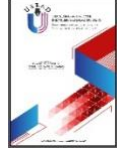




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THE PSYCHOLOGICAL AND ECONOMIC EFFECTS OF THE COVID-19 PANDEMIC

COVID-19 PANDEMİSİNİN PSİKOLOJİK ve EKONOMİK ETKİLERİ

Aykut AYDIN

Res. Assoc. PhD., Kırklareli University, Social Policy and Social Security, Labour
Economics and Industrial Relations,
Kırklareli/Türkiye.

Araş. Gör. Dr., Kırklareli Üniversitesi, Sosyal Siyaset ve Sosyal Güvenlik, Çalışma
Ekonomisi ve Endüstri İlişkileri,
Kırklareli/Turkey.
aykutaydin@klu.edu.tr

ORCID ID: 0000-0003-2834-1416

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mail: usbaddergi@gmail.com

Abstract: The purpose of this study is to conduct an overview of the psychologic and economic effects of the Covid-19 pandemic. It was performed as a review of studies published between March 2019 and August 2021 and as a systematic examination of the data yielded by these. Twenty-nine Turkish and international studies on the subject were accessed, and eight publications meeting the inclusion criteria were included in the study. All publications were examined via systematization in terms of methods and results. This systematic examination revealed that the psychologic situations and economies of many countries have been adversely affected by the Covid-19 pandemic, that the most important reason for this is restrictions experienced as a result of lockdowns, that the worst affected areas are the tourism, industry, and finance sectors, and that countries have endeavored to adopt their own precautionary measures. The adverse psychological and economic impacts of Covid-19 in almost all countries continue to represent a major problem. Significant scientific findings regarding the problem were yielded by systematizing studies on the subject. We think that these findings are important in terms of determining the scope of future studies and the requisite measures for resolving the problem.

Key Words: Covid-19, Pandemic, Psychology, Economy

Öz: Bu çalışma, Covid-19 pandemisinin psikolojik ve ekonomik etkilerini derleme olarak sunmayı amaçlamaktadır. Mart 2019-Ağustos 2021 tarihleri arasında yayınlanmış çalışmaların gözden geçirilmesi ve çalışmalardan elde edilen verilerin sistematik biçimde incelenmesi amacıyla gerçekleştirilmiştir. Konuyla ilgili 29 ulusal ve uluslararası yayına ulaşılmış olup, araştırmaya dahil edilme kriterlerine uygun olan sekiz yayın çalışma kapsamında değerlendirilmiştir. Tüm yayınlar, çalışma yöntemleri ve bulguları açısından sistematize edilerek incelenmiştir. Bu sistematik inceleme sonunda, Covid-19 pandemisi nedeniyle, dünyanın birçok ülkesinde psikolojik durumun ve ekonominin olumsuz etkilendiği, bunun en büyük nedeninin karantina süreci nedeniyle yaşanan kısıtlamaların olduğu, en çok etkilenen sektörlerin; turizm, endüstri ve finans sektörleri olduğu, ülkeler tarafından tedbirler alınmaya çalışıldığı saptandı. Dünyanın hemen hemen her yerinde Covid'in psikoloji ve ekonomi üzerindeki olumsuz etkileri önemli bir sorun olmaya devam etmektedir. Konuyla ilgili çalışmaların sistematize edilmesi ile sorunun önemi konusunda bilimsel sonuçlara ulaşılmıştır. Bu sonuçların hem gelecekte yapılacak çalışmaların kapsamalarını belirlemede hem de ilgili alanda sorunun çözümü için gerekli önlemlerin alınmasında önemli olduğu düşünülmektedir.

Anahtar Kelimeler: Covid-19, Pandemi, Psikoloji, Ekonomi

1. Introduction

The Covid-19 outbreak, whose effects were observed across the world toward the end of 2019 and that represented a threat to the health of millions, still persists at the time of writing, at the end of 2021. Although most cases are reported from America, its effects continue to be seen worldwide.

