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## An overview of the Bonding Better or Overpowering in Family Relations during Corona Times

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## Abstract:

The Covid-19 pandemic has brought significant changes to our daily lives, particularly in terms of social interaction and family relationships. This paper explores the impact of the pandemic on family relationships, particularly in the Indian context, and the role of social intelligence in maintaining healthy relationships during this challenging time. The paper examines the challenges faced by elders, people with disabilities, and students, and the various ways in which families coped with the pandemic. The study highlights the importance of emotional connection and closeness in healthy relationships and emphasizes the need for social interaction to maintain overall well-being. The paper concludes with recommendations for individuals and families to improve their social intelligence and foster stronger relationships in the face of adversity.

**Keywords:** Corona Times, family relationships, well-being, balance, human dynamics

## Preliminaries:

The Covid-19 pandemic resulted in prolonged stress exposure. As a result, researchers became more interested in measuring social and community anxiety in order to psychologically support the population. Numerous dimensions have been hampered, such as frequency of contact and emotional closeness. Healthy relationships are defined by a sense of emotional connection and closeness with other people. Emotional connection, whether romantic, friendship or familial. It satisfies a basic human need while also benefiting health. It lowers stress levels. It aids in the treatment of mental illness, lowers blood pressure, and lowers the risk of heart disease. This healthy and intimate relationship can foster loneliness; familiarity, understanding, and acceptance from close others.

Especially elders and those who did not have easy access to shops and services were the most affected. Simple activities such as leisurely walks, garden stroll, laughter clubs or gathering in common society nana-nani zones became difficult.

The plight of elders with physical disabilities was even more appalling. Caregivers, cooks and helpers were prohibited from entering society premises and day-to-day activities were hampered.

Elders with mental disabilities such as Alzheimer's and dementia require constant monitoring and assistance, along with reminders for medicines etc.



In our ancient Indian tradition, the joint family system served as a way of life. With three to four generations residing under one roof and operating as a single unit, the family dynamics were very different as compared to individual families with single children and working parents staying independently and far away from their ageing parents.

The pandemic has negatively affected the relationship knowingly and unknowingly. It has been a tough time for all. The relations are usually nurtured in a normal condition. The unprecedented situation such as infection rate, isolation within the home or hospitalization and so on has disturbed the harmony at different levels. The typical Indian family system has also gone through a litmus test in the Covid Times. The Work from Home method, Online education and No Social contact have given birth to a lot of new challenges to deal with.

Social Quotient is one of the essential intelligences required for the overall well-being of humans. The other being Physical, Mental, Emotional and Spiritual Quotients. The Social Quotient encompasses one's interaction with and ability to maintain a healthy relationship. This interaction gives one a sense of inclusiveness and safety. It is also known to improve mood and enthusiasm.

## **Social Intelligence:**

Edward Thorndike, a psychologist, came up with the idea of SQ, or social intelligence. Later, other psychologists, such as Howard Gardner and Daniel Goleman, made changes and added to it. In his theory of multiple intelligences, Gardner emphasised the importance of two bits of intelligence: intrapersonal intelligence and interpersonal intelligence. He says that interpersonal intelligence means being able to work with other people as a group and being aware of other people's emotions, feelings, personalities, and motivations. Gardner said that it was like Daniel Goleman's idea of emotional intelligence.

Social deprivation is the term for this estrangement from society as a whole, and it can have severe repercussions for people who experience it. A person's inability to easily and frequently access the many varied components of their culture and society is referred to as being in a state of social deprivation, which is a wide and ill-defined umbrella phrase.

The Covid pandemic gave a chance to individuals to go back to their hometowns, which they had left either temporarily or permanently in search of better work opportunities or better education or any other reason.



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This unexpected shift of people back to their families for such an extended time was a unique experience for all. Families had to spend week after week, month after month in the closed confines of their homes. With schools, colleges, office work and all other social activities coming to a grinding halt, the individuals had ample chance to bond with family members, which was otherwise quite challenging due to hectic, fast-paced schedules.

The research was carried out to understand the challenges faced by the students and the end result would be the suggestion of a few possible solutions or remedies.

