Psychological and social effects of quarantine on individual behaviors

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Abstract

The outbreak of the Novel coronavirus disease created an alarming situation in many countries, and obliged them to take some precautionary measures in order to contain the virus and prevent its spread. And among the principle measures, many states have placed their populations under quarantine. The latter affected the societies at several levels, like the psychological and the social ones.

The present paper aims to shed light on the most significant psychological and social (negative and positive) effects of quarantine on the Algerian society. The study is based on information collected from an electronic questionnaire that we prepared and submitted to a sample of 112 persons. We ended by concluding that the quarantine affected the Algerian people both psychologically and socially.

Keywords: Covid-19, quarantine, corona virus, psychological effects, social effects.

الآثار النفسية والاجتماعية للحجر الصحي على سلوكات الأفراد

ملخص

إن تفشي فيروس كوفيد–19 المستجد جعل العديد من الدول ومن بينها الجزائر تتخذ عدداً من الإجراءات والتدابير الاحترازية لاحتواء الفيروس ومنع انتشاره، ويعد الحجر الصحي أحد الإجراءات المتخذة، الأمر الذي أدى إلى ظهور آثار على مختلف الأصعدة ومنها النفسية والاجتماعية.

وتهدف الدراسة الحالية إلى تسليط الضوء على أهم الآثار النفسية والاجتماعية للحجر الصحي على المجتمع الجزائري، سواء السلبية أو الإيجابية، وقد اعتمدت الدراسة في جمع المعلومات على استبيان الكتروني أعد لهذا الغرض، طبق على عينة قوامها 112 فرداً، واسفرت النتائج إلى أن للحجر الصحي آثاراً نفسية واجتماعية على الفرد الجزائري.

الكلمات المفاتيح: كوفيد–19، حجر صحي، كورونا، آثار نفسية، آثار اجتماعية.

Les effets psychologiques et sociaux de la quarantaine sur le comportement des individus

Résumé

La propagation de la nouvelle maladie du COVID-19 a poussé de nombreux pays, dont l'Algérie, à prendre de nombreuses mesures de précaution afin de contenir et de freiner le virus. La présente étude vise à souligner les effets psychologiques et sociaux, les plus importants, de la quarantaine sur la société algérienne, négatifs soient-ils ou positifs. L'étude repose sur les données collectées grâce à un questionnaire électronique ayant été préparé et soumis à un échantillon de 112 personnes. Les résultats ont indiqué que la quarantaine a des effets psychologiques et sociaux sur l'individu algérien

Mots-clés : Covid-19, quarantaine, corona, effets psychologiques, effets sociaux.

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Introduction:

In late 2019, the world witnessed the rapid spread of a dangerous virus throughout the world called "Corona Virus". The latter has been classified as a global pandemic by the World Health Organization. It first appeared in the Chinese city of Wuhan then gradually reached the rest of the world; and Algeria didn't escape the spread of the pandemic. Considering the increasing number of infections, the high death rates among members of society, the absence of sufficient scientific information about the epidemic and its characteristics, and the lack of medical treatments, the Algerian government declared a state of emergency and set many health instructions and preventive measures in order to deal with this alarming situation and contain the emerging corona virus. Hence, the quarantine which is based on social distancing and social isolation appeared to be a real and vital solution. However, it didn't go without causing great psychological and social pressure.

In reality, Corona pandemic isn't only a health crisis; it is a disease that exerted a big impact at all levels and led to significant changes that have paralyzed societies from around the world. In fact, it resulted in serious health, psychological, social, and economic losses. But on the other hand, it is important to underline the fact that it has changed the vision of the world healthy system. In the present study, we will investigate the most important psychological and social factors of the Corona pandemic on individual behaviors.