Numerous epidemics are known to have occurred in the past. The most important characteristics required to meet the definition of a pandemic are a widespread, severity, and high aggressivity and transmissibility (WHO, 2020). A pandemic will result in adverse impacts not only on health, but also in the social-class, political and cultural spheres (Martini et al., 2019; Alon et al., 2020; Fernandes, 2020; Nicola et al., 2020, Peterman et al., 2020).

At times when outbreaks cannot be brought under control, pandemics will have a major impact on the economy. The most significant factors reported to be involved in economic decline include the disease burden, restrictions aimed at limiting transmission, and uncertainty concerning the pandemic (Asahi et al., 2021). Economic losses worsen and social and economic costs increase during every lockdown, for which reason policy-makers need to reach decisions by also taking into account epidemiological, social, and economic costs (Hao et al., 2020; Chowdhury et al., 2020). In addition, policy-makers must consider whether the costs of the economic activities that have been sacrificed are proportional to the population under lockdown and whether per capita costs rise or fall when lockdowns are applied at different administrative levels (municipal, city-wide, or provincial) (Baek et al., 2020; de Souza et al., 2020). According to another source, decreased tax revenues resulting from the pandemic will give rise to severe budget deficits, and this economic contraction caused by unemployment and lockdowns will lead to subsequent mental health impairment, and even mortality (Case and Deaton, 2020).

The purpose of this review was to determine the economic effects of the Covid 19 pandemic in Turkey and worldwide, to examine published studies, and to subject the data obtained from these studies to systematic examination.

The principal research questions were as follows:

1. Which countries were most affected by the Covid-19 pandemic?
2. What are the basic causes of adverse effects on the psychology and economy as a result of the Covid-19 pandemic?
3. What were the consequences of the decline in the economy caused by the Covid-19 pandemic?
4. Which sectors were most affected by the Covid-19 pandemic?
5. What measures were adopted due to the Covid-19 pandemic?

This review will seek to answer these research questions based on the findings of the studies examined, and will thus enable a general opinion to be formed concerning the importance of the problem and the existing variables.

2. Methods

The study involved a retrospective scan of relevant publications. For that purpose, various combinations of Turkish and English key words such as 'economy,' 'pandemic,' 'world,' and 'Turkey' were scanned by using search engines including Pubmed, Science Direct, Medline, Ovid, ProQuest, and the ULAKBİM Turkish Medical Directory. Relevant studies and reviews published in Turkish and international journals and books between March 2019 and August 2021 were included. Thesis studies and verbal or poster presentations from congresses were excluded.

2.1 Inclusion Criteria

These involved criteria such as publication in a Turkish or international peer-reviewed journal or book between March 2019 and August 2021, being original in character, and containing relevant key words. Publications whose full text is not available were not included.

2.2 Performance of the Study

Twenty-nine publications on the subject were identified following a scan of the literature, eight of which were considered to meet the inclusion criteria. These articles and journals were selected on the basis of their relevance to the research questions. In addition, this study includes different aspects of the economies and illustrates the effects and outcomes of COVID-19 by means of a comparative analysis of previous pandemics.

2.3 Evaluation Method

Eight of the research quality evaluation methods recommended by Polit and Beck (2017) were employed for the remaining eight publications. The criteria permit a general assessment from the aim and method of the study, the sampling characteristics, results analysis, conclusion, and discussion. The criteria used for evaluating the quality of a study include 1) Is the research compatible with its aim? 2) Are the research questions adequately reflected? 3) Are the concepts appearing in the study clearly defined? 4) Are the sources employed appropriate to the subject? 5) Are the sources valid and reliable? 6) Are the findings clearly and appropriately organized? 7) Are the results reported as a summary? and 8) Have limitations been reported? Each study was separately evaluated by the author in terms of all the criteria, being scored '1' when it was compatible with each item, and '0' when it was not.

2.4 Data Analysis

The highest score as the result of the researcher's evaluation was 6, and the lowest 4.

