

Qualitative study on the positive implications of the COVID-19 lockdown in Zimbabwe: A parent's perspective

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Abstract

Corona virus disease (COVID-19), a pandemic which emerged in Wuhan, China, in December 2019, has caused a global crisis with most nations resorting to adopting national lockdowns to contain the spread of the virus. While the pandemic and the lockdowns have caused distress, this study seeks to explore the positive implications of the lockdown in Zimbabwe. The objectives of the research were to explore the benefits of the COVID-19 lockdown to family life in Zimbabwe, identify the positive psychosocial implications of the COVID-19 lockdown on individuals and explore the coping mechanisms adopted by people dealing with the temporary change of lifestyle caused by the lockdown. A qualitative research approach was used, utilizing a phenomenological research design. A total of 10 participants took part in the study. Purposive sampling was applied to carry out the study. Data were collected using a semi-structured interview guide. The interviews were conducted using the WhatsApp platform. This was done to uphold the social distancing stipulations. Data were analysed through the use of thematic analysis. Major findings of the research were that parents were able to plan accordingly and avoid unnecessary impulsive buying. Parents had the opportunity to do a self-reflection. Parents and their families were able to seek God and be close to him through praying, read the bible and follow live streaming of church services online. Parents and their families stayed entertained through socializing with friends and relatives using social media platforms and by doing indoor exercises. One of the recommendations of the study is that the government should provide citizens with accurate and real-time updates to lessen anxiety among the people, as some people mislead other by giving false information.

Keywords: Qualitative study, COVID-19, corona virus, lockdown, positive, parenting, implications.

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1. Introduction

Corona virus, also known as COVID-19 (CO stands for Corona; VI stands for Virus and D stands for Disease), started in China in the city of Wuhan. When it started, the world was merely concerned about the devastating effects it would pose worldwide. The virus started spreading like wildfire across the world, with European countries and the United States of America being the most affected nations. The virus is gradually increasing in Africa with new cases and deaths being reported. Given the scope of the matter, the World Health Organisation (WHO, 2020) confirmed the COVID-19 outbreak to be a pandemic.

Since December 2019, numerous cases of pneumonia were witnessed in the Huanan seafood market place in the city of Wuhan in China. According to Huang et al. (2020), cited in Choudhury, KooandLi (2020), as time passed it was discovered that COVID-19 was mutually highly transmissible and deadlier as compared to the common flu. In an effort to enforce social distancing and slowdown the spread of COVID-19, China called for a nationwide lockdown and barred businesses and companies from continuing physical work until February 10, 2020. The Government of China recommended businesses and companies to adopt work from home preparations starting from February 3, 2020.

In addition, in a world that is powerfully allied, the effects of the COVID-19 were beyond mortality and morbidity and people were incapable to work for a period of time. According to McKibbin and Fernando (2020), the Chinese economy has slowed down due to the interruptions of production, and the operations of the worldwide supply chains were disturbed. Businesses and companies across the world, regardless of size, depending on Chinese inputs had started to witness a reduction in production. As a result, transportation restrictions globally had further slowed down economic activities. Some consumers and companies were panicking and disrupting consumption patterns, thus creating hikes of prices in the market. McKibbin and Fernando (2020), the International Monetary Fund experts, said that China had slowed down by 0.4 percentage points in comparison to its original growth aim of 5.6% and the global growth was slowed by 0.1 percentage points. COVID-19 implications are going to be much worse when compared to the global financial crisis of 2007–2008 (Sim, 2020).

Furthermore, there has been constant tracking and reporting of COVID-19 cases and deaths worldwide and lesser is recognized to the contributions to these numbers to healthcare and other workers who are at risk of being infected and also death as has been for the prior epidemics like Ebola and severe acute respiratory syndrome (SARS). In addition to the risks of getting infected due to the close contact they have with infected people, healthcare workers and other workers on the frontline are prone to increased stress as well as mental health risks, as witnessed during the SARS pandemic (Sim, 2020). Figures of new COVID-19 cases and severe ill patients are rising incredibly and a number of healthcare workers exposed are under mandatory self-quarantine (Sim, 2020). This results in a greater work load and distress for those healthcare workers who are left behind. Mental risks among healthcare workers are increasing as a result of shortage of protective equipment worldwide.

