across the globe had huge negative impact on the economy. These include but not limited to the cost of managing the health of people, stopping the pandemic and keeping the economy working again as before. There has been 10% fall in global stock market as COVID-19 continues to spread like wildfire. The economic strangulation COVID-19 has inflicted the global economy with, may require key decisions by finance ministries, world and central banks. Akanni and Gabriel (2020) submitted that beyond its adverse affect on human health, there had been significant economic disruptions

and uncertainties on the world economy. The impact of COVID-19 on the global economy is very sharp and burdens every sector with great financial crisis.

Sadly, all businesses seem locked down and suspended across the world. Everyone continues to hope for economic boom. Government at all levels cannot generate the habitual income as it was before COVID-19 pandemic. This has made the financing of key projects, loans-borrowing and payment of workers' salaries back-breaking. Artisans and non-salary earning workers were left to be directly suffering the economic downturn. Demand-and-supply chain of the economy is being fractured to the extent that businesses were closed to minimize costs. Manufacturing companies were no more employers of labour, but keep retrenching workers because of inability to pay their wages.

Tourist and hospitality centres witness arduous economy times. Stay at home and stay safe slogans have made many tourist centres, party clubs and hotels to be under lock and key. Those centres can no longer pay required tax to the government. Without mincing words, the world gradually drifts in to recession. Nations that depend mainly on oil, as their major source of income grin in pain, as oil price is being slashed constantly. Banks and corporative societies have witnessed untold hardships in generating more income and giving out loans to business owners. This unfortunate event as a fall-out from COVID-19 can never be resolved immediately after conquering the novel virus. The detritus effects may continue to be heaped up over the years. If proper steps are not properly taken, the whole globe will continuously pay for the wrecks many years to come. National and international airlines have been suspended across the globe, this negatively affects the business space. International business relationship among countries stopped business transactions that could sustain global economy.

Hutt (2020) said 30million Americans filed unemployed claims in the first quarter of 2020, why unemployed rate was sky-rocketing every day. Businesses across the globe lost so much revenue and business shutdown as quarantine measures are adopted to contain COVID-19. Hutt (2020) further reported International Monetary Fund's opinion that COVID-19 instigated economic downturn and starvation which made the GDP to drop by 4.8% in the first quarter of 2020. COVID-19 paved way for the prediction by International Monetary Fund that economies in Asia would not experience the expected growth in the year 2020.

COVID-19 is definitely a common economy enemy exasperating the much needed growth and development across the globe. Any nation that witnessed recession can better tell unfortunate stories that are sombrely in its entirety. The development of any nation mainly depends on how strong the economy booms. This paves way for unprecedented infrastructural development, excellent educational system, provision of basic, social amenities among others.

Food Scarcity

Ohio Department of Taxation (2014) defined food as substances which are in various forms such as liquid, concentrated, solid, frozen, dried or dehydrated form which could be sold for ingestion or chewing by human beings to give them taste and nutrients. Human's survival is basically associated with food as a means of providing nutrients needed for maintaining good health. This also helps to boost body's immunity that constantly fights disease in humans' body. Concisely, food is a major convenience that is needed by the body to boost the functioning of organs, tissue, system, growth and development.

Realizing how fundamental bodily functions require food, its abundance in the society tends to be a sine qua non for healthy living. George (2020) revealed that COVID-19 has brought food insecurity to Africa. Most policies being emplaced by the governments to curb COVID-19 pandemic affect food production. For example, the lockdown by the government disrupts food production and its supply. The Eastern Africa witnesses huge locust swarms that destroy their crop during COVID-19 pandemic. Therefore, they depend on externally produced food items to survive this unfortunate situation. Lamentably, those that have some food items

could not transport them from one location to another, while they got spoilt because of lack of good storage facilities.

George (2020) raised an alarm by a potential rise in food insecurity in many countries as a result of COVID-19 pandemic. The novel corona virus has activated food insecurity by disrupting domestic food supply chains, labour shortage and movement restrictions. Social distancing rule was not convenient for food producers, processors, traders and logistics that particularly support the abundance of food production. It is cocksure that without adequate food production in any nation, all forms of problems will be experienced daily.