3. Results The content of the eight publications included in the research may be summarized as follows (Table 1).

Table 1: Analysis of the content of the eight studies included in the research

Studies	Most affected countries	What are the basic causes of adverse effects on the psychology and / or economy as a result of the pandemic?	What were the economic and/or psychological consequences caused by the Covid-19 pandemic?	What are the most affected sectors of the economy?	What measures were adopted due to the Covid-19 pandemic?
Eroğlu (2020)	USA, China, Japan, Germany, UK, France, Italy	Disease burden, high mortality and morbidity rates, fear of infection	Unemployment, a major fall in revenues from tourism	Agriculture, oil, tourism, retail sales services	The closure of schools and workplaces, the banning of public events, restrictions on mass transportation, quarantine, stay-at-home regulations, closure of national borders
Rossi et al. (2020)	-	Lockdown measures	Post-traumatic stress syndrome, depression, anxiety symptoms, insomnia, perceived stress, and adjustment disorder symptoms	-	Travel restrictions, the closure of schools and non-essential commercial industries
Pak et al. (2020)	Italy, Germany, America, China	Lockdown, increasing loss of life	Decreased revenues, increased unemployment, decreased production, workplace closures	Transport, service and production sectors, tourism and trade	Proactive international; activities, strengthening of laboratories, support for national resources
Medina and Valverde (2020)	-	Measures of social distancing and quarantine	Symptoms of post-traumatic stress, confusion, anger, fears of infection, frustration, boredom,	-	-

			inadequate supplies, inadequate information and financial losses		
Berbenni and Colombo (2021)	Italy	Rapid spread of infection, market integration disseminating the economic impacts of the pandemic across the world, thus making it very difficult to untangle them, adverse impacts of the pandemic on the labor force	Inflation, increased interest rates, a fall in production, and increased consumption	The food sector (restaurants), tourism, the health sector, falls in imports and exports	Lockdown, reducing labor force demand
Yeyati and Filippini (2021)	America, China	Lockdown, restrictions on international mobility, decreased international payments	Increased public borrowing, increased budget deficits, decreased financial revenues	Industry	Lockdown, encouragement of vaccination, encouraging more efficient use of limited resources
Szmigiera (2021)	Asia, Europe, America	The virus coming to represent a global pandemic	A decrease in per capita GDP	Exchange markets, industry	-
Fang (2021)	China, Korea	Uncertainty during the pandemic, lack of knowledge concerning coronavirus, lockdown	Financial crisis, labor force shortage	Damage in the labor force market, the import-export sector	Frequent contact monitoring, increased test numbers, banning of public events, mask-wearing

4. Discussion

The COVID-19 pandemic first emerged in the Chinese city of Wuhan in December 2019 and resulted in a hitherto unprecedented fall in global activity. It concentrated in developed and developing countries and spread rapidly to many regions of the world, leading to tight restrictions and major interruptions in economic activity at an extraordinary pace and scale (Baldwin and di Mauro, 2020). The leading countries reported to be affected by the pandemic, caused by

a highly contagious and pathogenic viral infection (Padhan and Prabheesh, 2021), are China, the USA, Italy, the UK, Germany, France, and Japan (Milani, 2021). Although the death rate from the pandemic, which targets both healthy individuals and the sick and elderly, is reported at 1%, it remains a global threat due to its high speed of transmission (Padhan and Prabheesh, 2021).

Global GDP (Gross Domestic Product) is reported to have fallen by more than 4/9% in the second quarter of 2020 due to the economic disruption caused by the pandemic; and this fall in trade in goods and services is even greater than that during the global financial crisis of 2007-08 (IMF, 2020). As a result, global trade contracted by 3.5% in the second quarter of 2020 due to weak supply and demand, while lack of mobility among economies reduced total demand by impairing global supply (Vidya and Prabheesh, 2020). Consumption of goods and services decreased significantly due to severe loss of income and weak consumer confidence. At the same time, consumers were reluctant to consume goods and services due to fear of Covid transmission. Another fall occurred in global travel, the World Travel and Tourism Council reporting an approximate figure of 25% (Padhan and Prabheesh, 2021).

The most important consequences in the economy due to the Covid-19 pandemic were experienced in production, with major losses taking place. Other phenomena included falls in worldwide oil barrel prices and on stock markets. A difficult period in terms of tourism also began following the declaration of a pandemic (Padhan and Prabheesh, 2021).