## **Data Collection:**

The primary data was collected from the students sharing a google form. The google form was based on the experience of the students during the pandemic. The form was shared with students from ten different schools and each school had a minimum fifty students filling in the form randomly. There were 500 responses taken into consideration for the analysis and further study.

## **Questionnaire for students:**

Title of the Research Paper: **An overview of the Bonding Better or Overpowering in Family Relations during Corona Times**

Research scholar: Dr. Sachin Gadekar, Assistant Professor, Peace Studies, MITWPU

Prof Radhika Dixit, Assistant Professor, Peace Studies, MITWPU

## **Survey form: 1**

Name of the student: \_\_\_\_\_

Name of the school: \_\_\_\_\_

E-mail ID: \_\_\_\_\_



Choose any one of the following options given below for questions to collect data.

1. I lived with my family during the pandemic

A) YES      B) NO      C) Partially yes

2. COVID-19 had severe impact on family relationships

A) Agree      B) Disagree      C) Strongly agree      D) Strongly disagree

3. Family gatherings have been reduced due to Pandemic and imposed restrictions.

A) YES      B) NO      C) May be      D) Can't say

4. Social media has been effective and efficient for communication during the COVID-19 restrictions.

A) Agree      B) Disagree      C) Strongly agree      D) Strongly disagree      E) Neutral

5. The relations within the family have grown stronger in Covid Times.

A) Agree      B) Disagree      C) Strongly agree      D) Strongly disagree      E) Can't say

6. You have developed an ability to be patient in lockdown and social restrictions laid down by the government.

A) YES      B) NO      C) May be      D) Can't say

7. The differences/ misunderstanding among the family members leveled up during the pandemic enforcing work from home and other obligations.

A) Agree      B) Disagree      C) Strongly agree      D) Strongly disagree      E) Can't say

8. Did you experience any space constraints in your home during the lockdown?

A) YES      B) NO      C) May be      D) Can't say

9. Did you face any financial constraint in your home during the lockdown?

A) YES      B) NO      C) May be      D) Can't say



10. Did you suffer any personal loss during the pandemic?

A) YES      B) NO      C) May be      D) Can't say

11. Did you feel emotionally unstable during the phase of lockdown?

A) YES      B) NO      C) May be      D) Can't say

12. Did you feel any insecurity about your future in terms of job, career etc?

A) YES      B) NO      C) May be      D) Can't say

13. Do you think that you could develop a better understanding of the situations and challenges at the home front during the Covid Times?

A) YES      B) NO      C) May be      D) Can't say

14. Did you utilize the lockdown time to upgrade yourself keeping in mind the academic, social and personal development?

A) YES      B) NO      C) May be      D) Can't say

16. As you got enough time to spend with siblings, were you able to strengthen and connect better with?

A) YES      B) NO      C) May be      D) Can't say

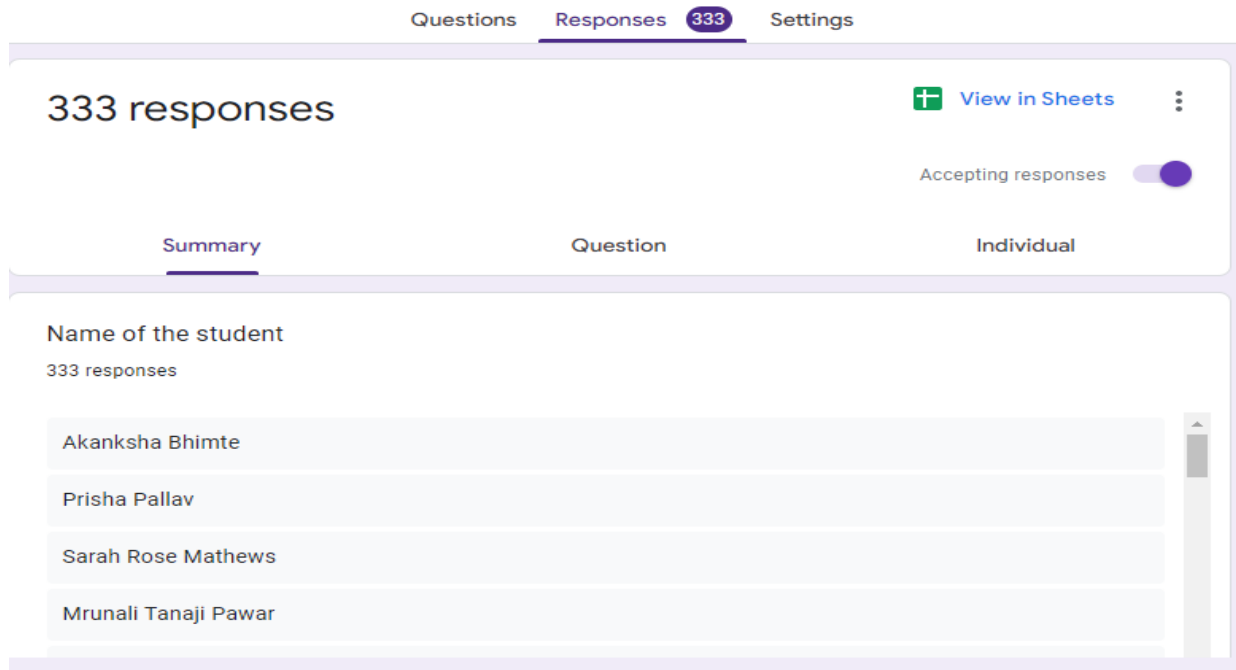
17. Comment on "The Covid times resulted into Bonding Better or Overpowering in Family Relations"