Over 100 million people across the world need life saving food assistance as the end of first quarter in 2020. COVID-19 pandemic undermine all efforts by different organisations to secure food abundance and prevent undernourishment (Sova, 2020). COVID-19 pandemic has been reported to bifold the number of people suffering from food crisis across the world. United Nations World Food programme announced a teeming population of 265 million people that would experience food crisis as a result of COVID-19 pandemic. Insecurity, climate change and economic crisis have made 135 million people worse hit by food crisis before the outbreak of COVID-19 pandemic. Dismally, the words of Hussain Arif described as a catastrophe and hammer blow to the sufficient food production across the globe (Barbiroglio, 2020).

Palliatives given by the governments, organisations and spirited-individuals are by no means alternatives to food security across the globe. In Nigeria, palliatives provided by government were grossly inadequate and mismanaged. Some state governments rejected food items sent to them citing inadequacy and expired food items harmful for consumption. Unfortunately, food items' distribution are been politicised, which poses so much threat to the nation, because a man that is hungry will definitely be an angry man someday.

Health Concerns

So many endless health concerns have been sources of worries to all tiers of government across the globe. These include fake drugs, mental torture, loss of lives, trauma among many others. COVID-19 pandemic outbreak has made quacks to flood shops with substandard protective gears, sanitizers, liquid soaps, fake face masks and drugs which further worsen the health of millions of people. For example, in April 2020, the Nigeria Centre for Disease Control implored Nigerians not to buy a liquid substance being sold in Kano State, because there was no certified vaccine for COVID-19 outbreak. Due to illiteracy and corona phobia, unverified number of individuals bought the substance just to prevent and cure the novel virus. Days after, Kano State recorded over 150 deaths in Kano State.

According to Lancet Glob Health (2020) the world at large risks parallel pandemic along or after defeating COVID-19, because of fake drugs in circulation. In addition, some nations have World Health Organisation's certified regulatory bodies that can fight the circulation of substandard and drugs. Fake drugs were reported to get high demand, because of the affordable prices and grassroot availability. Therefore, certified drugs must be affordable, quality assured, not hoarded and diverted from the purpose(s) for which each drug is being manufactured for.

Sereborv (2020) revealed that the Organisation for Economic Cooperation and Development (OECD) warned that since the outbreak of corona virus, so many substandard drugs are being seized across the world. There is no doubt that millions of lives are being put at risk. Moreso, vast majority of the substandard drugs in circulation were found to contain incorrect proportion of active pharmaceutical ingredients. Another side effect of these fake drugs is that, they may fuel the growing of bacteria resistant to some drugs, asides harming those that consume them.

Okobo (2020) recorded that the Nigerian Association of Pharmacists and Pharmaceutical Scientists in the America (NAPPSA) warned that some quacks took the advantage of corona pandemic to produce, market and sell substandard drugs to enrich themselves. Another health

concern recorded as fallout during covid-19 pandemic is mental health concern or mental torture. According to World Health Organization (2020) COVID-19 activated intense fear, worry and concern among people of the world. Older adults, care health workers and people with underlying ailments are the mostly affected. Routine livelihood, loneliness, depression, drug use, stress and anxiety cause so much mental torture that results in suicidal attempts. As all these are on the rise, the mental health of many people is in serious problem.

Death of loved ones across the globe as a result of COVID-19 pandemic appears to cause severe grief, mourning and bereavement for human beings. Death has terminated the joint existence of human beings as a problem caused by COVID-19. Sadly, bread-winners in families are non-existent during this outbreak. The number of widows and widowers are increasing in leaps and bounds every day. The demise of loved ones has thrown communities into the state of confusion. As at 1st May, 2020, Worldometer (2020) reported 3,382,501 cases of COVID-19 and 238,587 deaths. With the demise of 238,587 individuals across the globe, the world is fighting a common enemy called corona virus. COVID-19 is the most populous disease in this century causing mass destruction of human race, with no certified drugs that can prevent or cure it (Sharma, 2020).