Additionally, Nachege, Seydi and Zumla (2020) postulate that COVID-19 is of great concern in sub-Saharan Africa because it constitutes nearly 70% of worldwide human immunodeficiency virus (HIV) problem. Countries that have been affected greatly by COVID-19 comprise China, South Korea, Italy, Japan, the United States of America and Iran, and it is very different from sub-Saharan Africa and hence limited information is known on how co-infection with HIV will affect patients with COVID-19. The risk factors of more serious cases of COVID-19 involve older people (60 years plus) and comorbidities, for instance, chronic lung diseases, cardiovascular disease, diabetes or cancer (Nachege

et al., 2020), which are also evidenced in people living with HIV. As a result, it can be hypothesized that most people in Africa will be vulnerable to the risk of COVID-19 (Nachega et al., 2020). There is a great concern on the lockdowns being implemented by various African countries, which will disrupt the supply or refill of important medications, for example, antiretroviral therapy (ART).

Most governments across the world initiated national lockdowns that mandated people not to leave their homes for non-essential work; however, the regulations of COVID-19 differ from one country to another. In India, the national lockdown commenced on 24 March 2020 (Chakrabarti, Kaur, Ganguly & Banerjee, 2020), where only vital services were operational besides law and order, health, banking and power. Mandatory self-quarantine for all incoming passengers was enforced. At first, thermal screening was done on the Chinese but the move extended to all travellers coming from around the world. In Zimbabwe, all arrivals at ports of entry were compulsorily checked for temperature through the use of thermal scanners. Travellers with temperatures above normal were put into isolation at Wilkins Hospital for further examination (Makurumidze, 2020).

Moreover, Zambia initiated the COVID-19 national lockdown on 20 March 2020. It was hypothesized that the move would affect the performance negatively on learners in the 12th grade to have their national examinations in November 2020 *vis-à-vis* technology subjects such as science and design and mathematics (Sintema, 2020). A witnessed increase in the number of COVID-19 confirmed cases and insufficient utilization of technology in secondary schools in Zambia as a result of inadequate resources pose major repercussions in a country that implemented nationwide use of science, technology, engineering and mathematics education (STEM education) (Sintema, 2020). The country does not have a well-equipped e-learning platform. Hence, STEM subjects were disadvantaged greatly due to the fact that Zambia is having difficulties in improving performance in STEM subjects. In Zambia, low pass rates are being witnessed in STEM subjects (Sintema, 2020). Therefore, negative implications of COVID-19 will significantly impact the roll out of the STEM curriculum, which commenced early 2020 as physical contact time between teacher and learner is lost.

COVID-19 affects public health and questions have been raised on its effects on both local and global food structures and their capability to assure reasonable and safe food accessibility and use and sufficient incomes for individuals residing especially in smallholder areas of developing countries. Zimbabwe is one such country in which its household-level food mechanism is upheld through initiatives of the subsistence of smallholder (Mazwi & Mudimu, 2020), cited in (Mhlanga & Ndhlovu, 2020). Zimbabwean smallholders may not only have production and income disturbed, but rather may have problems in having access to food for consumption. The World Food Programme indicated that nations with huge level of food insecurity, i.e., a high degree of poverty, are much exposed and less ready for an outbreak pandemic such as the COVID-19 (Mhlanga & Ndhlovu, 2020).

Furthermore, COVID-19 had arrived when the Zimbabwean health system was already battling out and when its capacity to contain COVID-19 was slim (Mhlanga & Ndhlovu, 2020), with shortages of health equipment, testing kits, medical stuff equipment and so forth. It should be noted that one out of the three patients who died of COVID-19 deceased at Wilkins Hospital and the institution had no installed ventilators. Makurumidze (2020) said that three of the suspected cases in Zimbabwe witnessed mental, social and psychological effects as a result of them suspected of having COVID-19. There is need to up the game in providing assistance to frontline healthcare workers fighting the COVID-19 pandemic (Whitworth, 2020).

There is vast amount of literature in academic journals, newspaper articles and social media which show that people have been psychosocially negatively affected by the COVID-19 disruptions globally

and in Africa. However, little to no literature, known to the researchers, has focused on the psychosocial positive implications of COVID-19 to ordinary people. This study will, therefore, focus on the positive aspects that were brought about by the lockdown in Zimbabwe.

2. Research questions

What are the benefits of the COVID-19 lockdown to family life?

What are the positive psychosocial implications of the COVID-19 lockdown to individual?

What coping mechanisms are adopted to deal with the temporary change of lifestyle caused by the lockdown?

