RESEARCH ARTICLE

Man and society during the Coronavirus COVID-19 pandemic: psychosocial and legal reflections

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Abstract

The occurrence of the COVID-19 Coronavirus pandemic in 2020 resulted in a significant change in the global situation. On the one hand, numerous information appeared indicating an increasing number of sick and dead people. On the other hand, information related to the closure of places of daily use began to reach. From a third perspective, subsequent state governments have begun to pay attention to the approaching wave of economic crisis. The perspectives indicated here referred to individual, group and global contexts. The dominant place in them was (and still occupy) issues related to: the human psyche, the possibility of medicine, as well as the need to introduce legal provisions protecting societies.

The coronavirus showed very quickly the existence of many key connections. These connections exist between: man and society, medicine and law, psyche and economy. The epidemic discussed here has become one of the main sources of the crisis spread out over time. What is his character? Does he have only a negative face? Does the crisis justify not only human rights but also human obligations? Can a crisis situation have a positive side?

The proposed article below attempts to answer the questions listed here.

Keywords: coronavirus, epidemic, human rights, solidarity, society

1 | INTRODUCTION

How can we see something positive during the period of global epidemics and pandemics? What can be good at a time when many people have been experiencing their biggest breakdown for years? How to live with a bit of optimism looking at the hundreds of coffins intended for victims of the epidemic? How to live in a world where these coffins are collected at football stadiums: there is not enough space in the morgue? These questions are directly related to the outbreak and the duration of the Coronavirus epidemic (SARS COV-2, COVID 19). Information about the disease discussed here

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appeared at the beginning of 2020. In subsequent media, information appeared about a large number of cases (also ending in death) in China, Italy, Spain, India and the USA. Most countries in the world have introduced restrictions and restrictions to combat the disease. (Furman, Zalewski, Naszkiewicz, 2020)

The beginning of 2020 has made optimism an emotional state for most people rarely encountered. Coronavirus has made changes to our daily functioning. Schools, offices, cultural and recreation centers as well as many jobs were closed. For many people it has become the main topic of discussion. For others, it became the main source of the crisis. (Frąckowisk, Sochańska, 2020)

The crisis state mentioned here inevitably directs us to several areas. First, the question arises: Is the epidemic - from an objective perspective - a time of crisis? Secondly, it is worth considering which man has rights and obligations in a similar situation? Can the present world, so firmly rooted in the idea of human rights, be able to act in solidarity in the situation discussed here?

2 | METHOD AND PURPOSE OF ANALYSIS AND REFLECTION

The purpose of the article proposed below is to attempt to answer the above-mentioned questions, directly related to the individual and social reality that appeared in connection with the COVID-19 pandemic in early 2020. This action will take place primarily through mass media analysis. Particular attention will be paid to materials taken from the internet. Similar data have special significance. Portals and websites provide information in a structured manner (this often happens just after an important event). Internet information is also key in epidemiological health discussions. Małgorzata Furmankiewicz and Piotr Ziuziański emphasize that the Internet can support the researcher in a special way in the process of obtaining data on e.g. epidemiological problems. (Furmankiewicz, Ziuzianski, 2013) Krzysztof Puchalski - in this context - points out that researching the internet has: “of particular importance in connection with (...) its increasing accessibility, the avalanche increase in the resources of collected information, the dissemination of increasingly perfect communication techniques, and the growing competence of society to use from this medium, the expansion of health issues in the network, etc. ” (Puchalski 2012). The proposed analysis of the epidemic issue will also relate to content taken from other media sources: radio, television and the paper press. Based on the definition of Bernard Berelson, it should be recalled that the study of the content of mass media is a “research technique for the objective, systematic and quantitative description of the explicit content of messages” (Szczepaniak, 2012)

Also the second research method, i.e. the study of literature, will be equally important. As Mirosław Krajewski emphasizes: “This method should be used first and at the initial stage of scientific cognition. Its purpose is to learn the originality of the problem. Literature analysis should then lead to the conclusions of what is already studied, and what should be known and proven. This will answer the question whether the problem posed by us is original and not yet studied, or half-examined.”(Krajewski, 2010) Jerzy Apanowicz notes, however: “Cognition is made by analyzing and criticizing the literature on the subject (issues). It is about demonstrating to what extent the problem taken is different (original) from the current state of knowledge on this subject. What are the differences, similarities, relationships, and important features in known scientific theories to date. What are the differences in functioning hypotheses, research assumptions, ideas of action, beliefs and views. ” (Apanowicz, 2002). The proposed reflections will also be enriched with an analysis of the content of legal documents. (Frieske, 2001)