Covid-19 continues to exert adverse effects on the tourism, industry, finance, and real estate sectors (Wang et al., 2020; Gu et al., 2020). The pandemic also resulted in insecurity and delays in terms of investment (Corbet et al., 2020).

The Covid-19 pandemic required numerous precautionary measures to be taken. Various proposals were raised on the subject. The proposal that a monetary policy be adopted involves economies with large foreign exchange reserves being able to manage the depreciation in their currencies by intervening in the foreign exchange market during the pandemic. It has been recommended that the central banks of developing countries adopt monetary policies in consideration of domestic liquidity and the state of the foreign exchange market (Padhan and Prabheesh, 2021).

Macroprudential regulation has been recommended as another measure. In the light of the financial instability caused by COVID-19, macroprudential regulation has been described as capable of helping maintain stability in the financial system and of reducing systemic risks, while various macroprudential measures can improve resistance to global fiscal shocks (Drehmann et al., 2020). In addition, macroprudential regulations have been reported to reduce the sensitivity of domestic loans to global financial shocks and to balance nominal and real exchange rates (IMF, 2020).

Another measure involves the adoption of fiscal policy. This is reported to provide effective protection for individuals, stabilize demand, and facilitate recovery between economies during and after the current pandemic. In addition, the possibility of permanent lockdown should be remembered, and fiscal policies should be adapted to health services for public protection (Chakraborty and Thomas, 2020). Economies must produce revenue, increase spending, and encourage productive investments in case of a limited financial sphere. All policy measures must be regulated within a medium-term fiscal framework, with transparent management in order to reduce fiscal risks (IMF, 2020).

At the same time, ensuring policy coordination between monetary, macroprudential, and fiscal policies is reported to be capable of effectively mitigating the impacts of COVID-19 (Padhan and Prabheesh, 2021).

The Covid-19 pandemic has not only had economic consequences. The psychological effects of the Covid-19 pandemic on the population have also been extremely strong. In studies examining the psychological effects of the pandemic, the main effects were post-traumatic stress disorder, depression, and anxiety. Social distancing and miscommunication, especially caused by the mandatory quarantine, were an important reason for these results. Apart from these, other consequences caused by the Covid-19 pandemic include insomnia, perceived stress (Rossi et al., 2020), confusion, anger, fears of infection, frustration, boredom, inadequate supplies, inadequate information, and financial losses (Medina and Valverde, 2020).

Most of the studies that Brooks et al. (2020) included in their review reported negative psychological effects such as symptoms of post-traumatic stress, confusion, and anger. Stressors included longer quarantine time, fears of infection, frustration, boredom, inadequate supplies, insufficient information, financial loss, and stigma.

According to Saladino et al. (2020), research has particularly highlighted the impact on psychological well-being of the most exposed groups, including children, college students, and health workers, who are more likely to develop post-traumatic stress disorder, anxiety, depression, and other symptoms of distress.

4.1 Limitation

The systematic review was limited to eight studies. The fact that these contain differences of methodology (content and interpretation) as well as of definitions represents an important limitation. These differences in definition and methodology should be remembered, particularly when comparing studies with one another.

5. Conclusion and Evaluation

There is no doubt that the Covid-19 pandemic has had an adverse impact on the entire world. It is unclear how much longer the pandemic will last, and it is highly important to know the outcomes that may ensure from a weak economy

and for precautionary measures to be adopted if the pandemic is to be overcome with as little damage as possible. This systematic review was intended to endeavor to reveal the importance of the problem by systematizing studies on the subject, and to shed light on measures that might be taken against potential problems in the future. We think that it will be useful in determining the scope of future studies and in the preparation of the requisite measures for solving problems in the relevant area.

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EXTENDED ABSTRACT: Although the Covid-19 pandemic originally emerged as a threat to public health, is not solely a source of health-related or basic health problems.