1. Problematic

In late 2019, a new type of virus that infects the respiratory system appeared in the Chinese city of Wuhan; it is called "Corona virus disease (COVID-19)". This emerging virus has forced the entire world to confront one of the most difficult challenges in contemporary history, as millions of people have been infected and some other millions died. According to WHO data on the Covid-19 pandemic, 539.893.858 confirmed cases and 6.324.122 deaths were recorded on June 21, 2022. In Algeria for instance, the confirmed cases reached the number of 266.015, deaths reached the number of 6.875, while 178.498 recovered cases were recorded. However, it would be wrong to describe this challenge just as a health crisis, because it is rather a humanitarian crisis at a large-scale that led to serious negative consequences like: misery, poverty, suffering and unease feelings for all of the humanity. It really damaged societies at all levels; including the economic and social ones.

In general, Algeria succeeded in containing the spread of the infection through strict measures related to public health and safety, such as imposing social distancing, closing some activities, curfews, and closing the foreign borders. All members of society have been put under quarantine, and these measures have been somehow effective in containing the spread of the epidemic. But on the other hand, the quarantine and closure operations had negative effects in social, psychological, economic, cultural, religious, educational and political aspects of life. Indeed, any human contact, even at a domestic level, was a source of fear and anxiety, and people lost any willing to go out except for the necessary needs. This fact exerted both negative and positive effects, because all forms of human gatherings outside or within families suddenly disappeared; society vanished in favor of self-reflection, and meetings were limited to the smallest unities. Hence, the concept of the society itself took a new definition: while it was based on trust, closeness and gathering; a good social behavior has become the complete opposite of that. A good citizen had to be aware of the danger for him and for the others, and was obliged to consider every movement or action in order to avoid transmitting the virus or being infected.

Although the effects of the COVID-19 outbreak were highly visible and predictable in the health and economic sectors, and especially for disadvantaged and vulnerable categories of populations, the overall impact of the pandemic in terms of social relationships and behaviors has not been fully explored. This aspect also deserves to be studied, and searchers need to find out how will the health, economic and societal effects of the spread of the disease appear on individual behavior and social relationships, such as family cohesion, interactions between friends, spouses, colleagues, teachers and students, and on the behavior of individuals.

Some psychologists believe that the world may witness a health crisis due to the repercussions of the pandemic on psychological health. For instance, a study conducted in Hong Kong in the aftermath of the outbreak of SARS (Severe Acute Respiratory Syndrome), showed that survivors of the disease continued to suffer from psychological stress and depression at alarming levels one year after the outbreak of the disease, and it is expected that even after the epidemic subsides, the psychological pressures will continue for months, and even longer. But on the other hand, this crisis contributed in testing ties, cohesion and social solidarity, as well as testing social justice in human societies. According to the foregoing problematic, our study attempts to analyze the repercussions and effects of Covid-19 epidemic on social habits and individual behaviors, by asking the following questions:

What are the social effects of quarantine on individual behavior?

What are the psychological effects of quarantine on individual behavior?

What are the positive effects of quarantine on individual behavior?

2. Importance of the study: The current study derives its importance from several aspects, and among the most important ones, we can cite:

- The critical period that the world went through due to the pandemic, and the need to know its repercussions and analyze them scientifically.

- The lack of studies that explored the effects and reflections of the virus on the Algerian individual and society, as there is no doubt that the quarantine has greatly limited the spread of the disease, but it had also some repercussions on individuals and societies.

- Benefiting from the results of the study in preparing plans and strategies to take care of individuals, as well as preparing for epidemics and educating individuals in that purpose.

3. Objectives of the study: The current study aims to:

- expose the psychological repercussions of the quarantine on individuals during the Corona pandemic.

- reveal the most important social repercussions of quarantine in Algerian society during the Corona pandemic.

- make suggestions.

4. Theoretical background

4.1 Concept of Coronavirus

The World Health Organization defines COVID-19 as an infectious disease caused by the emerging coronavirus, which spread primarily through droplets of saliva or nasal secretions when an infected person coughs or sneezes. The first epicenter of the current COVID-19 was recorded in Wuhan, the capital of Hubei Province in China, where China announced the presence of pneumonia cases in Wuhan on December 29, 2019. It was soon determined that these cases were caused by an emerging coronavirus. After that, the first cases outside China were detected in Thailand on January 13, 2020, and Japan on January16, 2020[1].

