

PERSPECTIVE

APPRECIATING POSITIVITY OF COVID-19

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Article Info:

Received: 29 September 2020

Revised: 23 October 2020

Accepted: 26 October 2020

DOI:

<https://doi.org/10.33546/bnj.1214>

Abstract

This article aims to decipher the effects of COVID-19 on humans, thus maintaining the equanimity of life. Ecclesiastes continually radiates its significance these trying times with the operation that everything has its season under heavens. Only an undesirable and existential peril like COVID-19 steered to such profound transformation vastly. The portrayal is considered some of the many obvious outgrowths of the COVID-19 plague. Compared to 2019, levels of pollution have significantly subtracted to 50% because of the measures to ensure the virus is contained. Recognizing health-wealth worth took place when the world watches someone busy picking up the pieces of their lives amidst helpless speculators. In the busyness of life, most, if not all, rarely spend time to slow down, stay home, and go inward. The pandemic teaches us lessons about relationships. The invisible lines that divide people into strata - religion, sex, age, and country have all disappeared as humanity is confronted with this menace as people.

KEYWORDS

COVID-19; pandemic; humanity; environment; nursing

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ISSN: 2477-4073

INTRODUCTION

Aching. Humanity relates to how the world experience today—physical pain for those infected with the disease, and emotional impediment, both family members and support system. On the one hand, front-liners gave their lives, so others continue to live. Everyone has his own tale-to-tell of struggles and survival, while others cry aloud for hope and relief. News all over updates the accelerating rate of deaths and people under investigation against those who survived- their numbers minify. In the Philippines, when its government ordered placing the entire archipelago for community quarantine ([National Government of the Republic of the Philippines, 2020](#)), local executive directly implemented the law. The act is geared toward saving constituents from indirect harm since the foe is hardly recognized. The interagency task force was formed, spearheading the endeavor all for greater usefulness. At the initial course of the commission, the majority clamored and exclaimed. Workers fear that the lockdown would destroy more livelihoods than the coronavirus will take lives. The pandemic brought the global loss of jobs. It threatened the subsistence of the majority as businesses and transactions struggle to cope with the restrictions placed to control the spread of the virus—hunger, uncertainty, and the fear of the unknown cover the horizon. Human instincts describe physiologic needs ([Tay & Diener, 2011](#)), and people are afraid of that unknown. Expressions of denial, acts of contradiction are found in every corner. However, political will perseveres. With the picture of hopelessness and negation, are still there two sides to the coin? This article aimed at deciphering the effects of COVID-19 on humans, thus maintaining the equanimity of life. Ecclesiastes

continually radiates its significance these trying times with the operation that everything has its season under heavens.

APPRECIATING POSITIVITY OF COVID-19

In a matter of months, the world abruptly transformed. Many died, thousands of people have fallen ill. For millions of others who have not acquired the virus, their entire lives, and the way they live have changed by it.

Though most clouds turned darker than its usualness, the direct rays of the sun continue to supply warmth among those who never get tired of banking on their faith. Frequently, we failed to acknowledge that no matter how thin a paper is, it always has two lateral sides. While negativity almost covers the earth, a little ray in a burrow redirects our path. The issue revolves around the fear of getting sick, the unprecedented demand between hospitals and patients, closure of establishments, cancellations of flights, and indefinite suspension of classes. Ugly, it is. But on the lateral hides beautiful opportunities that are produced even in the worse situations. In the same manner, the COVID-19 pandemic also bears good fruit; all we need to do is appreciate. If ever you do not see the positive, then commence creating it.

The portrayal is considered some of the many apparent outgrowths of the COVID-19 plague (**Figure 1**). Reports by [Henriques \(2020\)](#) revealed that compared to 2019, levels of pollution have significantly subtracted to 50% in New York because of the measures to ensure the

virus is contained. A parallel situation is also noted in China as emission fell to 25% during the first quarter of 2020 due to people quarantine. Coal use fell by 40% as this giant nation instructed plant owners and manufacturers to shut down operation since the last quarter of 2019. Further, China's Ministry of Ecology and Environment reported good quality air was almost 12% increase compared to 2019 data to over 330 cities in the country. Identical anecdotes on environmental impacts experienced by Spain, the United Kingdom, while satellite images in Europe confirmed nitrogen dioxide emission fading over northern Italy (Liqiang, 2020).

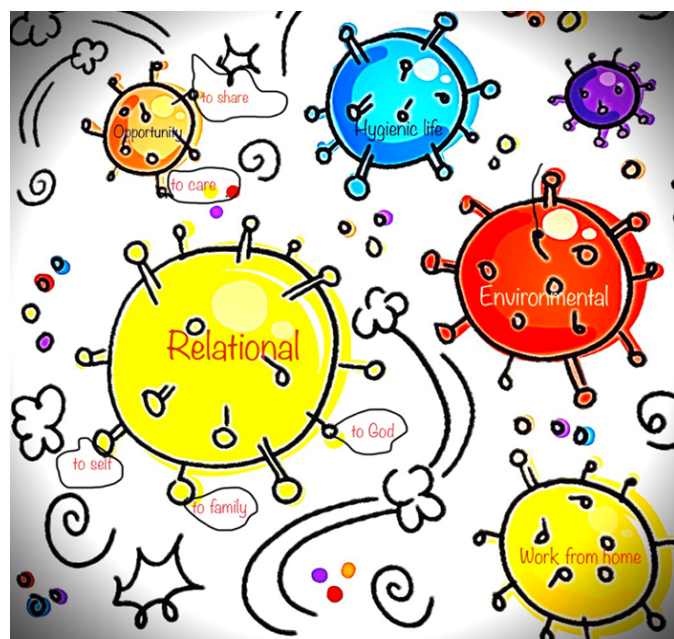


Figure 1 A creative representation of the pandemic positive effects on human lives

