

A Systematic Review on the Impact of COVID-19 to Communities

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Abstract

Coronavirus 2019 (COVID-19) was originated from the city of Wuhan, China, on December 31, 2019. The virus spread rapidly around the world, and it was declared an epidemic by the World Health Organization in March 2020 as the number of people affected by the virus was accelerating. As a result, all communities were affected either physically or mentally due to COVID-19 (c-19). However, there are still insufficient studies that have systematically examined the impact of COVID-19 among communities. Therefore, the goal of this article to conduct a systematic literature review on the effects and how communities cope with COVID-19. The review process includes five main methodological steps, namely guided by review protocol, formulation of research questions, systematic searching strategies based on identification, screening, and eligibility on several established databased such as Scopus, Web of Science and Google Scholar, followed by quality assessment, and data extraction and analysis. Eight themes were found based on thematic analysis: (1) mental health, (2) depression, (3) stress, (4) anxiety, (5) fear, (6) psychological, (7) pleasant and (8) unusual behaviour. However, although the overcoming of issues are revealed, none has focused approaching the matter from the physical activities.

Keywords: Coronavirus, Communities, Impact, Systematic Literature Review

Introduction

In December 2019 the world was dumbfounded by a virus attack that leads to infections on the respiratory tract. Previously, some types of coronavirus that have similar symptoms are severe acute respiratory syndrome coronavirus (SARS) and the Middle East Respiratory syndrome-related coronavirus (MER-CoV). Presently, it is known as COVID-19. As a result,

most countries carry out restrictions on movement as well as restrictions on some economic activities as a preventive measure to reduce the dispersion of the virus COVID-19 (C-19) (Pillay & Barnes, 2020). Malaysia too is not exempted. Malaysia has undergone five series of movement control order based on the current C-19 situation which was Movement Control Order (MCO/PKP, 18 March 2020 - 3 May 2020), Conditional Movement Control Order (CMCO/PKPB, 4 May 2020 - 9 June 2020), Recovery Movement Control Order (RMCO/PKPP, 10 June 2020 - 31 March 2021), MCO by states (11 January 2021 - 31 May 2021) and Total lockdown (1 June 2021 - 14 June 2021) (“Kementerian Kesihatan Malaysia COVID-19 MALAYSIA,” n.d.). The total lockdown was executed when Malaysia hit the highest number of cases in C-19 infections that was 9020 cases in one day (“Kementerian Kesihatan Malaysia COVID-19 MALAYSIA,” n.d.). Since treatment was not an option at this point, prevention through lockdown was imposed and had become our daily routine. The primary approach for the lockdown is a behavior change strategy. Due to this, Malaysians were forced to expand their knowledge and be more alert towards the disease, regardless of profession or occupation.

There are many impacts to the communities due to the pandemic such as mental, emotional, physical etc. A recent general survey of mental health behaviors and the outcomes in pandemics on the general population shows that some the results examined previously showed that anxiety and worry contribute a major influence on daily routine and job (Goodwin & Myers, 2011). The occurrence and seriousness of emotional turmoil such as anxiety and worry, panic, depression and emotional disturbances, were primarily high, and decreases in due course (Goodwin et al., 2011). The average stated receiving emotional disturbances include older-adults, adults, and young people who have a career and at the same time need to manage their children to learn at home. The situation has increasingly put strain on those with small children who need to be managed all the time. In addition, the previous research mainly discussed the effects of C-19 on specific groups of people, such as front liners in C-19 management. However, it lacks a discussion on the impact of C-19 on the public and how they deal with it. Therefore, this article is essential for the community to overcome the issues in our daily life with a new norm by Coronavirus 19 without compromising and ensuring long-lasting mental and physical health. The systematic literature review is a method to approach the goal of this article. Systematic literature reviews are a method of making sense of large bodies of information and contributing to answers about what works and what does not – and many other types of questions. In addition, they are a method of mapping out areas of uncertainty and identifying where little or no relevant research has been done but where new studies are needed (Petticrew & Roberts, 2006).

