



IMPACT OF COVID-19 ON EMOTIONAL INTELLIGENCE, MENTAL HEALTH AND WELLBEING OF PEOPLE: A CRITICAL REVIEW

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Abstract: The global pandemic of the COVID 19 outbreak has brought a halt to the lives of millions of people worldwide. The impact has a drastic effect on children and their families, working professionals, adults as well as aged people, causing continuous disbalance in the normal lives, affecting emotional intelligence, mental health, healthcare problems, compromised nutrition, and wellbeing. The pandemic has a disastrous impact on the emotional and mental wellbeing, which are needed for a healthy and peaceful life. Emotional intelligence is related to emotions, which are required to facilitate thought, and for the regulation of our emotions and understanding others' also. Mental health includes cognitive, behavioral, and emotional wellbeing. It is concerned with how people think, feel, and behave in a certain situation. Due to this novel Corona pandemic, emotional intelligence and mental health of people is being affected at large. To approach the problem, this paper reviewed the current research practices and the existing works on the impacts of COVID-19 on the emotional intelligence, mental health, and wellbeing of people. It also highlights how COVID-19 is causing distress among working as well as the non-working population of the economy. The paper also includes several measures and certain recommendations on how to sustain and regain emotional and mental health during the crisis respectively. With efforts to thwart the blowout of COVID-19, the health sector is swiftly moving in the right direction. The major challenge would be the implementation of a new health system in such a way that it would reach out to every section of society.

Keywords: COVID 19, Coronavirus, Emotional Intelligence, Mental Health, Wellbeing

I. INTRODUCTION

Coronavirus disease is a transmittable disease caused by a different type of virus. It causes a respiratory illness with major indications such as cough, breathing problems, and fever. It was first spotted in Wuhan city of China in December 2019. Since then it has reached almost every nation across the globe. As of 28th July 2020, the total number of cases in the world estimated up to 16,785,334, and total deaths reported for around 660,396. However, talking about India, the estimates aren't quite different. A total number of 15,32,135 cases were confirmed and 5,08,718 were reported as active Corona cases till date respectively. It has led to an overall change in the lives of people, both working as well as non- non-working population of the country. It is a virus, which is one of its kind and will be remembered for years in the future. It has severe impacts on the emotional intelligence, mental health, and wellbeing of the people. It has highly affected the emotional wellbeing of children, adults, and elderly people. Due to this novel Corona pandemic, COVID-19, people are facing a lot of problems, both mentally as well as physically.

Emotional Intelligence (EI), as the name suggests, refers to the capability of a person to manage and control his/her emotions and the emotions of others as well. It consists of five main elements as follows:

- Self- Awareness
- Self- Regulation
- Motivation
- Empathy
- Social Skills

The first component, self- awareness represents the ability to be aware of our emotions, strengths, and weaknesses. It is the foremost and the most important part of knowing ourselves deeply by ourselves. The second component, self- regulation is the second step towards our own regulation. It is needed to control and regulate us at the time of worst situations like anger, fights, etc. The third component, motivation is key to success and achieving our goals. It helps during challenging situations and motivates a person to remain calm, composed, and optimistic. The fourth component is empathy, which is the quality to put ourselves in others' shoes and visualize the

situation. It is very important to think about others first rather than our own personal motives. The last component is social skills, which are very much required to remain an indispensable part of society. A person should be able to communicate with society and build rapport with people living in a society.

According to the World Health Organization (WHO), Mental health is defined as a state of wellbeing wherein each person realizes his/ her hidden potential to cope up with the stressful situations of life, can work productively and efficiently, and can add and make contributions to the society as well. As contained in WHO's Constitution, 'Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Mental health can easily affect the normal day-to-day routine life of people, personal and interpersonal relationships, and also physical health. Issues like- stress, depression, and anxiety can affect and alter a person's mental health very easily.

Wellbeing is an experience of having all, that is, good health, happiness, and prosperity in life. It is a state of being in a position of good mental health, high level of satisfaction in life, having a sense of meaning or a purpose in life, ability to manage and control stress, anger, and depression easily. It is a state of feeling well in life. A person having a good balance in life is said to be living a prosperous life. The present study is an attempt to look cautiously at the impact of COVID-19 on the emotional intelligence, mental health, and wellbeing of the people respectively to draw some conclusions and work on achieving higher levels of emotional balance, stable mental health, and good wellbeing.

II. SIGNIFICANCE OF THE STUDY

As a part of the study, to approach the problem, this paper reviewed the current research practices and the existing works on the impact of Coronavirus on the emotional intelligence, mental health, and wellbeing of people. As it is a study based on the recent crisis, which our country as well as the rest of the world is facing, thus, an attempt is made to look into the matter with a broader perspective globally. It is not delimited to only students or any other group. But, it includes all the age groups and efforts that have been made to study the effects on all the age groups and draw successive conclusions. This study aims to fulfill the objectives of studying the impact of novel Coronavirus, COVID-19 on the emotional intelligence, mental health, and wellbeing of the people. It will be an eye-opener to all the stakeholders in the field of mental health, nutritional health, and psychologists, to look into the matter seriously and to work for the medical fitness of people during the crisis in the world. The study also aims to find solutions to the problems of people and to motivate them again to fight back together and collectively with the Coronavirus.

