

A Review Article

Dwindling the Magnitude of COVID-19 Pandemic in Pakistan through Change Model Approach by Kurtin Lewin

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ABSTRACT

The CoVID-19 pandemic is an emerging global health crisis, inciting fears and panic in developing and developed nations, affecting almost 219 countries around the globe. The cases of deadly pneumonia in Pakistan have been swelling at a rapid pace, imposing a devastating impact on the social, financial as well as health care system of the country, thus leading to high morbidity and mortality rate. Adaptation of "new normal" is vital to enhance endurance and resilience to live life in a challenging situation where millions of people lost their loved ones against deadly CoVID-19 infection. The change model approach introduced by Kurtin Lewin assists in forcing change among the human system through the three-step process; unfreeze, freeze, and Re-freeze. In the wake of CoVID-19 situation, this change approach in Pakistan helps to raise awareness about the seriousness of the disease among people while also offer education about the essential methodology for the prevention of fatal infection.

Keywords: COVID 19, Pandemic, Unfreeze, Kurt Lewin Change Model, Lewin change model, Refreeze, Three stage model

1. INTRODUCTION

Coronavirus disease (COVID-19) is an emerging contagious respiratory illness, which has afflicted almost 219 countries across the world. On 1 November 2020, approximately 45678440 million infected cases of Coronavirus were confirmed, out of which 1189945 people perished due to the lethal virus (WHO, 2020). On 30 January 2020, World health organization has proclaimed a Coronavirus outbreak as sixth public health emergency after observing the rapid dissemination of deadly virus across the world, which was first emerged in Wuhan city of China in late December 2019 and has transmuted into a global pandemic within a glimpse of time (Zhu et al., 2020). The unprecedented COVID-19 Pandemic has posed a formidable challenge on the national level and a massive burden on the healthcare system of developed and

developing countries. The wave of contagious infection has brought streams of morbidity and mortality across the world, where Pakistan stands among the top 15 countries with a massive burden of the disease. On February 26, 2020, Pakistan detected the first two cases of COVID -19 in Karachi and Islamabad. Since then, even with scarce financial and material resources, Pakistan has been grappling hard to contain the local spread of the virus, by implementing different stringent measures (Sultana et al., 2020). These measures include the development of COVID-19 hospitals and quarantine facilities to facilitate infected people and imposing lockdown to flatten the curve of COVID-19 infections (Saqlain et al., 2020). Although the above listed rigorous measures, the national tally of infections has been rising at a rapid pace with the confirmed cases of 332993, has been reported On 1 November in the country, inflicting a massive challenge to the already crumbling healthcare system of Pakistan (WHO, 2020).

The current economic condition of the country is not in a position to extend financial and healthcare service to every citizen of the country. Pakistan is the third-worst country in the world, severely affected by the problems of malnourishment in children (Ahmed, 2016). Most of the countries across the world have imposed a strict lockdown measure for months to combat the deadly pandemic. However, imposing lockdown for an

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extended duration is a non-viable option for low-and middle-income countries like Pakistan, where people are already striving hard to earn daily bread. An alternative to the confinement strategy is to enforce people to follow stringent measures by initiating an awareness campaign which helps and prepares the public to battle against the deadly pandemic (Abid et al., 2020).

1.1 Model of Change by Kurt Lewin:

Amid the global health crisis, nursing theories would help the healthcare officials to facilitate people in adapting new normal by implementing innovative ideas in the light of theory-guided practice. Theoretical concepts and propositions aim to explain and predict health behaviors in a particular situation by specifying the relation between two variables (McCarthy & Aquino-Russell, 2009). One of the theorists is Kurt Lewin, also renowned as a father of social psychology, who introduced a model of the change process in the human system. He is also acclaimed as “man of science” and “intellectual father of modern theories (Burnes, 2017). The change model proposed by Lewin is considered as a classical approach for change management and implementation to any context. The model encompasses three stages, unfreezing, refreezing, and re-freezing, which are essential to bringing change in the human system. His contributions were well-recognized in the domain of social psychology and experimental learning (Cummins et al., 2015)

1.1.1. The Assumption for Lewin’s Change Theory:

Lewin’s change theory is based on three major inferences that include, (a) the performance of an individual or a group is likely to relapse until appropriate standard procedures are applied, (b) psychological stress is created when an individual is in need until the need gets fulfilled, (c) while, this psychological stress creates a force field around an individual composed of motivating and restraining forces. According to Lewin, an individual with a force field around is under a conflict situation which he categorized as three conflict systems. The first type of conflict exists when the person intends to choose between two positive targets to achieve. Secondly, when the individual has an option between two negative intentions; the choice of lesser misery. However, the third type of conflict occurs when a person is between both positive and negative objectives (Hussain et al., 2018).

1.1.2. Concepts of Lewin’s Change Theory

According to Kristonis (2005), demeanor has a potent equilibrium of motivational and restraining forces. The driving force helps in the implementation of change in the forward direction. However, the restraining forces oppose the process of change.

The change is implemented by a three level-based model. The first stage is the preparation stage called Unfreeze, in which individuals are prepared to realize the necessity for the change

of behaviors and introduced to certain new substitutes that are relevant for their current circumstances. The second phase includes movement of thoughts, conduct, and feelings to a new substitute that is much more favorable and productive referred to as “Change”. The final stage is to “Refreeze” the change that has occurred in the second stage. This stage affirms that the newly inducted practices and behaviors are fully absorbed and the equilibrium of demeanor that was interrupted to implement change is again achieved (Esa, Muda, Ibrahim, & Mansor, 2017).

The change model by Lewin seems to fit the “new normal” that needs to be adopted in the current scenario of the spread of COVID-19 in Pakistan with the help of a practice.