Purpose of the Study

The purpose of this study is to explore the effects of COVID-19 on universal human life and how they overcome the issues. At the end of this article, we find out the future sustainable solution to overcome the problem in ensuring human life is always prosperous for a long time. The discussion effects of C-19 in this article does not involve those who have ever been infected with COVID-19.

Objective of the Study

In line with the purpose of the study, the objective of the study is to review related scholarly articles and previous literature in order to identify the impact of Covid-19 to the communities.

Methodology*Review Protocol - ROSES*

The SLR is guided by ROSES (Reporting Standards for Systematic Evidence Syntheses). ROSES was developed by Haddaway, Macura, Whaley, and Pullin (2018), aims to strengthen and preserve good methodologies to create SLRs by increasing clarity and to ensure the quality of survey. Although this survey is centered on the impact of COVID-19 and ROSES was developed specifically for environmental management, this survey protocol is in line with the current survey as it was developed to match the nuances in various situations and research on synthesis methods (Haddaway et al., 2018). Based on ROSES, the SLR process was initiated by devising the study questions using the PICO method where 'P' is for Problem or Population, 'I' for Interest and 'Co' for Context. Furthermore, strategies for document retrieval are planned and conducted according to three systematic phases: identification, examination, and eligibility. The quality assessment process is then performed based on customized criteria outlined by Q. N. Hong et al (Hong et al., 2018). Here before the articles were being included in the reviews, the value of each selected article was decided. Finally, the chosen articles were managed through several stages that involved data extraction and analysis. The main research questions guided how the data were extraction, while analysis of the data extracted was done using qualitative data synthesis (thematic synthesis). If appropriate, the authors followed the recommendations presented in the survey by considering options to confirm that the study protocol meets the purpose of the survey.

Formulation of the Research Question

To formulate the research questions, two resources were used: first, viewpoints from past studies such as by Joffe, Potts, Rossetto, Doğulu, Gul, and Perez-fuentes (n.d.), Cisternas and Repetto (2019) and Pacheco, Pereira, and Rego (2020). All the articles are related to the impacts faced by the community and how they deal with it to overcome all the problems faced. Second, the mnemonic of PICO was employed, which involves 'P' (Population or Problem), 'I' (interest) and 'Co' (Context) (Lockwood & K., 2015). Based on these concepts, the authors included them as part of the survey, the global community (Population), the COVID-19 effect (Interest) and how to overcome the COVID-19 effect (Context). This allows the authors to construct the main research questions of this study; "What is the impact of COVID-19 on human life globally and how do they address the issue?"

Systematic Searching Strategies

For this paper, three systematic processes of identification, screening, and eligibility recommended by Lockwood and K. (2015) were used to retrieve related articles. Implementing these processes allowed the authors to track and synthesize the study thoroughly to run an orderly and transparent SLR.

Identification

Three main keywords were identified and were derived from the formulated research questions. COVID-19, impacts, communities and overcoming. To enrich the keywords selected for the paper, the authors looked for synonyms, terms and variations that are related by searching using an online thesaurus like thesaurus.com, referring to keywords used by previous studies, referring to keywords suggested by Scopus and by soliciting expert opinions. Based on this process, several keywords like the impact of COVID-19 including consequences,

effects and reactions were examined. The keyword combination is processed using search function, such as field code functions, phrase searching, wildcards, truncation, and Boolean operator, in three databases search: Scopus, Web of Science and Google Scholar as shown in Table 1. If only using one database it would result in retrieval bias (Durach, Kembro, & Wieland, 2017). At least two database should be conducted as to practice the concept of 'saturation' (Xiao & Watson, 2017) and 'the more the merrier'. The use of more than one database will allow each of these database 'to complement each other weaknesses' – no database is perfect (Xiao & Watson, 2017). Thus, in this article, three databases are used. Based on the search efforts, a total of 557 possible articles were recognised from the databases selection.