Only an undesirable and existential peril like COVID-19 steered to such profound transformation vastly. Mother earth has her way of healing. Florence Nightingale considered an icon of modern nursing to emphasize the fundamental role of the environment in the healing process of a patient (Rafferty & Wall, 2010). Nightingale focused on the utilization of the environment for an expedite healing of the human body. Warmth, the direct sunlight as the immediate needs of patients and keeping the air as pure as the external atmosphere. Even if the habitat is well-ventilated, the existence of organic material created a dirty space.

Cleanliness, as they say, is next to godliness. The recent release of UNICEF (Bender, 2020), the preventive and action controls, especially among school institutions, is hygiene-based. Covering nose and mouth while sneezing, often a practice of proper hand scrubbing with soap and water, and frequent disinfecting touched objects and surfaces constitute virus-free surroundings. Living a hygienic life is neither difficult nor complicated, to begin with. But due to massive industrialization, citizens often overlooked the primacy of the conventional methods to safeguard one's protection. Self-care principle at present periods of crises maintains its salience upon describing how or why people perform care for themselves (Hasanpour Dehkordi, 2012). But on a sad note, value appropriation occurs only when things are gone. It is prompting us of how materialistic our civilization has evolved and how, when in times of drawback, we learn

that it is the essentials (food, water, medicine, and care) instead of the luxuries and lavish consumerism that are sometimes unnecessarily given value to. Recognizing health-wealth worth took place when the world watches someone busy picking up the pieces of their lives amidst helpless speculators.

Nurses and other health care providers are now being recognized in terms of their role in nation-building. COVID-19 is not a one-man battle, and it is clear that the need for nurses has never been this greater (Jackson et al., 2020). Unifying efforts from across borders and stakeholders are eminent to procure trajectories from all angles. Noticeable issues such as but not limited to fake news proliferation, and wrong health behaviors had been detected in Vietnam (Tuyen, 2020). These concerns stand for nurses a greater opportunity to share and care as unending expressions of nursing (Acob, 2018). Nurses must educate the villagers on what should and should not do since living for others is the rule of nature (Tuyen, 2020). Proper channeling of concerns, communicating choices, and bilaterally doing the informed options supersedes the life of this global health emergency (Acob, 2020).

Moreover, during the declaration of COVID-19, academicians were contemplating a quick modification of the learning education platform, shifting teaching methodologies from conventional to online course liberation, which accommodates ensuring strategies for maximum student engagement amidst faceless transactions. The work-from-home scheme is making appropriate changes not to cease learning transfer. Such a scheme paved employees and appreciate facts that the delivery of pedagogy can be possible from a home setting. Aside from lessening the traffic of a typically busy street, more time for family, self, and God is achieved.

In the busyness of life, most, if not all, rarely spend time to slow down, stay home, and go inward. The pandemic teaches us lessons about relationships. God is not a placebo. He is as real as death and sorrow. Lots of people are bending knees, crossing fingers in prayer. It reminds people that the world is connected and something that affects one person affected another. The assumption that man is pan-dimensional, possessing his own integrity and manifesting his characteristics that are more than the sum of its parts. All regardless of culture and beliefs, are siblings alike. The invisible lines that divide people into strata - religion, sex, age, and country have all disappeared as humanity is confronted with this menace as people. There is absolutely no difference between you and I. We touch each other though at a safer latitude apart. Protecting yourself infers nurturing others. May they take different paths, and life separates them to some extent, but they forever are bonded by having embarked their voyage in the same boat.

CONCLUSION

The pandemic is giving humanity a course to contemplate. To always see the positive angle in every circumstance, to recognize the shortness of life, and to help others only in sharing, we can meet our needs and be reminded of the importance of family and home life. No matter how enormous a man reckons, a virus can give rise to the world to a standstill because the power of free will is in thy hands.

Declaration of Conflicting Interest

There is no conflict of interest in developing this perspective.

Funding

There is no fund appropriated in the preparation and development of this manuscript.

Acknowledgment

The author wishes to express his gratitude to the men and women in healthcare as his inspiration to come up with the perspective. Also, to Dr. Joko Gunawan for being instrumental in realizing that this manuscript is read and indexed in a reputable journal of nursing.

Author Contribution

J. R. U. A is responsible for the entire process of developing the perspective from its inception until the careful meaning-making, analysis, and implication of the phenomenon to modern times.

Author Biography

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Ethical Consideration

This document does not need ethical clearance, for it only represents the academic perspective of the author.

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Cite this article as: Acob, J. R. U. (2020). Appreciating positivity of COVID-19. *Belitung Nursing Journal*, 6(6), 226-228. <https://doi.org/10.33546/bnj.1214>