

# Transitions in Post-Covid and Social Well-Being in the New Normal

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## Abstract

*Social well-being features both the individual well-being as well as the society's well-being. Today life has entirely taken a transition, especially in the Post Covid where people have to face many challenges and life seems to be more stressful. The social conditions exposed, deepened, and created by the Novel Coronavirus demand a complete revamp in the social well-being of the society. Social workers play an active role for the betterment of an individual as well as the society in times of deprivation. This paper discusses the interventions and frameworks of the social workers in people's social well-being.*

**Keywords:** transition, well-being, new normal life, self-esteem, confidence, intervention

## Introduction

"Social well-being can be defined as sharing, developing and sustaining of meaningful relationship with others that allows one to feel authentic and valued, provides a sense of belongingness" (Sinclair). Well-being includes happiness, contentment, positive thoughts and also comprises good health and meaningful social relationship and connectedness. It features both the individual well-being as well as the society's well-being.

Today's scenario life has entirely taken a transition, especially in the post Covid the social bonds have gone lesser and lesser and social isolation has taken its way which could be incredibly damaging. It is high time to revamp the social well-being of a person because it is the prime source for the person's personal growth and positive relation with others that aids to move forward.

World, today undergoes swift changes that create many challenges, this can be witnessed everywhere, the demands are high and life seems to be more stressful nowadays. The stress leads towards a poor mental health and poor well-being.

## Rapid Transformations during Pandemic

The COVID-19 pandemic has caused rapid transformations in normal life conditions like; worst jobs crisis which led to a severe economic decline. Many have lost their job during that time and the aftermath has witnessed a setback in the mental and emotional well-

being. It increased the hardship of normal life and widened an inequality that caused anxiety, loss of life's satisfaction, emotional breakdown and family pressure that lead to the erosion of confidence and self-esteem. Sudden loss of family members has caused disbelief and distress; many were unable to grieve the death of their loved ones because the pandemic made everyone to be isolated from others. The pandemic caused educational setbacks; many drop outs were witnessed when the institutions reopened after the pandemic, mainly due to economic reasons and also the concern about health. Expenses for medical treatment was at its peak during the crisis and the reality was majority of the people were unable to afford it. The psychology of the people were highly disturbed, there was loss of sleep, changes in their sleep patterns, isolating themselves entirely, commonly appearing irritable or frustrated, withdrawing from usual activities, or engaging more frequently with technology. These changes the society witness during the pandemic and the aftermath led to the reconstruction of society's well-being in the new normal life.

## Present Condition of People in New Normal

The life of people during the pandemic had gone topsy-turvy. How to thrive after pandemic? Is the question that always arises in one's mind. The social conditions exposed, deepened, and created by the novel coronavirus demand a complete revamp in the social well-being of the

society. Social workers play an active role for the betterment of an individual as well as the society. They contribute and connect for the social well-being of the people and provide them support for positive outcomes. It's high time to discuss the multifaceted effect the people face in this period, such as: loss of employment, loss of family members, social deprivation, expenditure on health, educational setbacks, psychological setbacks, etc., and how social workers play a vital role to enhance the well-being of people in this new normal life.

### Social Workers and Society Well-Being

"Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people"(IFSW). Wellbeing is a term often used in social work and the primary mission of the social work profession is to enhance human well- being and help meet basic human needs of all people, with particular attention to the needs and empowerment of people...Social workers play a vital role in the enhancement of society's well- being in times of deprivation. This paper discusses the interventions and frameworks of the social workers in people's social well-being.

Here social work is the intervention. It supports an individual or a family to come out of their problems. When problems arise during a calamity, social work intervention seems to be important, it assist to come out of their problems and builds up support that could improve their life. Farley, Smith and Boyle define social work as "an art, a science, a profession that helps people to solve personal, group (esp., family) and community problems to attain satisfying personal, group and community relationship through social work practice".

The term *intervention* is sometimes challenged within social work because of its suggestion of doing something to others without their consent. As with counseling and therapy, it is most valuable when put together as part of an alliance between social workers and service users (Parker, 2013). The purpose of intervention is diverse; social worker as counsellor, therapist, facilitator, enabler, etc. The social workers use their own social network's experience and expertise as a resource for:

- Adopting to survive with high risk and uncertainty

- Learning new approaches to cope up with existing, new or emerging difficulties
- Promoting self-esteem and confidence
- Get into and using information, new skills and knowledge

*Social worker as a counsellor:* Everyone in life has come across certain tough situations especially during the pandemic and has to survive with high risk and uncertainty. Here the intervention of a social worker is a counsellor who develops and expands the capacity of their client, makes their clients to realise their personal strength and empower them to rebuild their social well-being, assists to come out with their needs, clarify their problems and provide them resolution strategies.

*Social worker as a therapist:* Grievance was unavoidable during the pandemic, loss of dear and near ones was a shock that was not easy to overcome. For some grieving became a lifelong process, as a therapist social workers intervene by providing talk therapy that offers healing and consolation to the person grieving and offers cognitive behavioural therapy (CBT) and helps their clients to come out of their depression and acquire positive mental well-being, self-esteem and confidence.

*Social worker as a facilitator:* Social worker intervene as a facilitator for the clients to learn new approaches and cope up with existing, new or emerging difficulties. He takes responsibility to advance the change effort by bringing together the people and guiding their activities and resources and providing them with access to knowledge so that as a facilitator he demonstrates unwavering positivity to the clients to lead a better life in the new normal.

### Conclusion

The professional responsibility and expertise of a social worker is throughout used in this Post-Covid period helping their clients in self-care and preparing them to face the personal as well as professional challenges in the new normal life and their interventions create a positive impact for social well-being, ensuring as much as contact, support and services in the development of the community.

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