Covid-19 has also profoundly affected tightly interconnected national economies (global economic integration). Restrictions on international movement and diminished international payments have resulted in the global spread of economic problems due to market integration. On the other hand, individuals are experiencing manifest economic problems (decreased income, wage cuts, or increased costs) because of the pandemic. The adverse effects of the pandemic can also be seen in the workforce. In terms of the supply side of the labor market, the Covid-19 pandemic has resulted in a decrease in working hours, due to unemployment or restrictions, for many people endeavoring to make a living by supplying their own labor. In terms of demand, many underdeveloped and developed countries have turned to restrictions, and private and public sector economies have had to produce at restricted capacity for a significant period of time. This has had a chain effect on the labor market, and has required private sector companies in particular to reduce their workforce demands. On the other hand, the costs of the majority of goods and services and prices/wages have tended to increase during the pandemic. This has given rise to a tendency to a diminished demand for these goods and services. However, it cannot be suggested or even imagined that this same trend applies to 'essential goods' or 'non-easily substituted services,' in which price flexibility/elasticity is low. Many people have experienced difficulties in meeting different types of expenditure that can be described as basic, including essential goods and products, medications, housing, and clothing. The pandemic can be described as 'a process in which the difference in guaranteed income between those with fixed incomes and those without is most keenly felt.' This process is an economic one in which the majority of individual savings are used to meet basic needs, in which income cuts for people with incomes and poverty for those with inadequate income reach significant levels, in which regular income is of vital importance, in which maximum efforts are made to transfer public resources to citizens, and in which price inflation reaches high levels. The effects of the pandemic can also be seen in society and human psychology. People endeavoring to live as social lives as possible until the pandemic have now experienced the pains of an enforced transition from multiple to individual life. Lockdowns have led to unwelcome social distancing, in addition to physical distancing. Social distancing has led to an extraordinary change in relationships between individuals with ongoing relationships. Physical and social distancing have also resulted in negative outcomes such as loneliness, lack of communication, exclusion, restriction, and public support requirements. On the other hand, lives segregated due to social isolation have led to loneliness, and to feelings of solitude reaching severe levels in a great many people. The problem of loneliness, particularly among the unmarried, the widowed, and those living apart from their children, has given birth to an intense need for psychological and moral support. Extended periods of quarantine introduced to prevent the spread of infection have resulted in problems such as loss of productivity among individuals with restricted freedom, fear for the future, withdrawal, and anger. Cognitive and physical decline, particularly among isolated elderly individuals, are among the findings reported by numerous studies, and such people also have fewer resources with which to reduce all these problems. Although technological means can be employed to benefit people at such a time of crisis, considering that millions of people on the global scale have no access to the internet, it is a fact that the adverse outcomes of the crisis are even more felt by some people. Studies included in this systematic review have cited factors such as fear of infection, and uncertainty deriving from a lack of or confusing information during the pandemic as other reasons for the significant impacts of the pandemic on society and human psychology. It can also be said that the psychological and economic impacts of the pandemic can emerge in association with one another. It is not hard to predict that the psychology of individuals

struggling to cope with economic problems will be adversely affected. Mental health problems such as stress, anxiety, and depression have grown during such a time of crisis when loss of employment is highly probable. Different social groups, such as children, the young, the elderly, women, the disabled, the employed, the unemployed, and people living alone perceive and experience the results of the pandemic in different ways. For example, the pandemic cannot be expected to produce the same adverse economic and psychological symptoms between the young and old, or between the employed and the unemployed. This necessitates a multidimensional approach to the problems of the pandemic, a health crisis and an indirect cause of an economic one, and to their solutions. It is still unclear how much longer the Covid-19 pandemic and its changing variants will persist. While unfamiliar rises in inflation are on the agenda in developed countries, it appears inevitable that weak economies, especially those of underdeveloped countries, will produce greater inflation and poverty. Minimizing the damage caused by the pandemic as much as possible is therefore of great importance. The purpose of this systematic review is to systematize studies on this subject, to set out the problems and the measures adopted against these problems and their outcomes, and to shed light on potential measures that might be adopted against similar problems in the future. We think that it will be useful in terms of determining the scope of subsequent studies and of the adoption of the requisite precautions for the resolution of problems in this sphere.