Table 1

Selected database used for search string

Database	String
Scopus	TITLE-ABS-KEY (("COVID-19" OR "coronavirus" OR "C-19" OR "Pandemic 19") AND ("impact*" OR "effect*" OR "consequences") AND ("community*" OR "human") AND ("psychological" OR "mental health" OR "Anxiety" OR "Depression" OR "Stress" OR "Psychological Well-being" OR "Fear" OR "Emotion*" OR "Social behavi*r") AND ("overcoming" OR "facing"))
Web of Science	TS=("COVID-19" OR "coronavirus" OR "C-19" OR "Pandemic 19") AND ("impact" OR "effect" OR "consequences") AND ("community" OR "human") AND ("psychological" OR "mental health" OR "Anxiety" OR "Depression" OR "Stress" OR "Psychological Well-being" OR "Fear" OR "Emotion*" OR "Social behavior") AND ("overcoming" OR "facing")
Google Scholar	allintitle: "COVID-19" OR "coronavirus" OR "C-19" OR "Pandemic 19")("impact" OR "effect" OR "consequences")("community" OR "human")("psychological" OR "mental health" OR "Anxiety" OR "Depression" OR "Stress"

Screening

Screening is a second procedure performed where either to include or exclude (with the help of a database or screened manually by the author). Screening was based on several criteria as shown in Table 2. Based on the concept of 'research field maturity' stated by Kraus and Dasí-rodíguez (2020), article screening involves the most recent or published five years. However, for SLR this only limits articles published for a period of three years only, between 2019 to 2021. This timeline was chosen given that the COVID-19 pandemic struck in 2019. Only empirical research articles were selected because they offer the primary data. To prevent any confusion, the authors only considered the articles written in English. After

following the screening process, a total of 557 articles were left to be evaluated at the next stage.

Table 2

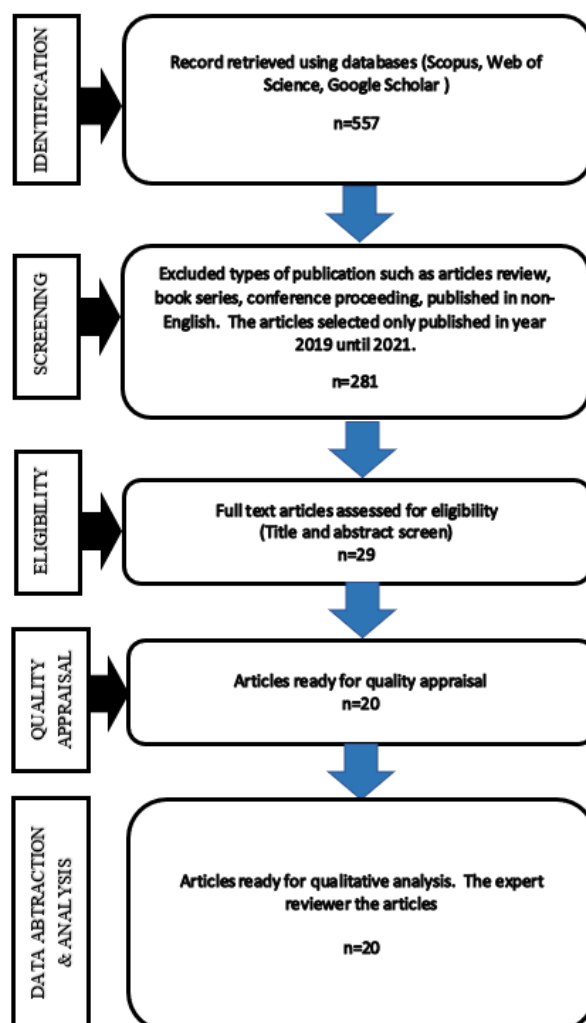
Inclusion and exclusion criteria

Criterion	Inclusion	Exclusion
Timeline	2019-2021	<2019
Document types	Article journal (empirical data)	Article review, chapters in book, book series, book, conference proceeding
Language	English	Non-English

Eligibility

Eligibility was the third process in a systematic search strategy. It is like a second screening process of manually checking the rest of the paper to classify based on reading the title, abstract or the entire content of the article to check whether the paper meets the pre-determined entry criteria (Azril et al., 2020). Of the 557 articles, 276 articles were removed because of filtering titles, abstracts, and content because they did not focus on the field of study studied. Figure 1 displays the flow of the search process and the total evaluation of the last article, which was 29 articles.