2.1. The specific objectives of this study

The specific objectives of this study are to:

- (i) Explore the benefits of the COVID-19 lockdown to family life in Zimbabwe.
- (ii) Identify the positive psychosocial implications of the COVID-19 lockdown on individuals.
- (iii) Explore the coping mechanisms adopted by people to deal with the temporary change of lifestyle caused by the lockdown.

3. Methodology

3.1. Research design

This study adopted a qualitative approach specifically using a phenomenological research design. A phenomenological research design was suitable for the current study as it allows a combination of instruments (such as interviews, documents and watching videos) to collect data. Phenomenologists focus on describing what all participants have in common as they experience a phenomenon (Creswell, 2013). In this particular study, the common factor was that all the participants were affected by the COVID-19 lockdown. As people were locked in the houses without going to work, several problems were faced by those especially in the informal sector whose income is determined by the daily work output. Phenomenological approach was, therefore, appropriate as it allowed the researcher to gain an in-depth understanding of the phenomena under study.

3.2. Sampling

The study utilised purposive sampling technique. Heterogeneous purposive sampling type was seen as the most appropriate as the technique is used to gain an insight on a wide range of perspectives in relation to the idea one is interested in studying. In this case, the study mainly focuses on understanding how parents were utilising the COVID-19 lockdown period for being productive. Purposive sampling enabled the researchers to identify participants who could be reached through online means. The hypothesis behind the purposive sampling method is that mistakes in decision-making in the selection of participants will counterbalance one another (Ary, Jacobs & Sorensen, 2010).

3.3. Sample

A total of 10 participants who were purposively sampled took part in the current study. All the participants were in Zimbabwe during the period of the lockdown. The study targeted parents, both

males and females, who were affected during the lockdown period. Interviews were conducted using an open-ended questionnaire utilising WhatsApp media platform.

3.4. Data collection tools

The researchers used a semi-structured in-depth interview, thus the questions were open-ended in nature. Seaman (1987) says that semi-structured interviews might capture in-depth information as well as allow the collection of precise information within a specific area of study. For appropriate follow-up inquiries, various probes were encompassed into the data gathering tool as the researchers focused on the positive implications of the COVID-19 lockdown looking at the parent's perspective. Interviews were conducted on the WhatsApp platform through voice calls and WhatsApp chat messages. Document analysis was also used to collect data by mainly analysing newspaper articles and social media chats.

3.5. Procedure

The researchers at first brainstormed on coming up with a suitable topic for the study. Current existing literature was used to come up with the problem statement of the study. Research questions were crafted and research objectives were derived from the research questions. The researchers explored the qualitative research approach to carry out the study. A phenomenological research design was utilised for the study. The heterogeneous purposive sampling technique was seen as most appropriate. A sample size of 10 parents took part in the study. Participants were notified of the interviews well in time. Scheduling of participants' interviews was done in collaboration with the participants so as to avoid inconveniences. Articles in newspapers were also identified from provincial and national newspapers. Thematic analysis was used to analyse data using the grounded theory approach and came up with themes which were vital in the discussion section. Recommendations were derived from the results that came out of the findings of the study.

3.6. Data analysis

Thematic analysis was used in the current study. Common themes were identified. A theme refers to a specific pattern found in the data one is interested in. Hence, themes were drawn from repeated responses from the participants' responses. Common phenomena were identified and grouped into themes.

4. Results and discussion

4.1. Theme: family and marriage building

4.1.1. Family unification

The study revealed that the COVID-19 lockdown is posing some positive impacts on family life. It has brought family unit and bonding among families. People are able to develop an identity as both individuals and a family. The lockdown has helped families, in particular children, to have a sense of security, as the old saying goes, 'there is comfort in numbers.' Parents are now having time to spend with their children during this lockdown period. The lockdown is not providing just time for families to be together, but 'quality time' so to say. Parents now get to understand their children's wishes and wants. This has resulted in some men appreciating the work be done at home by house maids and those wives who do not go to work. This has given some parents time to communicate with their

biological parents and keep good relations with them. It is wiser to love them while they are still alive than to regret when they have passed on. The lockdown period has led families to understand each other better as people will be in some way exhibiting their true colours. These sentiments were expressed in the WhatsApp posts below.