3 | PERSPECTIVE OF THE CRISIS

A few years ago - Polish therapist - Jacek Kacprzak decided to write an article about the mental crisis. In his analysis, he drew attention to the situation we are currently experiencing. In his opinion, a crisis is a situation in which a person appears: "feeling the event as unexpected, perceiving the situation as loss or threat, feeling of uncertainty about the future, feeling of loss of control, sudden violation of routine
behavior, a state of emotional tension lasting for some time, necessity to change the existing ways of functioning." (Kacprzak, 2000) The coronavirus pandemic argued that many (sometimes contradictory) behaviors appeared. On the one hand, at the beginning of 2020, there were many initiatives aimed at "mocking" the virus. You could easily find graphics, memes and videos of funny situations in everyday epidemiological practice on the internet. At the same time, on the other hand, there were increasingly loud questions: When will the epidemic last? What will its effects be? How will it affect: human health, the economy and the decline in respect for human rights. (Raport, 2020)

Most of the official messages, messages, and even wishes made on Easter 2020 began with the words: "At this difficult time ...". There is an important message in this sentence. The global pandemic has made us live at a difficult time for millions of people. This is completely new for governments, film owners, and families. Surprising and completely unknown to us are new challenges, as well as responsibilities and limitations. The spreading world of Coronavirus is working more and more. For SARS CoV 2 it is not a problem and a barrier: the latitude of a given country, the level of economic development of a given country, or the military capabilities of powers, or military alliances. In epidemiological activities, the stronger effect is more important not only of super drones supporting the anti-missile shield, but protective masks, which are the elemental weapon of the anti-bacterial shield. Unfortunately, the events of recent months are not indifferent to the human psyche. Probably for many people the period of quarantine, isolation, and growing uncertainty will be a source of a clear mental crisis. According to Dorota Kubacka - Jasiecka, the emotional crisis is "The resulting tension, most often of anxiety, leads to mental chaos and disorganization of behavior as a result of the growing discrepancy between the requirements of the situation and the resources of struggle." (Kubacka- Jasiecka, 2016)

Novelty, as well as the unpredictability of recent situations, causes that confusion is playing an increasingly important role in our lives. In this aspect there is also the concept of "emotional crisis". This term is used interchangeably with other terms such as "critical event", "frustration", "conflict", "stress" or "trauma". It should be remembered, however, that each of these concepts concerns some narrow aspect of unpleasant, difficult experiences. (Kita, 2020)

In a crisis situation, three elements interact: fear, anger and sadness. It should be noted that "Distinguished emotions in an emotional crisis occur alternately and produce energy that when released is extremely helpful in recovery. The problem arises when the generated energy is directed against oneself, turning into sadness, which in turn intensifies the feeling of fear and anger at oneself. Then the triangle closes, and the power of destructive energy can be so great that it comes to self-destructive thoughts, depression, suicide, addiction or self-harm." (Kita, 2020)

The emotional crisis is associated with the emergence of a significant barrier. man loses the opportunity to go through a new (difficult) situation with the help of tools that he knows. The inability to respond effectively can lead to self-destructive phenomena. It is worth paying attention to a few remarks found in the guide developed by the South London and Maudley NHS Foundation Trust. As indicated in this document, in a crisis situation a person experiences the inability to get out of a difficult situation. This moment can lead directly to the appearance of hopelessness. It may result in the desire to take auto-aggressive actions. These actions may be accompanied by surprising - previously unknown to the patient - reactions and symptoms. In the literature on the subject, it is noted that the initial stage of the crisis is particularly important support for people close to the patient. People close to the patient allow him to feel the safety again. They are also an important element that helps people consume critically for a given situation. (Document, 2016)

To sum up the reflections on the crisis proposed here, it is worth paying attention to a few remarks proposed by Ewa Odachowska. In her opinion, the mental crisis is a phrase that refers us to the "problem situation as being beyond our ability to deal with it. We perceive them as experiences difficult to bear, as disturbing the mental balance and depriving of a sense of control. These situations are often caused by
critical events in the life of the individual, situational or personal factors. The individual may be in a state of mental crisis as a result of experiencing significant stress resulting from experience (e.g. accident, divorce, violence, loss, lack of acceptance). It also happens that they are caused by threats related to the lack of meaning in life, the concept of oneself, the system of values (developmental and existential crises, e.g. during adolescence).