Figure 1 The flow of the searching process



Quality appraisal

Next is related to quality appraisal. To ensure the quality of the content of the articles, these selected articles were reviewed by at least two experts in the field or researchers themselves (Petticrew & Roberts, 2006). Articles should be categorized into three namely the highest, medium, and low. Articles that were categorized as having high and medium quality were then evaluated. In order to determine the rank of the quality of the articles, rating method was used that was based on the methodology of the articles. To ensure this, the researchers must mutually agree with the categories of the articles that were divided into high, medium, and low categories. Any disagreements should be discussed before deciding on the inclusion or exclusion of articles for review. This process made the remaining 20 articles eligible to be reviewed.

Data Abstraction and Analysis

Next, selected articles were evaluated and analysed. The focus is on answering the research questions that have been formulated. First by reading the abstract, the data were extracted, then the complete (in-depth) article as to identify appropriate themes and subthemes. A qualitative analysis was performed to identify themes related to the impact of COVID-19 on society by using content analysis. The author then organized the subthemes around the themes shaped by typology.

Results and Discussion

Impact of COVID-19 to Communities

Based on the twenty articles that were selected and filtered, it was found that eight themes were successfully produced based on the study, namely mental health (Rahman et al., 2021; Yijing et al., 2020; Mion et al., 2021; Pan et al., 2021; Megreya et al., 2021; Duong, 2021; Chaturvedi et al., 2021; Pedraz-Petrozzi et al., 2021; de Figueiredo et al., 2021; Chu et al., 2021), depressed (Rahman et al., 2021; Mion et al., 2021; Pedraz-Petrozzi et al., 2021; Tull et al., 2020; Santamaría et al., 2021; Passavanti et al., 2021), stress (de Figueiredo et al., 2021; Chu et al., 2021; Santamaría et al., 2021; Chopra et al., 2020; Khawar et al., 2021; Bogolyubova, Fernandez, Lopez, & Portelli, 2021; Paredes et al., 2021), anxiety (Yijing et al., 2020; Duong, 2021; Lopez-Serrano et al., 2021; Tull et al., 2020; Santamaría et al., 2021; Passavanti et al., 2021), fear (Duong, 2021; Pedraz-Petrozzi et al., 2021; Chopra et al., 2020; Paredes et al., 2021; Rathod et al., 2020), psychological (Rahman et al., 2021; Megreya et al., 2021; Duong, 2021; Pedraz-Petrozzi et al., 2021; de Figueiredo et al., 2021; Lopez-Serrano et al., 2021; Passavanti et al., 2021; Khawar et al., 2021), pleasant et al., 2021; Khawar et al., 2021) and unusual behaviour (Mion et al., 2021; Pan et al., 2021; Lopez-Serrano et al., 2021; Chopra et al., 2020; Beck et al., 2021; Chopra et al., 2020).

Mental Health

First is mental health. COVID-19 has a tremendous impact on a person's mental well-being. As a result, it destructs a person's mental well-being and increases misery in normal life (Rahman et al., 2021; Yijing et al., 2020; Mion et al., 2021). Based on the gender, women were more likely to have mental disorders than men during pandemic (Pan et al., 2021), either a depressive, anxiety, or obsessive-compulsive disorder (Pan et al., 2021). They are said to be among the young people who live alone. Most articles on C-19 stated that mental health is a prominent factor that is faced by the community. Exposure of information about C-19 from media shows the dominance of pandemic-related factor towards the communities is mental

health disorders (Megreya et al., 2021). Mental health is associated with anxiety, and psychological stress, which causes unusual behaviour by the victim (Duong, 2021). Additionally, mental health disorders among students is due their fear that their future will be affected (Chaturvedi et al., 2021). A study done by Pedraz-Petrozzi et al (2021) on mental-health problem (anxiety and depression) showed that this has widely affected university students. The effect of this anxiety may lead to changes in behaviour as expressed by (de Figueiredo et al., 2021). As asserted by de Figueiredo et al (2021) an increase in weight among the individuals were reported that is about 37.1%. As a result, this persistent condition endangers the students' future-health. In addition, parents, who lose their jobs during the period of controlling movement, belong to the risk group for developing symptoms of mental disorders, especially depressive symptoms (Megreya et al., 2021). They became more distressed, upset, scared, irritable, nervous, and afraid due to the financial problems (Lopez-Serrano et al., 2021). The situation will be worsened especially to those who have children and face the level of mental health struggles (Chu et al., 2021).