It is alarming that COVID-19 poses some health risks to humans. The comfortability which makes the existence of human beings meaningful gets imperilled by COVID-19. Its symptoms also lean on shortness of breath, chest pain, cough, sore throat, fatigue and fever. Incredibly, some COVID-19 patients are asymptomatic patients; this also poses serious danger to the family and society at large. It is mind boggling that those asymptomatic patients carry out all their normal daily duties successfully without knowing their COVID-19 status. Though, this many individuals contract the highly infectious disease. On discovery, it consumes time and the financial wherewithal to embark on rigorous contact-tracing.

Female genital mutilation and child marriage are predicted as grey areas that COVID-19 outbreak increase. The pandemic has definitely put a stop to different programmes targeted at ending female genital mutilation and child marriage. Over 2 million more case of female genital mutilation would be record in the next decade. While 13 million child marriages in the next 10 years would occur (UNFPA, 2020). Regrettably, many children are put in the family way during this lockdown. This makes them have no other option than to forcefully get married at very tender age. This would definitely increase the number of vesico vaginal fistula (VVF) across the world. COVID-19 has seriously raised healthy worries that need urgent attention.

Orr (2020) reported an increase in the number of suicide attempt in the world. Many of these committing suicides did not have record of mental illness, but the effect of COVID-19 outbreak was the fundamental factor. Frontline health workers most times, suffered emotional and mental devastation during the outbreak. Orr (2020) further revealed that frontline health care workers bear constant witness to the agony corona virus patients undergo. Indirectly, the frontline health workers often share in the pains of all the patients. Some of them got infected along the line of duty, despite being forced to work exhaustingly for hours. Some frontline health workers even consider committing suicide as an option.

Social Disorientation

The outbreak of COVID-19 pandemic across the globe has broken social arrangements in the society. Our essence of being dependent on one another to survive has been impaired by this outbreak. The scar of the social disorientation wound might be felt for a longer period of time, if not till eternity. Religious gatherings remained banned to contain the highly virulent disease among various religious organisations across the world. Marriages, funeral, graduation, award ceremonies amongst countless others are disrupted. While daily living is too predictive, bored and lonely. Families can no longer embrace themselves with unconditional positive

warmth which is a prerequisite to healthy family living. Social distancing is now espoused to survive the outbreak of COVID-19.

Sporting and educational activities are not left out unsuspected during COVID-19 outbreak. Sporting activities are well-known to bind human existence in unity, without ethnic consideration. But to contain the spread of COVID-19, major and domestic sporting activities/competitions/leagues were suspended. Education sector is not left undealt with by the sting of COVID-19, many parents cannot afford e-learning and hire the services of private teachers to help children at home.

Tertiary institution students engage in different kinds of vices, because they were idle. As a corollary to the above, the number of students and married women with unwanted pregnancies during lockdown of COVID-19 swells in numbers. United Nations Population Fund (2020) alarmed that due to inability to access various health care services during COVID-19 lockdown, the world might record 7 million unwanted pregnancies and 41 million may lose access to contraception in the coming months. It was stated that as the number of unwanted pregnancies could skyrocket, many woman and girls risk losing their ability to plan their families and protect their health. It appears that there would be complication during child birth by some women and abortion rate will outgrow the previous data. Unfortunately, parallel crisis may take the centre stage as self-mediation and patronising quacks may further thwart government efforts in securing the lives of it citizens.

Conclusion/Recommendations

Identifying the fallouts or problems of COVID-19 crisis cannot be overstated. It is crystal clear that corona virus exists and it could be likened to a pandemic with so many problematic fangs. By implication all the aforementioned problems have not been properly attended to by governments and necessary stakeholders. Before insecurity gets orgy, COVID-19 pandemic must be tackled along the binge of dangers wrapping its fangs along human's existence.

It is recommended that government at all tiers and individuals must jointly unite to defeat COVID-19 across the globe. Necessary stakeholders such as professional counsellors, psychologists, security personnel, farmers, health practitioners, economists and researchers should be well funded to fight the ravaging corona virus. Massive public enlightenment through different means should also be given priority. Religious organizations should be adequately involved in decision making in a bid to fight COVID-19.

Implications for Counselling

Professional counsellors must rise truculently to fight COVID-19 pandemic along with other stakeholders to get the better of COVID-19. Asides public enlightenment, issues of phobia, depression, anxiety and post traumatic stress disorder (PTSD) must be shot down by professional counsellors, as scientists work around the clock to find permanent cure to this novel corona virus.

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