It must be remembered that a crisis situation is also caused by situations in which, despite our efforts, the difficult situation in which we find ourselves does not improve. The source of similar moments may also be moments of danger to life, or the collapse of the experienced and accepted system of our own values. As the researcher cited here indicates: "a psychological crisis is a reaction of a healthy person to a difficult situation" (Odachowska, 2018)

4 | CRISIS – POSITIVE PERSPECTIVE

In a crisis, we don’t know what to do or how to do it. At this point, it should be noted that any crisis may cause the emergence of positive situations. Kazimierz Dąbrowski (a psychiatrist and psychologist valued in Poland and the USA) pointed out that the crisis can also be described as "confusion". This confusion can be positive. His positive face first reveals the possibility of meeting another person whose support is invaluable to a person in need of help. (Bataglia, 2002)

Agnieszka Ejsmont comes to similar conclusions in her analyzes and reflections. She is a person who survived the mental crisis. In everyday work she offers help as part of: Support Group for People with Experience of Mental Crisis (TROP). In her opinion, man is in a relationship between a disorder and a norm every day. People experiencing crisis live in a specific situation. They "Separating themselves from people because of fear of them and fear of injury. A healthy person will not understand a sick person, and the feeling of loneliness hurts most when you are lonely among people. I had such situations and then I suffered." At the same time, Ejsmont emphasizes that when thinking about supporting people in crisis, one cannot forget about the unique predispositions of former patients who received help from: psychiatrists, psychologists and psychotherapists. Ejsmont adds here: "I want to say that this help and interest in another person is unique. I noticed that in life, it is so that the relationships between mentally ill people in hospital wards are very long-lasting. I have the impression that we have a special bond, brotherhood of souls, something magical and good. These relationships last for a long time." (Ejsmont, author’s archives)

Looking for more data on the pandemic crisis, we come across texts that strongly emphasize that each drama is a chance for the emergence of new skills, new and new abilities. On the one hand, we break down when we hear about another thousand people infected with COVID - 19. We worry when we hear about another hundred people who have died. In addition, we get angry seeing that the authorities of specific countries decided too late to introduce rules that would limit a pandemic. On the other hand, however, we come to an interesting conclusion. Hearing in the media about priceless medical equipment needed to fight the virus, we come across information indicating that a group of people decided to organize a fundraiser. In addition, when we hear that more medical specialists are needed, we hear about students who decided to become volunteers. (See, WHO, Mental Health, 2020) When we get information about the need to buy protective masks, we hear about the next people who decided to produce them at home. When we hear about the disturbing increase in the number of cases, we see people who practically implement the slogan: "Stay at home!" We have come to a situation in which the idea of solidarity has emerged again in society. We also experience a state in which we do de facto a lot without doing anything concrete. Staying at home, we do not spread the virus: we give doctors the chance to work, knowing that there are not many potential epidemiological threats on the street. We experience a reality in which human responsibility can be seen in everyday behaviors such as: in a queue in front of the store, where everyone stands a few meters apart. (See, WHO Strategy, 2020)

During the Koronavirus pandemic, many people feel safe knowing that they have constant access to infor-
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Information. However, what is interesting and surprising modern times are also characterized by information overload. For the first four months of 2020, nothing but COVID-19 was able to get into the mainstream news programs. For one, these messages were the basis for experiencing emotional security. For the second group of people, this knowledge formed the basis of the crisis experienced. Economic analyzes were noticed only through the prism of loans. Granting loans can be associated with high uncertainty in times of epidemics. The electoral political campaigns have also stopped. Even the numerous worldview disputes have been clearly calmed down for a while. Certainly the pandemic situation discussed here - in a few weeks - changed the functioning of the world. As it turned out, neither global warming nor terrorist or nuclear threat modified social activity as COVID-19. However, as mentioned above, the crisis is paradoxically, the best moment to find strength in yourself. We can even come to the conclusion that it is the crisis that shows us new realities. A threat situation for some people may trigger a desire to make a change. This reality is observed in medicine. (See, Document, ECDX, 2020)