Depression

Next is depression. The vulnerable individuals who suffered depression could also be influenced by long-lasting isolation, the restriction of free movement and the limitation of different activities (e.g., studying, working, interacting with other people, etc.); this may also influence the occurrence of depressive symptoms (Pedraz-Petrozzi et al., 2021). Women are more likely to experience depression than men (Rahman et al., 2021). However, it was found that age and income level were uniquely negative in association with the depression symptom severity (Tull et al., 2020). This could lead to higher values of depression, deprivation of good quality sleep, hopeless feelings, and suicidal thoughts (Santamaría et al., 2021; Mion et al., 2021; Rahman et al., 2021; Pedraz-Petrozzi et al., 2021;). According to Passavanti et al (2021), individuals who search for information about the pandemic situation using the Internet are high likely to obtain higher scores on stress, and depression. These same trend in the results were found to individuals who obtained information from friends and family than to those who used other social media platforms such as radio and television as their information source.

Stress

Third is stress. The stress levels amongst communities during COVID-19 has significantly increased (Chopra et al., 2020) and women showed higher levels of stress compared to men (Bogolyubova et al., 2021; Dosil Santamaría et al., 2021; Khawar et al., 2021). This was evidence especially to parents who stated on the stress level they faced due to increased demands to balance between working (Bogolyubova et al., 2021), parenting and schooling their children from home (Chu et al., 2021) during C-19. Research by de Figueiredo et al. (2021) found the children, whose parents experience duress situation at home due to pandemic, also have a higher risk of developing psychiatric disorders. In addition, students of intermediate classes than higher classes educational levels (Khawar et al., 2021) were seen to be another predictor to cause distress. Besides, educational levels, socioeconomic status was another predictor of distress, especially to students with higher status (Khawar et al., 2021). Furthermore, it was observed as a result of the pandemic majority of the communities changed their daily routine, and this has caused a high level of COVID-related stress (Bogolyubova et al., 2021; Dosil Santamaría et al., 2021; Passavanti et al., 2021). Thus, this has a damaging impact on the mental health of the individuals (Paredes et al., 2021).

Anxiety

Then is anxiety. Women also shows higher level of anxiety compared then men (Dosil Santamaría et al., 2021; Tull et al., 2020; Yijing et al., 2020) that is, among those of age 40s and 60s (Yijing et al., 2020). This was also evidenced among the younger generations. Young generations were also reported as having a higher level of anxiety (Yijing et al., 2020). These anxieties come from excess exposure to information about COVID-19 in social media; this has increased worry and anxiety among them (Lopez-Serrano et al., 2021). However, people who are living in urban areas, stability in family income and living with parents were protected against anxiety (Lopez-Serrano et al., 2021; Passavanti et al., 2021). Therefore, those people feeling anxiety because of financial worry to sustain life throughout the period of movement control order (MCO) (Tull et al., 2020). The MCO provoked the feeling of loneliness and increased the severity of burnout, as well as intensified the depressive symptoms (Mion et al., 2021). The apprehension of COVID-19 was positively linked to psychological distress with sleep deprivation (Dosil Santamaría et al., 2021; Duong, 2021) and was influenced by COVID-19 apprehension and psychological distress (Duong, 2021).

Fear

Fifth is fear. Feeling fear because of coronavirus infection (Chopra et al., 2020) especially those working as frontline to combat COVID-19 (Pedraz-Petrozzi et al., 2021). People most likely search for information via social media and this do make them worried and fearful, but they are not gullible in trusting the information without hesitation. It is reported that the individuals who believe social media stories was about 10% (Rathod et al., 2020). This negative emotion may increase the stress and vulnerability level, which, in turn, has a damaging impact on subjective mental health (Paredes et al., 2021). Thus, this shows that COVID-19 apprehension was significantly linked to psychological distress (Duong, 2021).