SUBJECTIVE ANSWER EXPECTED

Thank you.



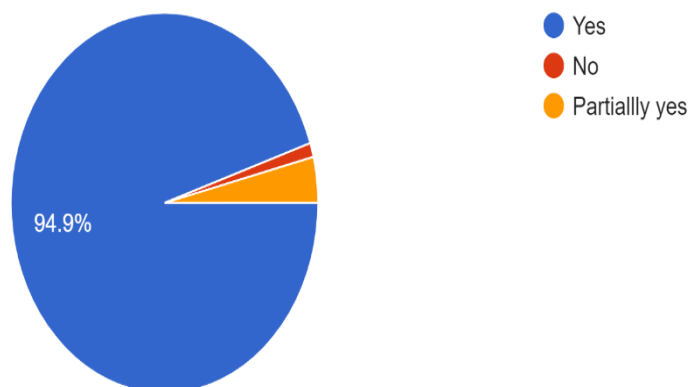
## The analysis of the data collected using the google form.



**Brief Commentary:** The sample size was of 333 participants within age group of 18 to 22 years of age.

1. I lived with my family during the pandemic

333 responses

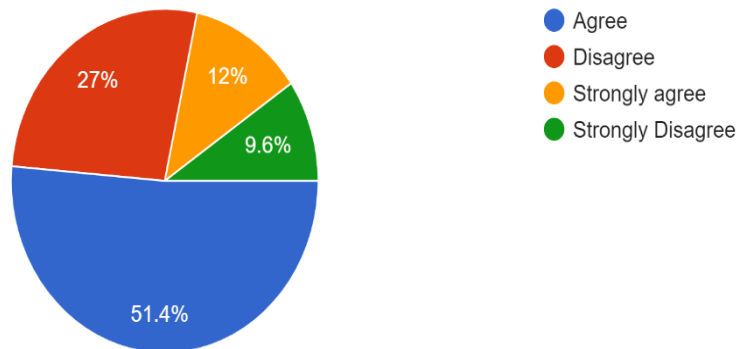




**Brief Commentary:** Majority of the students stayed with their families during the pandemic

## 2. COVID-19 had severe impact on family relationships

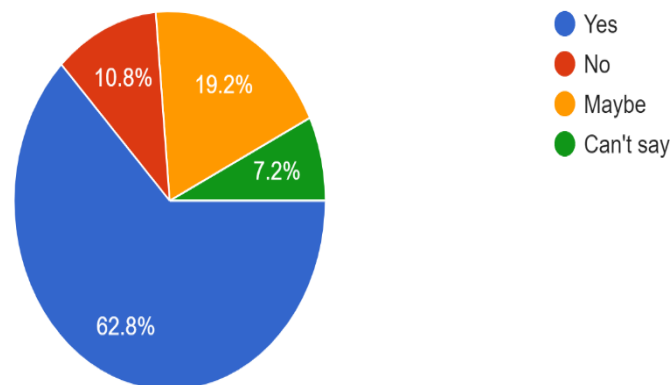
333 responses



**Brief Commentary:** Due to extended time spent with the family in closed spaces, family time increased. Bonding between siblings, parents and grandparents increased. However, a sharp rise in domestic violence, and divorce child abuse was reported. On the other hand, elderly people especially those who were relying on relatives and friends experienced extreme isolation.