GENİŞLETİLMİŞ ÖZET: Covid-19 pandemisi her ne kadar halk sağlığına yönelik bir tehdit olarak ortaya çıkmış olsa da yalnızca sağlık ile ilgili sorunların kaynağı olduğu ya da sağlık temelli sorunlara yol açtığı söylenemez. Covid-19, birbirine sıkı sıkıya bağlı ülke ekonomilerini (küresel iktisadi entegrasyon) derinden etkilemiştir. Uluslararası hareketlilikte meydana gelen kısıtlamalar ve uluslararası ödemelerdeki azalma, piyasa entegrasyonu nedeniyle ekonomik sorunların dünya geneline yayılmasını beraberinde getirmiştir. Öte yandan pandemi nedeniyle insanların ekonomik kaynaklı (gelir azalması, gelir kesilmesi ya da gider artışı) sorunlar yaşadığı açıkça görülmüştür. Pandeminin, işgücü üzerinde de olumsuz etkilerini görmek mümkündür. Covid-19 pandemisi, işgücü piyasasına arz yönünden bakıldığında, emeklerini arz ederek geçimlerini sürdürmeye çalışan pek çok insan için işsizlik ya da kısıtlamalar dolayısıyla çalışma sürelerinin azalmasına neden olmuştur. Talep yönü ile bakıldığında, az gelişmiş ve gelişmiş pek çok ülke kısıtlamalara gitmiş, kamu ve özel sektör ekonomileri önemli bir süre kısıtlı kapasitelerde üretmek durumunda kalmışlardır. Bu da zincirleme şekilde işgücü piyasasını etkilemiş, özellikle özel sektör firmalarının, işgücü taleplerini azaltmaları gerekmiştir. Diğer yandan pandemi sürecinde çoğu mal ve hizmetin maliyetleri ile fiyat/ücretleri artma eğiliminde olmuştur. Bu durum, söz konusu mal ve hizmetlere olan talebin düşme eğilimini de doğurmuştur. Fakat, talebin fiyat elastikiyeti/esnekliğinin düşük olduğu, "zorunlu mallar" ya da "kolay ikame edilemeyen hizmetler" için aynı eğilimin gerçekleştiğini söylemek ya da gerçekleşebileceğini hayal etmek mümkün değildir. Birçok insan, zorunlu ve genel ihtiyaç ürünleri, tıbbi ilaçlar, ulaşım, barınma, giyim gibi farklı türden ve temel olarak nitelendirilebilecek harcamaları gidermede güçlüklerle karşılaşmıştır. Pandemi süreci için "sabit geliri olanlar ile olmayanlar arasındaki gelir garantisi farklılığının en net hissedildiği süreç" ifadesi rahatlıkla kullanılabilir olmaktadır. Bu süreç, bireysel tasarrufların çoğunun temel ihtiyaçları karşılamak amacıyla kullanıldığı, gelire sahip insanlar için gelir kesintilerinin, yeterli geliri olmayan insanlar içinse yoksulluğun önemli boyutlara ulaştığı, devamlı bir gelirin hayati olduğu, kamu kaynaklarının azami şekilde vatandaşlara aktarılmaya çalışıldığı, fiyat enflasyonunun yüksek seviyelere ulaştığı "ekonomik bir kriz" olarak adlandırılacak bir süreç anlamına da gelmektedir. Pandeminin diğer yandan, toplum ve insan psikolojisi üzerinde de etkilerini görmek mümkündür. Pandemiye kadar