'The lockdown has brought about getting to work together as a family unit. This period has taught us to getting to discover who we are as a family and individually. I can say that COVID has managed to bond well families, households.' **Participant 1**

'Focusing on my side as a volunteer of an (NGO) is that I am always in the field every time with no rest in trying to reach the targets of the (NGO). But now in this lockdown, I have managed to rest a little bit of stressing myself and also as a family we have managed to be united as ever before as well as feeling more safer and secure around my family members.' **Participant 2**

'As a family we are binding quite well with each other and it is proving to show more positive results. The lockdown is a blessing in disguise as it has given me more than enough time with my kids.' **Participant 3**

'The corona virus has paved way for families to catch up on much needed quality time that is difficult to get with the business of daily life.' **Participant 4**

'We have had time to bond and doing things together as a family.' **Participant 7**

'There was serious bonding between myself and the kids. I got to know my children and understand that they needed more time with me and they not even worried about lockdown for as long as their mother was around them.' **Participant 9**

'I had time to understand how to be close to my children better. I was surprised how my 6-year-old first born has matured and grasped concepts I realized and appreciates the work that the maid and wife does at home as I had time to experience some of the works life fetching water. I also had time to constantly check on my parents how they are doing.' **Participant 8**

'Families enjoyed more time together an experience we witnessed during our fore fathers in rural areas. We came to know each other better than before because we spend most of the day at home so it brought unity in families. During this period, we are experiencing, it has become easy for me to chat with my neighbours because it brings togetherness in the community. It has become easy for me to chat with my neighbours because it brings togetherness in the community.' **Participant 10**

4.1.2. Marriage strengthening

The research discovered that the 21-day lockdown has been vital in restoring broken marriages and strengthening already fruitful marriages. It can be said that if marriages are not functioning well, it may affect children and their mental well-being or it may lead to gender-based violence in some way. This is shown in the WhatsApp posts below.

'This phase has made my marriage and family stronger by acting as my spouse's happiness is much significant than mine. It has restored broken marriages as other had less time to fix their problems but the lockdown has been the answer.' **Participant 5**

'There has been rekindling marital flames and strengthening marital bonds.' **Participant 1**

COVID-19 lockdown has paved the way for families to have one-on-one interactions (Zirima, 2020). This concurs with the findings of the study, as one-on-one interaction may yield positive results

through restoration of families and marriages. As pointed out by Szabo (2019), cited in Szabo Richling, Embry, Biglan and Wilson (2020), COVID-19 has created a therapeutic support structure and helps in instilling tolerance, the purpose being to lessen stress in the family.

4.2. Theme: parents taking responsibility of their well-being

4.2.1. Responsible citizens

The study has revealed that parents have been accountable citizens in taking care of their families, in preparation of the corona virus, during this lockdown period as indicated by the posts below.

'I now having a better understanding of life. Learning to live with what we have, as this has stopped impulse buying.' **Participant 5**

'Shopping time was limited so it gave me an opportunity to buy only the necessary items as I was scared to go to supermarkets and expose myself to COVID-19.' **Participant 7**

4.2.2. Parents planning their daily activities

The study showed that parents planned their day-to-day activities. Having a planned schedule improves efficiency and productivity to a greater extent. The following were shared:

'Basically, social media, movies, world news and studying and researching are the things which I have put on my schedule in order to get rid of the changing environment and changing life style.' **Participant 2**

'Staying home all day and having a time table has enabled me to pursue my goals whilst spending time with my family.' **Participant 5**

'I have created a routine to ensure that I am productive and also resting enough during the lockdown.' **Participant 4**

4.2.3. Purchasing items for consumption

Findings from the study indicated that some parents bought their household commodities in bulk to cater for the lockdown period. This also saves money as people are now hiking up prices. Some families are utilizing online means of purchasing this. This is important as it gives way to practice social distancing and the products can be delivered to the door step. The following were shared:

'I tried to make sure I was well stocked up on essential commodities to limit stress of not having enough or running out of commodities during the lockdown.' **Participant 4**

'We bought chicken slice online after every 4 days and they delivered it and enjoy the moments as a family.' **Participant 3**

As suggested by Zirima (2020), during this lockdown period, it is important to have a day-to-day schedule and teach children to observe these practices. This is in line with the findings of the study in which the participants reported planning their days during the lockdown period through perusing their goals while at home, studying and researching, as well as avoiding impulsive buying.