## 3. Family gatherings have been reduced due to Pandemic and imposed restrictions.

333 responses



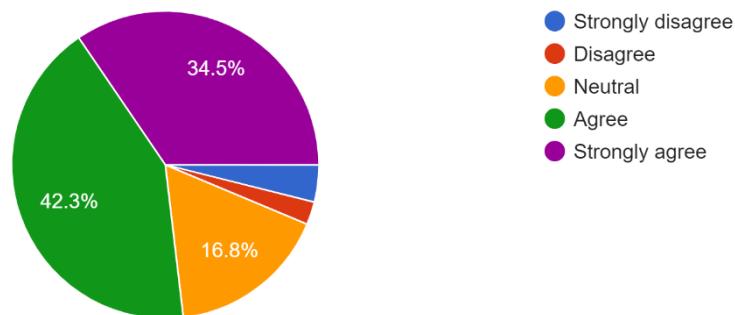




**Brief Commentary: The virus being extremely** contagious, there was a stringent ban on social gatherings, events and even movement of people in groups.

4. Social media has been effective and efficient for communication during the COVID-19 restrictions

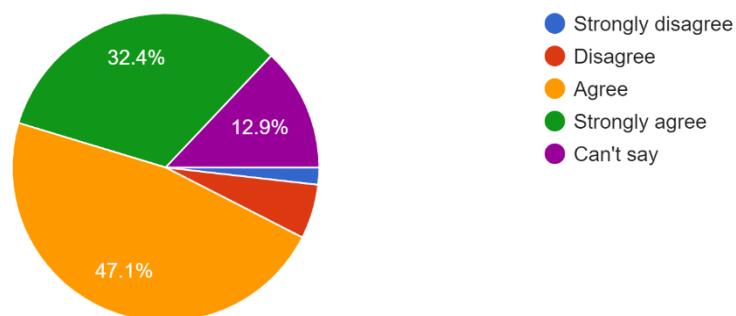
333 responses



**Brief Commentary: Social** media and digital technology provided a much-needed tool for connecting people through online mode. Isolated at home or in covid wards, social media became the bridge for overcoming the loneliness and anxiety for people.

5. The relations within the family have grown stronger in Covid Times.

333 responses

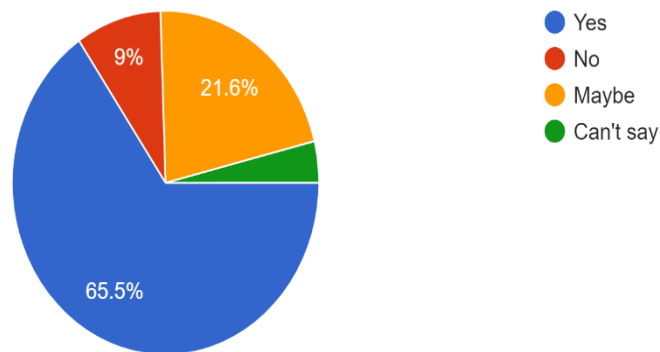


**Brief Commentary: majority** of people that participated in the survey were convinced that family ties and bonding grew stronger during this period



6. You have developed an ability to be patient in lockdown and social restrictions laid down by government.

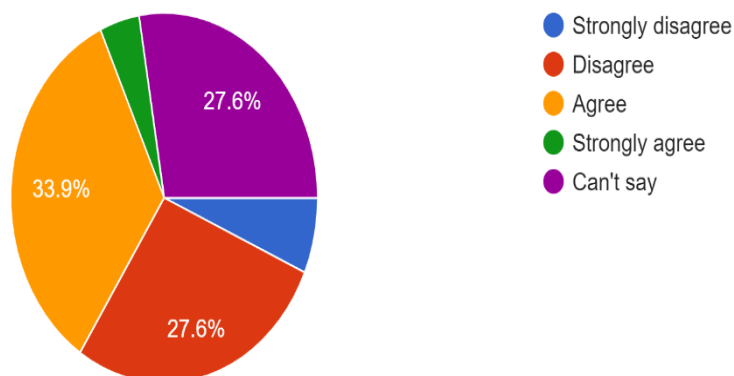
333 responses



**Brief Commentary:** The uncertainty about the future and harsh reality of present changed the mindset of many people who developed a better understanding of life, relationships and patience.

