



E-ISSN: 2706-8927  
P-ISSN: 2706-8919  
[www.allstudyjournal.com](http://www.allstudyjournal.com)  
IJAAS 2020; 2(3): 478-480  
Received: 06-06-2020  
Accepted: 08-08-2020

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## Transforming dynamics of familial relationship during the Covid-19 pandemic

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### Abstract

COVID-19 has influenced every domain of life by disrupting the power that connects the individual, the immune structure of the body, the environment, the social system, the school system, the career structures, etc. Consequently the effect of COVID-19 on family relationships depends on the strength of the family to bond, which of course depends on the strength of the people. The pandemic of the novel coronavirus (COVID-19) is hitting all, some more severely than others. The novel coronavirus (COVID-19) pandemic is having a more dramatic effect on all, some more than others. This could entail making major improvements in daily lives for a variety of families due to financial difficulties. It may mean heightened anxiety in adolescents, stress in family relationships or overall concern for other families. This study shows how familial relationship transforming during the Covid Pandemic.

**Keywords:** COVID-19 has influenced every domain of life transforming dynamics familial relationship

### Introduction <sup>[1]</sup>

The Covid-19 pandemic has transformed our intimate relationships in unimaginable forms, pushing us to move closer to one another and among others. Life in lockdown has needed close, frequent interaction with our families and partners, but we have been separated from our peers and larger societies by social distance. Number of Countries China, Italy, Iran which were the first countries in the world to go into complete shutdown when the virus began to emerge there, where schools closed, stores were shuttered, and workers sent home – the virus has been brought under control and life has returned to some sense of stability. But the pandemic has left some cracks in family relationships. With the COVID-19 pandemic and basic needs-in-place posing challenges for families and households. Strong family bonds are healthy for us. People who are socially connected to family, friends and community are happier, healthier physically and mentally and live longer than those who are less connected. Although this period of shelter-in-place orders due to COVID-19 will bring difficulties for families now trapped in close quarters, this period can also give many opportunities to improve family relationships.

### Lockdown centralizes the relationship and puts the family closer

This International Family Day, observed on May 15 per year will also be very distinctive. Because unlike previous years, the emergence of the global pandemic and the subsequent lockdown has given families across India and the world a new family bond lease that would otherwise have been difficult to get through. Many parents and children – and even grandparents – are together under the same roof for the first time in a long while, round the clock. And this imposed solidarity will intensify relations for years to come. The lockout steadily improved, with more and more people taking advantage of the opportunity to strengthen their relationships not just with the immediate family, but also with the establishment of ties with other families. Numerous guardians are supporting leisure activities, getting children to contribute towards family tasks and in any event, practicing together. While a few guardians are restricting screen time, others are utilizing the computerized world to keep their youngsters connected with while they keep on telecommuting. The lockdown is likewise helping in separating the sexual orientation jobs; the jobs have now been switched in family units - men are presently daring to the kitchen to make dinners for their children.

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**Couple ties up during lockdown** <sup>[4]</sup>

With the epidemic referring to most couples now operating from home, this time is used by many couples to remove barriers, build closer partnerships and connect with each other. This has obviously acted as a blessing for a couple of years after the survey demonstrated how 35% of the surveyors were unable to devote adequate time to their spouses. Social media platforms are packed with memes of couples who together suffer this lockout. Some partners also chose to log how each one has taken on those tasks during this downtime to keep the home in order. Your family will bounce back from the COVID-19 shelter-in-place situation with a little initiative and ingenuity, and get closer.

**Covid-19 Lockdown can examine relationship** <sup>[2,3]</sup>

With the raft of social distancing measures in place to control coronavirus spread, you may spend more time with your partner than ever. If you both work from home and go out in the evenings with nothing, there's a risk you could start getting on each other's nerves. Maybe it does indeed happen. When people around the world are grappling with the impact of the coronavirus pandemic, a recent report is expected to investigate whether the lockout has brought in any meaningful lifestyle changes. The initiative sponsored by academics at the University of Strathclyde, the Chief Scientist Office will investigate the beneficial effects in mental wellbeing and physical well-being brought on by social distancing and whether the lockout has really made us healthier.

**Negative impact of Covid-19 lockdown on relationship** <sup>[5]</sup>

They reported a 30 in the number of divorces after lockdown and even more in other cities. Not only does COVID-19 influence our daily lives, but it also starts affecting our relationships with the ones we love most. When the government is battling the pandemic, couples are still looking for various approaches to settle disputes and other approaches to stop getting on the toes of each other

when cooperating for home together. It is important to note that all relationship will experience some form of conflict, no one is immune to relationship conflict, however, the way you deal with this will make or break your relationship. While the conflict in relationships is normal, it can also highlight the areas of the relationship that needs to be worked on. You can use the tips below to resolve arguments healthily.

Lockdown stripped away our everyday stability and routine and put together families with no possibility of separating and no guarantee as to when those conditions would change.

**How to solve relationship conflict** <sup>[3]</sup>

**Commitment**

Any partner would be forced to negotiate in any stable relationship at some stage in the relationship and that is a big part of dispute resolution, though it is easier said than done.

The truth is that you can't compromise to anything and neither should you, however, be expected by all sides to keep the peace at home <sup>[4]</sup>.

**Defines thresholds**

You and your wife both have love for one another, even in the middle of an argument. If you're sexually insulted by your mate order them to stop immediately. If they don't then we recommend going away, having time to think about it rationally, meaning that each person has enough time alone to think about the situation at hand. Re-group after you've all cooled down, and have an adult discussion <sup>[6]</sup>.

**Find the actual problem**

Arguments may emerge during lockout for a few reasons and typically the desires of one partner or the other may be not fulfilled. He or she will understand where the anger comes from by expressing your thoughts to your mate. To stop endless battle, sit down with your partner and see if you can work in certain things.

***How to improve relationship during Covid-19 Crisis***

**Communication**

- To open communication use a welcoming tone of voice.

**Compassion matters**

- Show concern for the needs and expectations of others.

**Awareness**

- Speaking with thoughts.

**Curricula**

- Establish a timeline for each day. Including mealtimes, studying, sports, snacks, rests and bedtime.

**Conclusion**

The COVID-19 pandemic is changing, at various levels and through a broad variety of environments, human interactions with nature. New information is required in order to grasp the impacts of the global pandemic, considering its broad

spatial and temporal dimensions and the social distancing mechanisms used to mitigate this. Family members are integrated, but the working community gets worried and depressed because of job loses, they love the family business, but financially they get depleted because they are

the source of income for the whole family. Simultaneously, family life is affected on the grounds that guardians battle to join work and family life and might be stressed over changes in their budgetary circumstance and the prosperity and soundness of themselves, their family and family members. Although the magnitude of the crisis varies by nation and region, the current situation is causing problems that many families have never before experienced.

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