5 | BETWEEN RIGHTS AND OBLIGATIONS

The relationship between the patient and medical specialists has a special and unique character. This situation is caused by a special topic that connects both the sick and the experts treating them. This theme is human suffering. However, it is no secret that this relationship is associated with a clear disproportion. Patients are hoping for recovery. At the same time - often experiencing strong anxiety - we do not have the knowledge and skills that have been developed during education, e.g. doctors. Antonina Doroszewska pointed out that, among others, the disproportion of positions held was one of the main reasons for the popularity of the idea of patient rights. These rights increase the level of confidence in those who suffer. The patient, having knowledge of specific authorizations, feels less anxiety. (Kmieciak, 2015) In legal and medical discussions we have become accustomed to phrases such as "patient’s entitlement". At the same time, the notion of "doctor’s professional responsibility” is equally popular. Numerous scientists are constantly wondering about the ethical principles of medical specialists (doctors, nurses, diagnosticians, rehabilitators). The provisions of medical law precisely and clearly define the concept of "patient’s right". At the same time, no attention was given to the fact that there were also patient responsibilities. We recognize the legal obligations of e.g. a doctor and a nurse. However, the rights of the indicated group of specialists rarely appear in numerous legal and medical documents. (Nesterowicz, 2005). During an epidemic / pandemic, we see a remodeling of the perception of mutual obligations in medicine. We see great and beautiful attitudes presented by the medics. Their daily activities and dedication fully fulfill the obligations directly related to the protection of patients’ rights. Today, however, the key question arises: Will patients be able to respect patients’ rights? (See, Kocanda, 2018)

In the literature on the subject, this question has never been more thoroughly considered. Many researchers strongly emphasized in their analyzes that patient rights are in fact a "different and more detailed version" of the idea of human rights. Therefore, it should be noted that this topic should be seen primarily in a vertical manner. (Kubiak, 2010) In this context, the following questions arise: Do doctors follow epidemiological procedures? Does the Ministry of Health respect the rights of people infected with COVID-19 by issuing specific ordinances? Does the state authorities ensure epidemiological safety? Nowadays, horizontal view becomes equally important (in the discussion of patient rights). It is therefore worth considering: Do patients respect the rights of another, sick person? Does the patient next to me in the hospital respect my rights? (Draper. Sorell, 2002)

In recent months, many everyday human activities were of medical and health nature. These activities directly related to the need for epidemiological protection. Here are some examples: While waiting in line for the store, many people were probably wondering if they were standing a sufficient distance from the other person. Believers probably wondered for the next weeks whether to go to church on Sunday. Within families, the question arose: Who should go shopping? Many people can still be potential carriers of the virus. Observing media reports,
we know that medical workers comply with ethical standards. however, what are the ethical standards of patients and future patients. (Markowska- Manista, Zakrzewska- Olejdzka, 2020) Polish Minister of Health - Prof. Łukasz Szumowski - during one of the conferences, that no sanitary restrictions and administrative ordinances are able to significantly stop the increase in the incidence of a given community. This can only be done by the responsibilities presented by its members. (Material, 2020)

The unprecedented extent of epidemiological threat is a phenomenon that has made us aware of the existence of an interesting phenomenon. When we are healthy, we often wonder if the doctor we go to is a competent person. We are looking for information about his competences and qualifications. When there is an epidemiological threat and an increasingly common disease, it is worth considering: "Is the patient responsible?".

The epidemiological threat makes us aware that we can win the virus based on two actions. First, we must rely on medical knowledge and skills. Competent medical specialists should also be the main source of information. Secondly, we must realize that in the fight against a dangerous virus can help: personal culture and the elementary principle of respect for other people. We can’t beat the COVID-19 Coronavirus without doctors, hospitals and equipment. However, we will not limit its range without human behavior known to most societies, such as washing hands and caring for personal hygiene. FOOTNOTE, HYGIENE AND VIRUS) There is also another, often overlooked element. Leon Petrazycki pointed out that each provision consists of both entitlement and obligation. In many European countries - for several decades - the concept of "patient rights" appears. It is a term that exists in many legal acts. (Bosek, 2010) The phrase "patient’s obligations" is rare. This term can arouse a lot of negative emotions. As indicated above, the patient is in a worse position during treatment than a medical expert. However, as it turns out, compliance with patient responsibilities is a key preventive measure to support - based on knowledge - medicine that seeks to control the raging coronavirus pandemic.

