

Chapter 9

Psychological Immunity, Societal Response, and Their Relationship to Infection and Protection Against the COVID–19 Pandemic

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ABSTRACT

The current study aimed to identify psychological immunity in the relationship to infection with the corona virus among students of the College of Education at the university and to determine whether there are differences in psychological immunity, due to the gender variables (males-females), and infection with the corona virus (infected-not infected). The study aimed to identify to which extent the infection with the corona virus can be predicted through psychological immunity. The study sample consisted of 120 students of the Faculty of Education, University of Alexandria, 60 males and 60 females. The study used the psychological immunity scale and the response scale to infection with the corona virus prepared by the researcher. The results showed a negative correlation between psychological immunity and its dimensions and between the response to infection with the corona virus and its dimensions.

INTRODUCTION

Recently, we note the spread of manifestations of extreme fear and tension among a large group of people around the world, in response to the global outbreak of the “Corona” epidemic (Covid-19). In conjunction with the tendency of many countries to implement forced quarantine, and the media’s great focus on this epidemic, we notice clear repercussions on the psychological aspect of man.

But the serious issue is that many of them give in to tension and fear without realizing that by doing so they expose themselves to a double risk of infection with the Corona virus, if we go back to Ibn

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Psychological Immunity, Societal Response, and Their Relationship to Infection

Sina, especially in his famous book “The Healing”, we note that he is one of the first to focus on the importance of the psychological aspect and its relationship to the aspect Human physiology, which was later proven by Western studies experimentally.

The World Health Organization defined the emerging corona virus (Covid 19) as: a group of viruses that can cause diseases such as the common cold, severe acute respiratory infection (SARS) and the Middle East Respiratory Syndrome (MERS), and a new type of corona virus was discovered after it was identified as a cause The outbreak of a disease that began in China in 2019, and the virus is now known as severe acute respiratory syndrome coronavirus 2 (SARS-Cove 2). The resulting disease is called coronavirus disease 2019 (COVID-19). In March 2020, the World Health Organization announced that it had classified coronavirus disease 2019 (COVID-19) as a pandemic.

The latest threat to global health is the ongoing outbreak of the respiratory disease that was recently given the name Coronavirus Disease 2019 (Covid-19). Covid-19 was recognized in December 2019. It was rapidly shown to be caused by a novel coronavirus that is structurally related to the virus that causes severe acute respiratory syndrome (SARS). As in two preceding instances of emergence of coronavirus disease in the past 18 years — SARS (2002 and 2003) and Middle East respiratory syndrome (MERS) (2012 to the present) — the Covid-19 outbreak has posed critical challenges for the public health, research, and medical communities (Fauci, Lane & Redfield, 2020,1).

Mental health is a basic line of defense, the deterioration of which leads to a decrease in human immunity, and one may invade some obsessions, which may not be expressed except by silence. For members of society during epidemic disasters and various crises, one of the most basic needs in the field of humanitarian assistance to overcome these crises, and humans are more vulnerable to psychological disorders and physical damage as well as social dissonance, and today the Corona Covid 19 virus came to cover most parts of the earth to spread with full force and tyranny, and therefore it is necessary to focus On mental health and enhancing the psychological immunity of individuals and societies in accepting and coexisting with reality.

Psychological immunity is also the first line of defense against illness and behavioral impairment, and it is a subjective starting point. The soul is mighty whenever it prepares and prepares what it can of strength and toughness of confrontation, and it is the same collapsed if it fails to repel circumstances and falls into the arms of frustration and fails to stop the influences (Essam Mohamed Zidan, 2013, 811).

Psychological immunity is based on the basis that the mind and the body are inseparable and that the brain affects all physiological and psychological processes in the individual, which requires the individual to strive to increase the efficiency of his psychological immunity, by developing his abilities to endurance and withstand crises, and to resist negative thoughts and feelings that lead to To the path of anxiety, despair and failure (Husband, 2003, 4).

Dubey & Shahi (2011,36) asserts that the individual has a psychological immune system and it is like a container that collects psychological resources that work to protect him from negative feelings that result from stress, anxiety, tension, fanaticism, exhaustion and other crises and psychological disorders that he may face in his life, as the immune system works Vitality in Organic Elves.

Barbanell (2009, 17) refers to the biological immune system that works without guidance from the individual to attack foreign bodies. The person has a psychological immune system, and it is the main factor that helps the individual to psychological recovery, and works to protect the individual from psychological attacks from the environment by adapting to pressure. sentimental.

The soul possesses great hidden powers that you just need to search for. Every person has faculties, every age has wills, and every stage has fuel that must be invested to be strong and solid lines of defense

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