The differences/ misunderstanding among the family members leveled up during Pandemic forcing work from home and other obligations.

responses

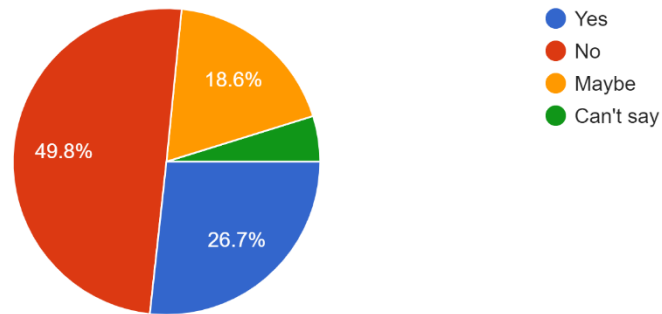


**Brief Commentary:** With rigorous online schedules, be it work or academic, many people experienced stress and anxiety.



9. Did you face any financial constraint in your home during the lockdown?

333 responses

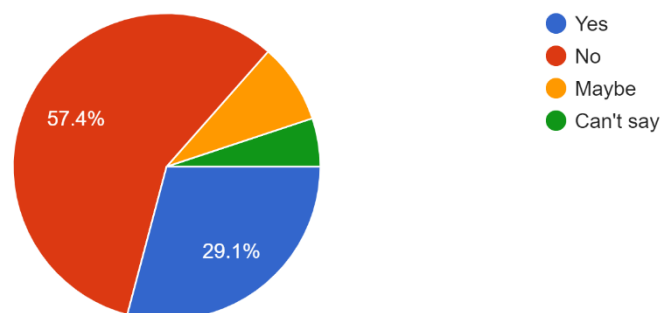


### Brief Commentary:

While daily wage earners and labourers faced a severe brunt due to the lock down; Corporates, IT , students etc quickly shifted to online mode of working due to which they were relieved of any financial problems. The covid had a severe impact on small and new businesses.

10. Did you suffer any personal loss during the pandemic?

333 responses

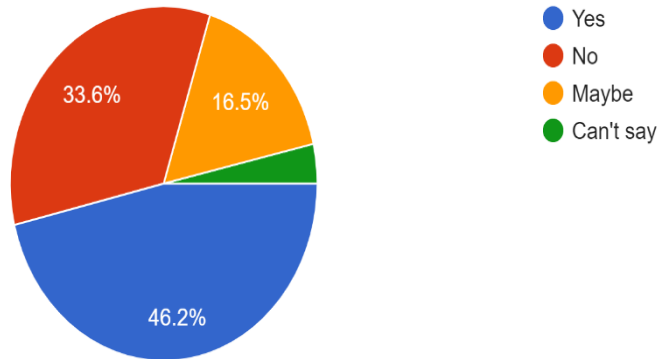


**Brief Commentary: Financial loss, death,** job loss, the uncertainty of the future, and economic recession were some of the major implications of the Covid pandemic. While for the majority of students that were surveyed personal losses were minimum a significant number of students reported a loss of life or money.