4.3. Theme: parents being able to exercise self-reflection and pursuing to be adjacent to God

4.3.1. Self-reflection

The COVID-19 although it has posed more harm than good, it has given individuals time to have a self-reflection of the self as a whole. This was expressed in the following WhatsApp posts:

'I have managed to give myself time as an individual to focus more on myself which creates a piece of mind during this lockdown.' **Participant 2**

'As an individual, I have time to reflect on life for example, what my retirement will be like because this is a reflection of my retirement life.' **Participant 3**

'Corona gave me a chance to identify my weaknesses and address them before the lockdown ends.' **Participant 5**

'I have managed to do a reflection and to put value to the people in my community, my work place, church even strangers.' **Participant 9**

4.3.2. Closeness to God

It should be noted that when people are faced with life difficulties, such as the deadly COVID-19, people seek God. However, for some it is the time to seek God's grace, making confessions, telling him our needs and so forth. The following thoughts were made:

'As an individual, I have created time for me to grow closer to God.' **Participant 5**

'I felt good emotionally as I had the whole family having church in the house where no one gave excuses on attendance due to the lockdown.' **Participant 7**

'Most of the time I will be reading the Bible, following live streaming from church online.' **Participant 8**

Liao (2020) posits that people are taking this lockdown period to do self-reflection of the self. The findings from the research revealed that people are doing self-reflection of their selves as some are starting to imagine what their retirement life would be like because of this reflection. People are now able to understand themselves better through knowing their weaknesses and the best way to overcome them. In this period, it was evidenced that people are now seeking God through praying in anticipation to be close to him spiritually as well as praying for the infected and affected people for God to give us his grace and intervene.

4.4. Theme: parents gaining full participation in everyday life

4.4.1. Family life skills

Family life skills are essential to individuals and other family member. The study revealed that some families were finding solutions to problems they faced and planning ahead. The lockdown has led people individually or as a family to improve on their communication skills. Some parents took this period to be an educational scaffolding to their children, imparting social skills, exploring new things, sharing responsibilities, family planning and removing communication barriers. This is illustrated by the posts below.

'I was able to solve problems of my own and I am afraid I cannot tell because they are sensitive and those problems faced as a family. We had a chance to get to understand each other better and

improving on our communication skills. To add, COVID-19 lockdown enables family strengthening through creating parental bonds with children and presents an opportunity to revise and remove communication barriers in households.' **Participant 1**

'My family and I we have managed for the first time to sit down and plan together our upcoming family activities which was not the case before the lockdown as everyone of us was always committed to his or her different activities.' **Participant 2**

'I taught my children homework and imparting social skills to them like gardening together as a family.' **Participant 3**

'It is good time to acquire a new set of skills and try new things, new hobbies and habits.' **Participant 4**

'We shared responsibilities like fetching water going to the market to buy house needs even doing turns in house chores.' **Participant 10**

Parents should move away from focusing on COVID-19 and focus on personal development (Zirima, 2020). Hence, the lockdown calls for parents to be productive in their daily endeavours. This is in line with the findings of the study as parents are imparting life skills to their family, as indicated by the above-mentioned WhatsApp posts.

4.5. Theme: parental being proactive

4.5.1. Parental productivity

The study showed that despite the restriction measures by the government, most participants were proactive through doing games, gardening, imparting knowledge on cooking and baking, doing some house chore, getting fresh air and taking a walk. One of the parents selected clothes to give to those in need. These ideas are given below.

'As a family we devised the following coping strategies during this period by playing games, doing gardening, baking, social media, yoga, movies, online church service, reading bible and praying as a family, exercise.' **Participant 1**

'The lockdown has improved our livelihoods because we are doing gardening thus, supplying some vegetables to OK supermarkets and we are making money.' **Participant 3**

'I have taken this opportunity to socialize, cooking, teaching others new cooking recipes.' **Participant 4**

'I have engaging in productive activities for instance, teaching children how to cook, sew, bake, cleaning the house, mending clothes and putting back buttons.' **Participant 6**

'Firstly, I embarked on cleaning in and outside the house, throwing away useless clothes. I did lots of baking and cooking for my children and I taught them few basic cooking tips. My children and I were selecting some clothes which my children did not like any more parking them for donations.' **Participant 9**

'Since we had to spend most of time home, we could take a walk around a radius of 1 km with my family.' **Participant 10**

'In the evening we went outside the house just for refreshment and go back inside the house awaiting for supper.' **Participant 10**

4.5.2. Staying entertained

As it is being witnessed across the country in Zimbabwe, electricity power cuts have decreased vastly and this has given people the chance to stay indoors staying entertained. Some of the notable responses given as a coping strategy to this lockdown include the following:

'I have devoted some of my time to watch movies and the world news and studying and researching.' **Participant 2**

'As for me, I have been watching movies and having indoor ball games with my two children.' **Participant 8**

The current studies on COVID-19 show that families are utilizing the lockdown to do other activities, such as playing online games, listening to music or watching television (Liao, 2020). Gulam (2020) states that exercise is important in easing mood swings as well as improving body image. As indicated in the findings of the study parents are staying proactive and entertained through doing exercise like watching movies, being active on social media through finding latest information on COVID-19, yoga, playing ball games, supplying vegetal produce to supermarkets to mention, but a few. Shepka and England (2020) posit that individuals in China were using this lockdown to do maintenance work in their homes.

4.6. Theme: parental socialization

4.6.1. Taking part in the daily living of others

This research revealed that parents and families have utilized this moment to get in touch with friends and relatives, as well as catching up through the use of social media. Some parents have taken this opportunity to socialise with their neighbours and valuing people in general. The individual's sentiments are shown in the posts below.

'I had time to reconnecting with friends and relatives through the use of social media through Whatsapp, Twitter, Facebook, Instagram. Those are some of the media platforms I use.' **Participant 1**

'It has also helped me to catch up with friends and family, due to my busy schedule, I could rarely communicate with them constantly, though the communication has been virtual.' **Participant 4**

'I had time to socialize with neighbors better. For the first time, I managed to exchange contacts with neighbours.' **Participant 8**

'I have created social media as number priority, because it is now the major connecting force between me and the outside world.' **Participant 2**

'I think lockdown made me value people and understand that they have a positive effect in my life by just interacting with them regularly.' **Participant 9**

Chen (2020) has stated that people in China coped well when they shared their experiences with the rest of the world using social media platforms by sharing videos walking to the supermarket, updating their status on WhatsApp and so forth. As shown in the findings of the study, participants are engaged in socialization through staying in connected with relatives and family using social media platforms, talking to neighbours, catching up with people we live with and so forth.

5. Conclusion

The COVID-19 took us unawares and the world was not prepared to take in its rigorous impact on the human population. Much being talked about is the negative effects of COVID-19, although there is something positive which can be talked about, i.e., having an understanding on the positive implications specifically looking at parents' perceptions in Zimbabwe. Qualitative research is important because it helps us to have rich data that can be used to improve other people's viewpoints across the globe. The findings from the research indicate that although people are disturbed by this creature called COVID-19, parents have managed to stay positive in their lives, which can be seen from the six identified themes in the research. This particular research will be significant as it will encourage other authors to research more on the positive outcomes brought about COVID19, as well as add to the existing literature on COVID-19 to a greater extent.

6. Recommendations

Based on the findings of the study, the following recommendations have been suggested:

- Organisations and institutions whose jobs are demanding should take into cognizance to give their employees some time off or taking some leave days to ensure that employees balance work and family life. This may help to strengthen family relationships as well as repair broken marriages.
- As people spend time at home, they use social media, one such mechanism, to gather information relating to the pandemic. Hence, the government should ensure giving real-time updates on disasters like the COVID-19, because misleading information may cause distress and panic among people. People who spread misleading information should be held accountable, as well as punished, so that people who may wish to do so in the future are fully aware of the repercussions.
- The government should alert its people on time when such measures on disasters, such as initiating lockdowns, are made so that parents have time to plan accordingly, rather than announcing such measures in a space short of time. This may result in people panicking and buying, as was evidenced on the market.
- The government should encourage churches to move on with time, such as utilizing modern technologies, for instance, using online means to conduct church services so as to uphold measures such as social distancing.
- As people want to stay entertained through watching movies, listening to music, cooking, baking and so forth, the government should provide its citizens with constant supply of electricity because if people have some form of entertainment, the chances of getting bored are minimal, which prevents people from moving around the streets unnecessarily.
- During the lockdown period, most people stay on social media platforms, such as WhatsApp, Twitter, Facebook, Skype and so forth, to stay connected with friends and relatives across the globe. The purpose is to check on how they are doing, how are they being affected by COVID-19 and what coping strategies they are using which might benefit them in some way. Thus, the government should liaise with internet providers, such as Econet, Telecel or Net one, to reduce their tariffs during the periods of disaster like COVID-19 because people will not have access to money to purchase bundles as banks will be closed and as people are not going to work, where in there is no income.

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