4.2 Terms used in security measures established to face COVID-19

Quarantine: It means restricting activities and isolating people who are not sick but may have been exposed to an infectious agent or epidemic, in order to monitor their symptoms and ensure early detection of cases. Thus, it prevents the spread of the disease at a time when the person does not show any symptom[2].

Quarantine measures are adopted early to delay the introduction of the disease into a country or region or may delay the peak of the epidemic in a local area. However, if not applied properly, quarantine may also create foci of disease spread.

Algeria imposed a total quarantine at first on the state of Blida, which witnessed a widespread of the virus, and then it was decided to impose a partial quarantine on the states that witnessed many cases of infection by the virus. The duration of its extension was determined by the relevant committees and authorities that had to prevent all forms of gatherings of more than two people. It has been decided to close all places of public activities, including restaurants, cafes and shops, except for food stores and drug stores.

Sanitary isolation: It is a separating procedure for individuals who suffer from an infectious disease and who may transmit it easily to those around them. These individuals are kept separate from others within a health care facility, the isolated person has his own room, and health care providers take certain precautions to deal with him in order to avoid Infection such as; wearing protective clothing[3].

In the context of the COVID-19 outbreak, the world adopted a strategy of rapidly containing and isolating laboratory-confirmed cases either in a medical facility or at home[4].

Physical distancing: It means staying physically away from others. The World Health Organization recommends staying at least 1 meter (3 feet) away from others. It is a general recommendation that everyone should apply even if he is in good health and has not been infected by the Covid virus[5].

4.3 Social effects of the Corona pandemic

To contain the spread of infection, the majority of countries have imposed strict public health and safety measures such as adhering to the rules of social distancing, imposing closures, curfews and closing borders. These measures appear to have been effective in containing the spread and providing an opportunity for the health care system to focus on testing people, and tracing and treating those affected. However, the operations of quarantine and closures at the national level exerted serious social and psychological effects on society in general and on the behavior of individuals in particular, and among the most important social repercussions of the Corona virus we cite the following:

The fragility of the education system: One of the salient effects of the COVID-19 pandemic is the widespread closure of schools, colleges and universities around the world. Since February 2020, (193) countries have chosen to close educational institutions in an effort to slow the spread of COVID-19. These closures affected nearly (1.7) billion learners at pre-primary, primary, secondary and tertiary levels [6].

What made the situation even worse, was the fact that there is conclusive evidence that the disruption of education due to Covid-19 will have varying effects on some social groups. According to the results of the "Education Cannot Wait" initiative, the cumulative effect of the Corona virus is that, the disruption of education may cause the regressing of the educational level for the most vulnerable children whose basic education was initially not strong[7].

Even after the adoption of the distance education system, students may not be able to access the curriculum, such as those from poor backgrounds who have no internet. It is also possible that teachers will lack the necessary ICT skills and knowledge to deliver effective online lessons during global health emergencies, especially in countries where education systems do not normally integrate ICT into everyday education.

High levels of poverty: When considering the social impacts of COVID-19, we also talk about the increase of poverty levels in countries. Studies showed that countries with higher levels of poverty have really damaged by the outbreak due to the existing and unusual numbers of their vulnerable and disadvantaged populations. The United Nations Economic and Social Commission for Western Asia (ESCWA) also revealed in a policy brief on COVID-19 that the Arab region suffered from job losses at an alarming rate. This calls for special attention, as social issues will be further exacerbated by the social and economic effects of the pandemic, which will push millions of people into poverty categories; a fact that will have severe social effects.

Low moral values: The spread of the Corona virus has caused a state of panic around the world, and the human society witnessed a state of moral anxiety; and this situation formed a real challenge for the preservation of moral values. In fact, people started thinking with some selfishness, which pushed them to store foodstuffs, basic commodities, protective masks and medical sterilizers in an excessive manner thinking that they will be out of stock, so that some commercial sites were emptied,. This led to the rise of prices and the deprivation of members of society who were unable to get these goods [8].