11. Did you feel emotionally unstable during the phase of lockdown ?

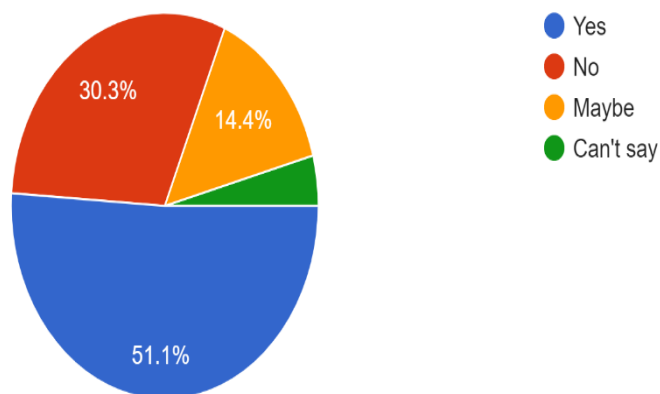
333 responses



**Brief Commentary:** The majority of the sample experienced some or the other kind of stress, anxiety or depression.

12. Did you feel any insecurity about your future in terms of job, career etc?

333 responses

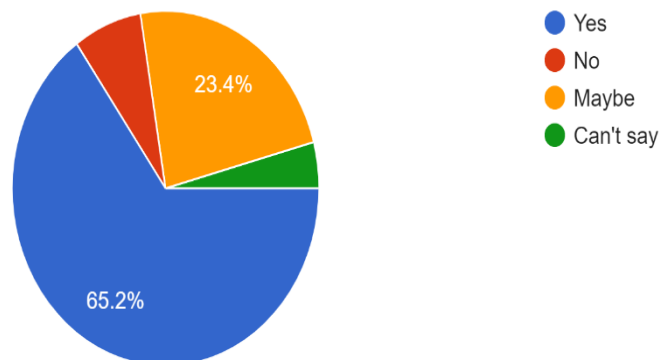


**Brief Commentary:** Many felt deeply insecure about the future in terms of employment, job opportunities and career choices



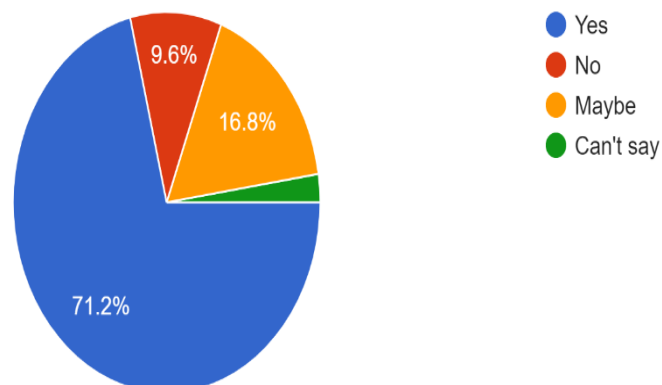
13. Do you think that you could develop a better understanding of the situations and challenges at the home front during the Covid Times?

333 responses



14. Did you utilize the lockdown time to upgrade yourself keeping in mind the academic, social and personal development?

333 responses

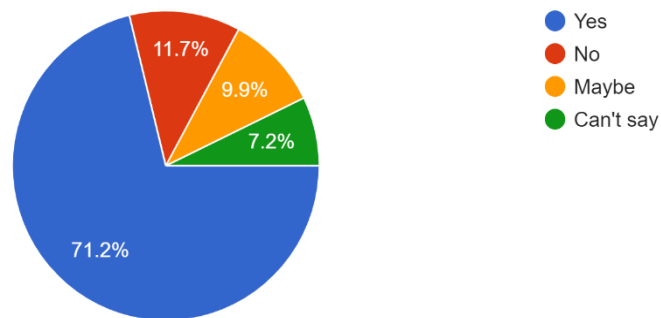


**Brief Commentary:** Many utilized this time for upgrading their educational qualifications, certifications, online trainings and workshops



15. As you got enough time to spend with siblings, were you able to strengthen and connect better with?

333 responses



**Brief Commentary:** Quality time spent with family members and esp siblings was reportedly more

Questions Responses **333** Settings

16. Comment in short whether the Covid times resulted into Bonding Better or Overpowering in Family Relations?  
333 responses

- Yes, better bonding.
- Famil relations
- We develop a strong bonding among all
- The COVID teaches everyone to spend time with love one's
- The bonding between family have increase more and become strong.
- Togetherness
- Yes the COVID lockdown has certainly strengthen the family relations of a lot of families and it was a chance to understand each other better
- Good

ank statement ka....pdf ^

**Brief Commentary:** A new, more mature perspective of life has developed following the uncertain and unprecedented act of nature



## Suggested strategies:

During COVID – 19, when the entire world had come to a halt and humankind had already been confined to their houses, the moment has come for us to fight our wars at home.