yaşamlarını olabildiğince sosyal bir şekilde sürdürmeye çalışan insanoğlu, çoğul yaşamdan tekil yaşama zorunlu bir biçimde geçişin sancılarını fazlasıyla hissetmiştir. Sokağa çıkma kısıtlamaları, fiziksel mesafenin yanında arzu edilmese de sosyal mesafenin oluşmasını beraberinde getirmiştir. Sosyal mesafe, birbirleri ile süregelen ilişkilere sahip insanların, bu ilişkilerinde alışılmadık bir biçimde değişikliğe neden olmuştur. Fiziksel ve sosyal mesafenin ayrıca yalnızlık, iletişimsizlik, dışlanmışlık, kısıtlanmışlık, kamusal desteğe muhtaçlık gibi negatif çıktıları olmuştur. Diğer yandan sosyal izolasyon nedeniyle izole bir yaşam, yalnızlık getirmiş ve birçok insanda yalnızlık hissinin ciddi boyutlara ulaşmasına neden olmuştur. Özellikle bekar, eşini kaybetmiş ve çocukları yanında olmayan insanların yalnızlık sorunu, psikolojik ve manevi desteğe olan ihtiyacın yoğun bir şekilde gündeme gelmesine zemin hazırlamıştır. Enfeksiyonun yayılmasını önlemek amacıyla uygulanan uzun karantina süreleri, özgürlüğü kısıtlanmış bireylerde üretkenlik kayıpları, gelecek korkusu, içe kapanma, öfke gibi sonuçlara yol açmıştır. Özellikle izole yaşlı bireylerdeki bilişsel ve fiziksel gerilemeler, yapılan pek çok araştırmanın bulgularındandır ve yaşlı bireyler, tüm bu sorunları azaltmak için daha az kaynağa sahip bulunmaktadır. Teknolojik imkanlar, böylesine bir kriz döneminde insanların yararlanmasına sunulmuş olsa da küresel çapta internete erişimi olmayan milyonlarca insan düşünüldüğünde, krizin olumsuz sonuçlarının bazı insanlar için daha fazla hissedildiği de bir gerçektir. Sistematik derleme kapsamında bahsedilen çalışmalarda enfeksiyon korkusu, pandemi sürecinde oluşan bilgi karmaşasına ve eksikliğine dayalı belirsizlik gibi hususlar da pandeminin toplum ve insan psikolojisi üzerinde önemli etkiler bırakmasının başkaca nedenleridir. Pandeminin psikolojik ve ekonomik etkilerinin birbiriyle bağlantılı şekilde ortaya çıkabildiği de söylenebilmektedir. Ekonomik sorunlar ile mücadele eden insanların psikolojilerinin olumsuz etkileneceğini öngörmek zor değildir. İş kaybı yaşanması pek muhtemel olan böylesine bir kriz döneminde stres, kaygı ve depresyon gibi psikolojik sağlık sorunları artmıştır. Çocuklar, gençler, yaşlılar, kadınlar, engelliler, çalışanlar, işsizler veya yalnız yaşayanlar gibi farklı toplum gruplarının pandemiye ve pandeminin sonuçlarını algılayış ve deneyimleme süreçleri farklı biçimde gerçekleşmektedir. Örneğin, pandeminin olumsuz ekonomik ve psikolojik belirtilerinin, gençler ile yaşlılar ya da çalışanlar ile işsizler arasında benzer biçimde gerçekleşmesi beklenemez. Bu durum, bir sağlık krizi olan ve dolaylı olarak bir ekonomik kriz yaratan pandeminin, sorunların ve çözümlerin çok boyutlu ele alınmasını gerektirmektedir. Covid-19 pandemisinin değişen varyantlar ile birlikte daha ne kadar süreceği hala belirsizliğini korumaktadır. Gelişmiş ülkelerdeki alışılmadık enflasyon artışları gündemdeyken özellikle az gelişmiş ülkelerin zayıf ekonomilerinin daha fazla enflasyon ve yoksulluk üreteceği kaçınılmaz görünmektedir. Bu nedenle, pandemi sürecinin olabildiğince az hasarla atlatılması önem taşımaktadır. Bu sistematik derleme, konuyla ilgili yapılan çalışmaları sistematize ederek sorunları, sorunlara karşı alınan önlem ve sonuçları ifade etmeye, gelecekte yaşanabilecek benzer sorunlara karşı alınabilecek muhtemel önlemlere ışık tutma amacındadır. Bundan sonraki çalışmaların kapsamının belirlenmesine ve ilgili alandaki sorunların çözümü için gerekli tedbirlerin alınmasına yarar sağlayacağı düşünülmektedir.