The public discourse about Covid 19, which was portrayed as a disease that affects the elderly, has had many negative effects on them, and age-based discrimination in various areas of social life against the elderly has increased since the beginning of the pandemic, and had many negative effects on them ranging from increased segregation, stigmatization, abuse and violation of their right to health, and to receive other basic services.

Domestic violence: Families faced a very critical circumstance after the spread of the pandemic and the imposition of quarantine, which negatively affected family relationships, especially for women and children. Statistics from the Chinese province of Hubei, for instance, showed a significant increase in cases of domestic violence against women and girls during the Covid crisis. According to the statistics of the Organization Against Domestic Violence, (90%) of domestic violence incidents occurred between January and March 2020 due to the epidemic, which included some risks for children, interpersonal violence and lack of access to children's services[9].

Initial reports have identified a number of Arab countries that have witnessed a significant and dangerous increase in the level of violence against women. For example, media reports indicate that domestic violence in Bahrain has increased by (46%), and "hotlines" established to report manifestations of violence against women have increased by five times in Tunisia. Another example is Indonesia, where exposure to domestic violence experienced by women increased by (37%) during the quarantine period. Similar reports have been also published in other countries such as Turkey, Egypt, Palestine, Malaysia, Lebanon, Iraq and other countries. Domestic violence directed against females, whether it is from fathers, brothers or husbands, is a violation of their rights to physical and psychological integrity. This increase of violence was due to the loss of their jobs which pushed them to stay at home for a very long time, or because of the holidays imposed on some sectors. Men discharged their frustration towards the woman in several forms: verbally by insulting and cursing them; physically through beatings; or even morally through despising and neglecting them. Such behaviors led women to feel insulted and humiliated and that hardly affected their self-esteem, and caused many psychological disorders.

High divorce rates: The Corona pandemic has caused an increase in family disputes and in divorce rates in many countries, such as China, North America. In Iran for example, the rates has tripled, and IRNA, reported having received daily phone calls amounting to four thousand requests for social counseling regarding marital relationships[10].

The high rates of divorce all over the world, is a result of economic conditions and social burdens, and this trend had a broader societal impact on children and families because it disrupts the cohesion of the latter, which will eventually increase the presence of families with breadwinners, and children and women represent the group that will suffer the most from the effects resulting from the augmentation of divorces due to COVID-19.

Social distancing: Social distancing aims to reduce communication and mixing between members of society in order to break the chain of infection, and thus, to control the spread of the virus. The Algerian state imposed special protocols to deal with the pandemic, by preventing gatherings of more than two people, and closing public places from concert halls, restaurants, shopping centers, amusement parks, and places of worship; wedding parties were canceled, the marriage contract was satisfied without the participation of relatives and friends, the funeral ceremonies were hold with the limited presence of close people, condolences were expressed by phone calls or through social media-citizens, and people could only purchase their necessary needs. It goes without saying that this situation represented a real metamorphosis in social customs.

In addition to the stigma of corona infection for groups that have been exposed to the epidemic, or those who lost a member of their family due to the epidemic, suffered marginalization and estrangement because they stayed a source of fear from the infection even

after they have recovered. This continued for some time after quarantine, and even after the containment of the outbreak. In a comparison of health-care workers quarantined versus those not quarantined, 9 quarantined participants were significantly more likely to report stigmatization and rejection from people in their local neighborhoods, suggesting that there is stigma specifically surrounding people who had been quarantined. Participants in several studies reported that others were treating them differently: avoiding them, withdrawing social invitations, treating them with fear and suspicion, and making critical comments[11].

