

Intra class talk (session 2020/21)

On 28th October Intra class discussion was organised on the topic “Change in social relations” during the pandemic (Covid_19). While pre-existing strong social and families bonds could be sustained and, for some, were fortified via online group chats, increased anxiety was described in regard to not being able to physically see and support others through the early stages of COVID-19. Three main impacts of COVID-19 pandemic on relationship wereon (1) communication and connection: (2) strained relationship: and (3) job and economic loss. The lockdown during COVID-19 had serious implications on mental health, resulting in psychological problems including frustration, stress, and depression.