1.2. Clinical scenario: Hunger or life- Dilemma of a common man

The rapid transition towards new normal life has been creating hue and cry among people, forcing them to jeopardize their life to earn daily bread for their loved ones. The miserable journey of surviving amid the pandemic in the meager condition is challenging, with half of the people lost their lives during this pandemic. The painful journey of a 40-year-old man started when he resumed his daily wage job at a retail store to earn a livelihood during the pandemic crisis. The underprivileged man for confidentiality will be referred to as Mr. Aalim belonged to an impoverished family, living with his wife and three small children in a small compact house that also lacked essential facilities of living. On 23 March 2020, the government of Pakistan issued strict guidelines and imposed a stern lockdown on all business activities for at least two months, foisting vulnerable populations under severe financial and health crisis. Aalim was in deep shock and great misery when he heard the news about the lockdown. Ever since the lockdown started, he had remained confined to his home and struggled hard to feed his family, by utilizing scarce funds which he had saved for a rainy day. As a result, Aalim had no choice but to resume his job in a highly infectious environment as he was the only breadwinner of the family. Aalim was reluctant to follow these preventive measures as his job demands to interact with many people, which placed him at a higher risk of getting Covid-19 infection.

Unfortunately, within a few weeks, Aalim got afflicted with CoVID-19 infection, which added further agony to his unhappy life. As Aalim was living in a one-room apartment, with an extensive family, the transmission of CoVID-19 disease was plausible and inevitable. The CoVID-19 disease affected the entire family, within a few days of Aalim’s positive test result. The deadly pandemic is expanding the hunger crisis across the globe where millions of people could die from hunger then CoVID-19 disease. Aalim was also in a similar situation where self-isolation was impossible as his family was struggling with hunger while, on the other hand, fighting with the devastating effect of the disease. Aalim was unaware of the seriousness of the disease and ignored the high-grade fever

and moderate cough, which he was experiencing from a week ago. Instead of resting at home, he carried on with his daily living activities without taking any precautionary measures. As a result, all his co-workers and a few of the community families turned out COVID-positive. Over the time, the whole community got wrapped by the contagious virus, as the people lived in a compact system with limited essential facilities and were ignorant to follow the precautionary measures, which were protective against fatal CoVID-19 infection. Aalim's careless attitude and ignorant behaviors towards following Standard operating procedures further worsened the whole situation, where the whole community got infected with the deadly infection, in which many families lost their loved ones during the battle against the COVID-19 disease.

2. DISCUSSION

The COVID-19 pandemic has wreaked havoc on the collapsing economy of Pakistan and has had a devastating impact on the social, political, and financial aspects of people's life (Shafi et al., 2020). These impacts could lessen by implementing the change model approach which is intended to inflict change in societies through implementing a three-step process. Health care professionals in Pakistan are not only fighting against the virus but also striving hard to convince citizens about the existence of the disease (Sandesh et al., 2020). The people are left with no option but to adopt the lifestyle nowadays referred to as "new normal". The model of change by Kurt Lewin not only will facilitate the adoption of necessary precautions but also guide modifications of daily living.

According to Hussain et al (2018), the first phase to implement change starts with self-realization and awareness of how beneficial the new behaviors are for an individual. Hence, each and every individual of the country needs to realize the seriousness of the global pandemic. On an individual level, the use of masks, sanitizers, and practicing social distancing should be assured by all the citizens. However, the current outbreak of covid-19 in Pakistan has led to an increased demand of sanitizer which has led to a trickle-down effect on the increment of their prices, a difficult scenario for daily wagers to afford (United States Agency for International Development, 2020). Unnecessary movement outside should be avoided. The traditional rituals and customs that prevail in Pakistan for greeting should be controlled. Moreover, social gathering and religious practice during Eid festive should be restrained in the light of the current pandemic situation, which is a crucial move to erase the fatal virus from the country (WHO, 2020). Upon organizational and community level, awareness through pamphlets and reading materials should be provided. At national level, provision of hand-washing stations and all crucial equipment to follow standard operating procedures (SOPs). Moreover, the multi-faceted awareness campaigns should be designed in a way to educate people about the basic methods to battle against the virus. Moreover, E- educational programs should focus on training and building the skills of the people, which help them to adapt to the new normal and

facilitate people to live their life with full potential without endangering it.

The change phase in model of approach directs the implementation of the new alternatives that are proficient and paramount (Ellis & Abbott, 2018). In this stage, the individuals need to practice precautionary measures given by health organizations to keep themselves and others safe from the process. The pandemic is a nightmare for all the individuals but do not finish with sunrise. It would take time for the globe to get rid of the deadly virus. In order to keep life functional, new modes would have to be adopted in countries like Pakistan so that people may not strive with hunger. E-education system, digital health, E-banking, small weddings with only immediate family members, que system in the stores, following SOPs in the markets, quarantines facilities would help in the needful. The community stakeholders and government should also facilitate those families who practice quarantine with provision of basic necessities.

In the final stage that is to refreeze the change, the community stakeholders should ensure that all the individuals residing in their range are pursuing safety measures inside and outside their society. The government should impose strict laws to follow prescribed precautions so that the spread of virus can be averted.

3. CONCLUSION

The viral pandemic is the preeminent cause of suffering for everyone around the globe. Pakistan being a low and middle-income country is not only prisoned with health issues but also with severe economic and social burden. The traditional ways of living by Pakistan people need serious attention to stop the spread of virus. Hence, Kurt Lewin model of change can be best applied to reshape the old practices and adapt the new substitute that will lead life to be functional. The dangerous pandemic will take time to vanish away completely until effective treatments are introduced. Moreover, people of Pakistan can keep working through new supplants that are productive and efficient by keeping themselves and others around safe.

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