4.4 The psychological effects of the corona pandemic: Among the psychological effects of the corona pandemic are the following:

The prevalence of psychological disorders: The World Health Organization and the United Nations have monitored a significant spread of mental disorder due to the Corona pandemic, especially among health care workers, children and some adults, as during the outbreak of the pandemic, (47%) of health care workers in Canada reported the need for support, (50%) of those from China reported having depression, while (42%) in Pakistan confirmed having moderate mental disorder. The Director-General of the World Health Organization, Tedros Adhanom Ghebreyesus, said in a press release that the impact of the pandemic on people's mental health was already worrisome, adding that social isolation, fear of infection and loss of family members compound the distress caused by often losing income and work[12].

Psychological pressure: The medical review entitled "The lancet" published a study on the psychological impact of the Corona virus, by analyzing situations of similar health crises which involved the state of quarantine in different regions of China for a period of (10) days following the outbreak of the SARS epidemic. Psychologists analyzed the impact of these distancing measures by studying a set of data collected by scientists, and comparing them with the current situation. They were able to determine the psychological consequences of the Corona virus, and especially isolation that causes psychological stress. The magazine reported that the government has imposed isolation for period of (15) days. Another extensive research at Kings College London, conducted by Samantha Brooks, Rebecca Webster and others concluded that after (10) days of isolation, the mind begins to collapse; starting from the (11) day, the feeling of nervousness, tension and anxiety worsens, and if the isolation period exceeds (15) days, the effects become more serious and difficult to control[13].

Feelings of frustration and boredom: Applying distancing and thus reducing social communication, closing places of entertainment, limiting movements from closing the borders preventing travel and trips, and keeping people in their homes causes boredom and frustration, and one of the most important causes of pressure causing frustration is exposure to the news that were daily reporting and counting injuries and deaths in the media.

Fear and anxiety: The quarantine damaged psychological health with stress, fear and anxiety caused by the lack of information about this new disease, its nature, its main source, its duration…etc. And with the high number of deaths registered, many individuals started suffering from thanatophobia (the phobia from death), especially those with chronic diseases. This is due to the dissemination of information and news about the characteristics of the deceased victims. This anxiety and fear in reality were manifested by the accumulation and rushing of goods, the increase of drug consumption, as well as racism and hate crimes against Asians in general and Chinese in particular all over the world, for they were stigmatized and accused of being responsible of the spread of this virus[14].

Studies reported that many of its participants described long-term behavioral changes after the quarantine period, such as washing hands and avoiding crowds, and for some, the return to normal life was delayed for months. The results of a study conducted during the SARS epidemic in (2003) revealed that a quarter of the study population represented in (1057) people still avoid crowded places three years after the end of the disease and suffer completely from agoraphobia (fear of public places) and difficulty from leaving homes[15].

4.5 Positive effects of the Corona pandemic

Despite the aforementioned negative effects of the Corona pandemic on the individual and the society, quarantine and complete closure measures had also some positive consequences that deserve to be underlined in our lives:

- Some researches on the effects of the Corona pandemic on the environment in different regions of the world such as China, India, the Middle East, some regions of Europe and the United States of America have been conducted by comparing the concentration levels of greenhouse gas emissions during the pre- and post-pandemic period using satellite visuals. The results indicated that the outbreak of the Covid-19 epidemic led to a decrease of the concentration of nitrogen dioxide NO_2 in the Earth's atmosphere, a noticeable decrease in the concentration of carbon dioxide, and Sulfur SO_2 around the world, and a noticeable improvement in air quality in many regions of the world, like China, India, the Middle East, the European continent and the United States[16].

- The development of social relations: the quarantine imposed on families all over the world that involved staying at home for long periods, had advantages for families who tried to restore and consolidate social and familial relations, and practice some hobbies that they did not find time for when they were too busy with work and study. In fact, people restarted such making activities as reading, and mothers focused on taking care of their children and holding family sessions in order to adapt to the situation and manage it smoothly. Individuals tried to make diversified intellectual, cultural, sports, work and communication activities inside homes and through social media. (Fatima Al-Zahra Khana, 2020, p. 120).

Some couples took advantage of the quarantine period to allocate a longer time with their children, follow their school learning programs, help them complete their homework and remediate to their eventual gaps.