Psychological

Following is psychological. Psychological distress is positively correlated with fear and worry of COVID-19 (Duong, 2021). This was prominent among younger age, unmarried (Megreya et al., 2021) and female counterparts who obtained higher scores of the above-mentioned psychological issues (Pedraz-Petrozzi et al., 2021; Rahman et al., 2021). This was resulted by isolation from socialising with community, regular activities, linked with fear, worry and the feeling of impulsiveness, that may likely boost the dangers of getting psychiatric disorders if not being addressed carefully (de Figueiredo et al., 2021). Even worse when they take alternate routes with have suicidal thoughts (Rahman et al., 2021). In fact there are cases such as increases in symptoms like bad temper, problems to pay attention, lethargy, sleep deprivation, worry, grief, unable to be function cognitively, body disturbances and unsatisfaction (Lopez-Serrano et al., 2021; Passavanti et al., 2021). In addition, it was observed that students with low family income are more likely to be psychological distress compared to their counterparts (Khawar et al., 2021).

Unusual Behaviour

Subsequently is unusual behaviour. Most people experience a slight change in behaviour during the COVID-19, such as the habit of consuming meals, fast food, junk food (Chopra et al., 2020) and also high consumption of fruits and vegetables (Beck et al., 2021), milk and its products, pulses, meats and egg notably found among the younger age group (Chopra et al., 2020) between ages 4-12 (Beck et al., 2021). This is because they do less physical activity,

spend more time playing games that are considered as an unhealthy lifestyle. Eventually they experienced sleeping declined, (Beck et al., 2021; Chopra et al., 2020; Lopez-Serrano et al., 2021; Mion et al., 2021) which leads to unhealthy life such as drinking, and smoking (Pan et al., 2021).

Pleasant

Lastly is pleasant. Surprisingly, the pandemic COVID-19 also increased positive emotions. This may be linked to the positive influences of working at home and reinforce the time spent with family and increase a stronger family bond (Megreya et al., 2021). During COVID-19 people are able to have more quality time to connect with their family compared before the COVID-19. The positive feeling triggers the individuals' relaxation and happiness more intensely compared to negative feelings (Khawar et al., 2021). These people are believed to be among those who have no problems or no disruption or are affected on their income. The life they go through feels more meaningful because they can spend more time with their families. Even the type of residence that has a foyer or open space (front yard or backyard garden) as a privacy space that allows them to carry out physical activities do influence this factor of pleasant.

Overcoming the Issues

The impact of COVID-19 pandemic on human life is intense. Each seeks space and methods to overcome or shift the focus to something else as to reduce the effects of COVID-19. Most individuals from diverse age groups employed social network such as Instagram, Snapchat and WhatsApp as a medium to reduce stress (Chaturvedi et al., 2021). Most of them occupy their free time doing nothing browsing leisurely on the Internet (Rahman et al., 2021). Consequently, they become addicted to online and distracted from socialising (Rahman et al., 2021) and at the end they have bad communication skill, preferable using online to communicate. As a result, the normal lifestyle interacting with community is being hindered. Some preferred social support to have a greater benefit especially among women (Yijing et al., 2020). For instance, by using "telehealth" services in search for effectiveness as in-person services (Paredes et al., 2021).

Conclusions

This article shows the current research on the effect of pandemic COVID-19 and in what way the communities addressed the issues. Studies have proven that the world's population is having a profound effect due to the COVID-19 pandemics both on the psyche and the physical aspects. However, methods to address this issue are less discussed. This paper tries to seek what are the methods or ways performed by the community to reduce stress due to COVID-19. But it is found that on average the use of social media or electronic such as mobile phones to surf the Internet, and social media is high. However, this approach is an unhealthy action and can even invite other negative effects. On the other hand, physical activities are still seen as a better method to overcome depression and stress such as urban gardens, decorating the yard and so on. People need to take the issue of covid 19 as a challenge in our life. The C-19 cannot be eliminated easily in this world. So, we must accept the existence of coronavirus. Thus, taking its existence needs to be understood and accepted more openly so that human beings can continue to live life better. This has to do with a better way of life and a better level of hygiene to ensure survival in this world. Therefore, choosing a healthier lifestyle by

engaging with green living is better to protect our lives, as mentioned in the sustainable development goal (SDG) for good health and well-being.

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