### 1. Be Emotionally Vigilant

Being emotionally vigilant means being aware and conscious of our own emotions, as well as the emotions of those around us. Emotions can be powerful and have a significant impact on our thoughts, actions, and relationships, which is why it is important to be emotionally vigilant.

Students were suggested to follow a few important methods:

- Practice mindfulness.

One needs to pay attention to emotions and observe how they affect thoughts and actions. It involves taking a moment to pause and observe emotions without judgment. It also asks to recognize triggers and identify the things that trigger certain emotions so one can be better prepared to manage them when they arise.

- Practice empathy:

One needs to try to put oneself in other people's shoes and understand their emotions. This will help in developing stronger relationships and communicate more effectively. The key is to be open to feedback: Ask others for feedback on how one can express emotions and listen to their perspectives. This can help in gaining insight into emotional patterns and improve emotional intelligence.

### 2. Be Empathetic and Respectful

Empathy and respect are essential qualities that help us build positive relationships and interact with others in a compassionate and understanding way. Each one needs to treat others as they would like to be treated, and be open to receiving empathy and respect in return. By practicing these qualities, one can cultivate strong relationships and foster a more compassionate and respectful world.



### **3. Listen to Understand and Not to Argue**

Listening is an essential part of effective communication, and listening to understand rather than to argue is a key component of healthy and respectful communication. One can fully be present in the moment and give your full attention to the person speaking. Avoid multitasking or thinking about what you want to say next. It also requires focusing on understanding the other person's point of view rather than on arguing your own perspective. Ask questions to clarify their thoughts and feelings, and try to put oneself in their shoes. The mid conversation interrupting can be frustrating and disrespectful, so try to let the other person finish speaking before responding.

### **4. Appreciation and Acknowledgement**

Appreciation and acknowledgement are important for building positive relationships and creating a culture of gratitude and recognition. Authenticity is key when expressing appreciation or acknowledgement. One needs to make sure that it is genuine and heartfelt intension in the praise, and avoid insincere or superficial compliments. Everyone likes to feel appreciated and acknowledged, so make an effort to express gratitude and recognition to those around. By doing so, one can build stronger relationships and create a more positive and supportive environment.

### **5. Be Altruistic**

It is being selfless and doing things for the benefit of others, without expecting anything in return. Small acts of kindness can go a long way in brightening someone's day. Being altruistic does not have to be a grand gesture. Small acts of kindness can also make a big impact on those around you. By focusing on the needs of others and being selfless, you can make a positive impact in the world and feel more fulfilled in your own life.

### **6. Quality Time with self and closed group**

Spending quality time with self and close group of friends and family is important for your mental health and overall well-being. It is essential for your mental and emotional well-being. By prioritizing this time and engaging in activities one can enjoy and feel more fulfilled, connected, and present in life. Somehow, one needs to schedule time for self and close group of friends and family in calendar.





## 7. Technology to the Rescue

Technology has the ability to be a useful tool that can help people in many different ways. Streaming services, social networking, and video games are just some of the ways that technology has made fun easier to get. Virtual assistants, online shopping, and home automation are three ways that new technology could make our lives easier and handier. Even though technology has a lot of good things about it, it is important to remember that it may also have some bad things about it, like being abused or becoming addicted to it. If we use technology in a smart and reasonable way, we can use its power to make our lives better and help us deal with problems.

### Conclusion:

The COVID-19 pandemic has had a huge effect on how people get along with each other. Lockdowns and other steps to keep people from interacting with each other have made it harder for people to connect and bond with their families and with each other. This is because the epidemic has made people less close to each other. People are putting their relationships first and getting closer to each other because of the pandemic. Because of this, a lot of people are spending more time with their families and finding new ways to keep in touch with their friends by using virtual meetings and online events. Even though the outbreak caused a lot of trouble, people's relationships have been better in the long run because of it. Because of this, people's relationships have gotten better in the end.

The paper also highlights the positive impact of emotional and social strength on human relations. Individuals who possess emotional strength can handle stress and communicate better, leading to more effective relationships. Socially strong individuals have strong support systems that can benefit them during difficult times and lead to increased trust, empathy, and understanding. Moreover, emotionally and socially strong individuals can regulate their emotions to reduce conflict and promote positive interactions, ultimately leading to improved communication, mutual support, and stronger relationships with others.



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