Appreciating social relations is one of the things that quarantine emphasized, since families consolidated their social relations. In fact, despite social distancing, humans are social beings by nature able to adapt themselves to any situation by using new forms of communication such as vocal messages, singing, discussing from balconies of houses and many other aspects of social networking trough social media.

- The pandemic changed the daily regime of individuals, and the acquisition of needs became subject to the principle of moderation and incitement to purchase healthy beneficial needs, strengthen immunity and adopt healthy eating system. The pandemic also constituted an opportunity to a self-reconciliation through reconsidering our acts, reconciling with ourselves, evaluating all actions, and rethinking about improving what this entails[17].

- Social Solidarity: The pandemic imposed the need to support others in difficult circumstances, so human solidarity and human cooperation appeared through social measures to help fragile and weak groups in society like children, the elderly and people with special needs, through cash transfers, or the purchase of supplies, the distribution of needs and launching caravans of goodness to support those affected by the pandemic in remote areas. Most countries could achieve some goals by creating social responsibility in light of the Corona pandemic, including providing a decent life for low-income families, and strengthening brotherhood between the individual and his community[18].

Although digitization began before the outbreak of the disease, the quarantine led to the integration of a new digital society into our lives and reinforced its use through communication services, calls via smart phones, holding scientific forums and conferences, as well as online shopping due to people refraining from going to crowded areas in the wake of the pandemic.

5. Study methodology and procedures

5.1 Study curriculum: In the current study, we adopted a descriptive approach that is suitable to the nature of the topic and the research objectives.

5.2 Study sample and its characteristics: The study sample included a group of 112 Algerian individuals who were found on social networking sites. The approach is based on the

electronic form and took into account characteristics like sex and specialization. Table No. 01 shows the distribution of the study sample and its characteristics.

Table No. 01 shows the distribution and characteristics of the study sample

Characteristics	Sex		Age			Educational level		
	Male	**female**	**18-29**	**30-40**	**Over 40**	**Sub-secondary**	**Secondary**	**University**
N	34	78	32	39	41	09	38	65
%	30.35	69.65	28.57	34.82	36.60	8.03	33.92	58.03

5.3 Study tool: In order to collect the necessary data to achieve the objectives of the current study that draws its principles from theoretical literature and some previous studies that dealt with the same variables, as the study (Milaani and Majaldi 2020), and the study (El aziza warda and Khamad Muhammad 2021),we elaborated a questionnaire that contains a set of questions centered on social effects (10 questions), a set of questions centered on psychological effects (10 questions) based on the triple Likert scale (always , sometimes, never); in addition to open questions about the positive effects of the pandemic from their point of view. The questionnaire has been distributed electronically.

5.4 Psychometric characteristics of the study tool:

Face validity: The two researchers presented the initial measure to a group of university professors specialized in psychology and sociology from the University of 8 May 1945 (Guelma- Algeria) in order to determine the arbitrators' validity. The arbitrators' observations about modifying the linguistic formulation of some items have been taken into account. After that, arbitrators validated the measure.

Divergent validity: The researchers calculated the validity of the measure relying on a survey sample of 35 individuals. After having arranged the distribution from the highest degree to the lowest one, two groups were selected from both parts of the distribution: the first one represents 27% of the individuals who got the highest scores, while the second one represents 27% of those who got the lowest scores. Then, the researchers compared the arithmetic averages and standard deviations, and calculated the t-value for the difference between the averages. The results are illustrated in Table No. (2).

Table No. (02) shows the results of the Discriminant validity of the study questionnaire

Group	arithmetical average	Standard deviation	Value of T	Indicative level
Upper	52.29	3.42	10.421	0.000
lower	43.56	4.12		

Table (02) shows that the value of (T) reached 10.421 with a significance level of 0.000, which is a statistical function. This indicates that the scale is characterized by the ability to distinguish between the upper and lower groups, and this fact confirms its validity.