At this point it is worth considering: What are the patient’s responsibilities? The Polish Ombudsman for Patient Rights proposed at the turn of 2017/2018 an amendment to the Act on Patient Rights and the Patient Ombudsman. It presents the patient’s responsibilities, which are worth repeating today. As it turns out, they are extremely current:

"The patient’s duties include:

1) care for the proper course of the therapeutic process outside the place of providing health services, in particular as regards the implementation of the recommendations of a person pursuing a medical profession, and after this process - taking into account the knowledge about the positive impact on the general state of health of health-promoting behaviors, in particular preventive examinations, healthy eating and physical activity;
2) respect for the rights of other patients;
3) cooperation in the process of providing health services with persons practicing the medical profession, in particular in the scope of providing information on the state of health; " (Document, 2018)

To sum up the considerations proposed here, it is worth realizing that the spread of COVID-19 virus is directly related to human responsibility. The head of the World Health Organization, Tedros Adhanom Ghebreyesus, said in an interview: "States are not firm enough when it comes to testing, case isolation and contact tracking (...). The most effective means (in the fight against an epidemic - PAP) is to break the chains of infection. We need to know where the infections occur. It is impossible to put out the fire blindfolded "(material, PAP, 2020)

This appeal was caused by subsequent messages pointing to the tragic consequences of the lack of adaptation of citizens to restrictions and bans. These bans proved invaluable especially in the first stages of the fight against Coronavirus. We do not have today doubts (looking at subsequent epidemiological data) that limiting people-to-people contacts reduced the dynamics of virus spread. (Policy brief, 2020) As indicated, no one today is wondering if doctors are acting in accordance with professional ethical standards. how important the action of medics is. When we hear about a patient who avoids quarantine, we wonder why a person is behaving irresponsibly. Similar thoughts arise when we find out that a patient has escaped from the hospital, or when we hear that
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someone he downplayed his own illness and went to work. The epidemic has become an excellent verifier of elementary principles related to human responsibility. (See, Social Stigmatization, 2020)

6 | SUMMARY

The word "Coronavirus" is a phrase that appears in search engines particularly often in 2020. The appearance of a pandemic is a social phenomenon: it is a difficult phenomenon, but at the same time it is a fascinating problem. Observing the numerous information we have about the virus from the city of Wuhan, it is enough to convince us that we have several levels at which we operate scientifically. Broadly understood social reflection should concern both the level of knowledge and the level of emotions. On the one hand, we receive a lot of information. By using internet sources, we quickly receive an unlimited amount of information. This information is invaluable. They allow us to quickly get to the facts that are necessary to protect our health and the health of people close to us. On the other hand, it should be noted that in the 21st century, we have a difficult to calculate number of sources of information. Unfortunately, today we do not have effective and common tools that will clearly indicate which information is true and which is false. During a pandemic, the internet becomes a paradoxical tool. On the one hand, it allows us to feel safe: we receive medical knowledge. On the other hand, however, the number of unverified information can cause severe anxiety. (Bobrzynska, author, s archive)

The anxiety mentioned here is a major element of the mental crisis that many people around the world are probably undergoing. The COVID-19 pandemic has influenced the decision of many governments in many countries. These decisions directly influenced the daily functioning of many millions of people. There was a sudden and unprecedented change in behavior, activities and daily duties. It was necessary to modify the way of working. Many people were quarantined and isolated. Thousands of people have died. The media draws attention to the danger of the economic crisis. At this point, one cannot forget the dangers of an emotional crisis that is directly linked to the economic situation of a given country. (Pawlikowski, 2020)

However, as noted above, the crisis can cause the appearance of many positive phenomena. First of all, in recent months many support activities need to be seen. On one hand, we are talking about mutual assistance offered by individual countries (sending medical equipment, sending a medical mission). On the other hand, we are talking about initiatives of local social environments (sewing protective masks, help in looking after children of medical workers working in the hospital, volunteers supporting the elderly and the disabled). It is worth noting the change in the legal area. The pandemic has shown the importance of not only respecting human rights, but also wisely promoting the idea of human responsibilities and human responsibility. The time of epidemiological threat intensifies legislative activities. Similar activities must be undertaken carefully. They must take into account the consequences. Pandemic time has the nature of a state of higher necessity. This state shows the areas for improvement. An example of such activities may be, for example, introducing the possibility of issuing a medical certificate by telephone, issuing a medical prescription based on telemedicine advice.

The COVID - 19 pandemic is a situation that will definitely affect the next months of people in many countries. The way educational centers operate and the places where patients receive help will change. Coronavirus is still a mysterious phenomenon. We don’t know if it will change / change internally. We don’t know what the medicine is for him. We don’t know how the vaccine will work when it appears. We don’t know how many people will experience the loss, not because of the virus, but because of the mental breakdown caused by the economic crisis. However, we know that knowledge is invaluable in this situation. Knowledge that is based not on fear but on facts.

7 | REFERENCES

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