Persistence:

Half-segmental stability: The first half consists of items bearing odd numbers, while the second one consists of even items, and the correlation coefficient was calculated between the two parts of the questionnaire. The researchers obtained a stability of 0.932, and after using the Spearman-Brown Equation, the researchers obtained a stability of 0.945 at the significance level of 0.01, which indicates that the scale has a high degree of stability.

Stability with Cronbach's alpha coefficient: The researchers calculated the scale's stability using Cronbach's alpha method, which amounted to 0.929, and this is considered to be statistically significant. Thus, the measure has a high degree of stability and reliability.

6. Presentation and analysis of the results of the study:

As a recall, the first question of our problematic is: what are the social effects of home quarantine on the behavior of individuals?

In order to find an answer, were asked the study sample a set of questions revolving around the repercussions of the pandemic on them, and the table shows the response of individuals as follows:

Table No. (03) shows the social effects of the Corona pandemic on the behavior of individuals

Items	Always		Sometimes		Never	
	N	%	N	%	N	%
I avoid attending social events	87	77.67	20	17.85	05	4.46
I spend my free time at home	90	80.35	15	13.39	07	6.25
I spend most of my day watching TV	45	40.17	37	30.03	30	26.78
My communication with my friends decreased	32	28.57	62	55.35	18	16.07
I prefer to spend time alone	33	29.46	59	52.67	20	17.85
I feel isolated and marginalized from my family members	40	35.71	44	39.28	28	25.00
I spend hours all the time browsing social media sites	95	84.82	12	10.71	05	4.46
My behavior is violent with my family	41	36.60	51	45.53	20	17.85
My working conditions (my studies) are bad	43	38.39	59	52.67	10	8.92
I don't care about my health	41	36.60	67	59.82	04	3.57

By analyzing the results of Table No. (03), which dealt with the social effects of the Corona pandemic on individuals, it is clear that (77.67%) avoid attending social events, (80.35%) spend their free time at home, (40.17%) spend most of their time watching television, (55.35%) have less contact with their friends, (52.67%) prefer to be alone, (39.28%) feel isolated from their family members, (84.82%) spend their time browsing social networking sites, (45.35%) behave violently with their families, (52.67 %) Their working or studying conditions are poor, (59.82%) do not care about their health.

To answer the second question: What are the psychological effects of home stone on the behavior of individuals?

In order to answer the question, a set of questions were asked to the study sample revolving around the repercussions of the pandemic on them, and the table shows the response of individuals as follows:

Table No. (04) shows the psychological effects of the Corona pandemic on the behavior of individuals

Items	Always		Sometimes		Never	
	N	%	N	%	N	%
I fears that the virus will re-spread	102	91.07	08	7.14	02	1.78
I suffer from insomnia when thinking about the coronavirus pandemic	90	80.35	18	16.07	04	3.57
I'm bored and frustrated during the quarantine period	65	58.03	32	28.57	15	13.39
I have fears of losing a dear person to the virus	92	82.14	10	8.92	10	8.92
I'm afraid of getting infected	49	43.75	43	38.39	20	17.85
Became more nervous after the outbreak of the coronavirus pandemic	53	47.32	29	25.89	30	26.78
I'm worried when hearing talk about the pandemic	84	75.00	22	19.64	06	5.35
I have concerns about the risk of the virus to my health	53	47.32	27	24.10	32	28.57
I've had depression since the onset of pandemic	71	63.39	21	18.75	20	17.85
I suffer from eating disorders when staying home long	66	58.92	36	32.14	10	8.92

The results of Table No. (04), which dealt with the psychological effects of the Corona pandemic on individuals, show that (91.07%) of the study sample dread the return of the virus; while (80.35%) of them suffer from insomnia when thinking about the Corona pandemic; (58.03%) of them feel bored and frustrated during the quarantine period; (82.14%) have great fear from losing a loved one due to the virus; (43.75%) feel afraid of infection; (47.32%) have become more nervous after the emergence of the Corona pandemic; (75.00%) feel worried when hearing someone talking about the epidemic; (47.32%) have fear of the virus's dangers and consequences on their health; (63.39%) suffer from depression since the outbreak of the pandemic; and (58.92%) suffer from nutrition disorders when staying at home for a long period.

To answer the third question that is as follows: What are the positive effects of home quarantine on the behavior of individuals?

We addressed an open question to the study sample, asking them to mention some of the positive impact left by the pandemic and the associated measures of quarantine and social distancing. The answers can be sum up as following: spending more time with relatives, self-regulation, rationalizing human behavior, more orientation towards technology, getting rid of some expensive social habits such as marriage habits, taking care of the health system, paying more attention to the environment, starting projects from home.

7. Discussing the results of the study

hrough the obtained results, it is found that most of the study sample members confirmed having been socially and psychologically affected by the Corona pandemic to a great extent. In fact, people got used to a certain level and lifestyle, and had considerable difficulties to adapt to new forms of life. The aforementioned factor abide with the studies of (Barkouk And Bouzraq 2020), and (Al-Aziz and Khamad 2021), due to the length of the epidemic period, which extended for more than two years, in addition to the length of the quarantine period, the disruption of the daily routine for all individuals, the closure of public and entertainment places. The pandemic has also affected religious practices in various ways, such as pilgrimage, celebration of religious holidays and restriction of movement. The society has also known a decrease in the rate of travels even after the end of the virus impact, which has led to a change in social dynamics. A new phenomenon has been observed in the Algerian society, which is a partial disintegration of social relations, an inevitable result of the lack of interactions and direct encounters between individuals, so that it has become selective in some cases, and their behavior has changed after direct encounters, as a result of the accumulations left by the pandemic.

Many studies and research have warned against virtual interaction within society, and its compensation for physical interaction, especially with the expansion of the number of subscribers in various social networks, which almost took over the lives of Algerians. The physical, so reducing the physical distance did not reduce the symbolic and indirect communication - in light of the continuation of social communication via phones, WhatsApp and all means of communication, but the virtual communication during the quarantine has become an alternative to real meetings. This fact disturbs social relations because physical contact reinforces social cohesion and strengthens relations, especially kinship relations, while the virtual interaction, which is an interruption of communication. Especially if the means of meeting are available and easy after the pandemic has passed.

Man, by nature, is not able to bear severe restrictions, especially if they last for an unknown period, and therefore he feel under great pressure and psychological challenge, because freedom and the sense of security are among his basic needs, and the failure to satisfy these needs creates psychological disorders.

As for the positive effects of the pandemic, the study found that the responses of the sample members stated that the pandemic had positive effects. Al-Asmari (2020) believes that despite the negative effects of the quarantine, the latter has many positive aspects: many of us wanted to have some free time for themselves and work on self-development, self-reflection, interest in hobbies, or spending more time with the family, in addition to strengthen faith and improve the relationship with God the Almighty.

Conclusion

The world has witnessed difficult periods due to the emerging pandemic of the Corona virus, its terrible spread and the increase of injuries and deaths. On the other hand, the consequent measures such as quarantine, had positive and negative psychological and social effects. Being a new and unknown disease, the Corona pandemic was able to spread a state of terror and panic in all societies without exception, which reflected in the social moral values, such as the race towards the accumulation and storage of basic supplies and commodities, the increase of family disputes, the rise of divorce rates in many countries, in addition to the spread of poverty and unemployment. But at the same time, this virus has brought about positive changes. The individual benefited from the consolidation of his social relations with

his family members, and improved his relationship with his Creator through discipline in worship, as well as improving his life by modifying his behavior and social habits, from the adoption of a better hygiene, disinfection and sterilization, and improving food habits in order to maintain his health and strengthen his immunity to confront the virus, in addition to abandoning some costly social customs, creating a spirit of cooperation among members of society in order to overcome the risks of the epidemic, and accordingly all parts of the society had to work together to overcome the negative effects, and educate civil society about the necessity for cooperation and intensification to solve the crisis and overcome it.

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