III. BACKGROUND OF THE STUDY

The study highlights the connecting linkages between emotional intelligence, mental health, and wellbeing of people with the challenging crunch of COVID-19 globally that leads to panic attacks, obsessional behavior, misbehavior, anxiety, and fear. In the hour of the pandemic, it is necessary to elucidate the notion and procurement between emotional intelligence, mental health, and emotional stability. Differentiating between health-related information and rumors is also a very important aspect. Emotional intelligence has closed linkages with decision-making abilities, communication skills, and resilience. Similarly, Emotional stability has the capability to uphold anyone's emotional balance in the hour of the pandemic. The person having emotional stability, good mental health can tolerate all forms of stress and strains with a constant good mood. It helps the person to assimilate and stable the problems of life.

IV. REVIEW OF RELATED LITERATURE

Delamarter, J., & Ewart, M. (May 2020) in the article "Responding to Student Teacher's Fears: How We're Adjusting during the COVID-19 Shutdowns" talked about the preparation of both teachers as well as students to fight against the global corona pandemic. The authors highlighted that many students of society are suffering from fear and anxieties. Even many promising and good students are also the victims of overwhelm and panic. The article highlights how teachers should communicate to the students in the crucial period of coronavirus pandemic in many ways. One can hardly deny that the corona pandemic has created fear and trauma in the mind of students, which will have a direct impact on their education. The fear among the students is taking the forms of immediate safety, uncertainties in the near future, and fear for the future. The teachers' should respond by acknowledging their fears and then addressing the fears and concerns of students, shifting towards digital platforms, virtual interaction, modifying programs, increasing communication, educators-learners observations, and evaluation, etc. The future seems to be uncertain looking into the present situation but the present also feels chaotic. Even after such a pandemic crisis, good teaching always still apply to educators with focused, adaptive, and in a holistic manner.

Kant, R. (May 2020) in his study named as 'COVID-19 Pandemic: Looking in the mind of students during lockdown', worked on the students of Central University of South Bihar, Gaya to check the effects of Coronavirus pandemic on the students' behavior, especially in context to change in way of thinking and emotional behavior. Total students who participated in the survey were 243 including 134 boys and 109 girls. The results of the survey revealed that most students were worried and anxious related to their education and the spread of COVID-19. Continuous increase in the total numbers of corona-infected people worried them more. Towards social problems and various issues, they were more profound and inquisitive. They received most of the information related to coronavirus through social media and most importantly students took the news related to the coronavirus seriously. They understood that corona has the worst effect on the life of everyone. Because of the increasing number of cases, 88.8% of students felt uncomfortable. 95.90% of students accepted corona as a greater challenge for everyone. 99.20% were already aware of the general symptoms of coronavirus. The research suggested that to overcome this, there is a need for a counseling session to assist the students so that it will enable them to cope up with the present situation.

Pande, B. H. (May 2020) wrote a paper on 'COVID-19, Emotional Intelligence, Leadership Style in India: A Study of Working Professionals'. The author tried to find the relationship between emotional intelligence, leadership style to cope up with the aftereffects of the Corona pandemic and its impact on human capital. The author studied the impact on the emotional intelligence of people who are working from home during such crises. Also, the study took into account the leadership style adopted by people in tackling such situations of emotional distress. The study was confined to Pune city, Maharashtra. Data collection was done through surveys using Google forms. Random sampling method was followed for data collection. The study was delimited to the people belonging to the IT sector only, that is, finance, banking, insurance, manufacturing companies only. The study was based on both primary and secondary data. The total number of respondents was 182 for the study and belonged to different working professions and businesses. For data collection, a questionnaire was made on the model of Daniel Goleman and was divided into five different sections. More than 85% of respondents were taking remedies as instructed by the government, more than 35% of people succeeded in living normal work life from their homes, 10-14% people spent time on smartphones, 32% people were neutral with the usage of smartphones during Corona crisis, 63% of people were connected with their friends and colleagues, 47% of working professionals were good and flexible leaders according to their team members.

Abdel- Fattah (April 2020) studied about 'Emotional Intelligence and Emotional Stability in Crisis' and explained about the role of emotional intelligence and emotional stability in confronting the COVID-19 issues as well as other related crises in general. This study was an extensive literature review in which data were collected from recent international scientific issues, the Centre for Disease Control and Prevention (CDC), publications, and current national issues. After analyzing the data, it was found out that there was less awareness about the COVID-19 in recent phases and thus, it has a physical and psychological impact on human beings globally. The paper also gave some recommendations to get relief from the panic and stressful situations faced by people during the Corona pandemic crisis. It has been recorded that 80% of the people will face mild- distress, 20-40% of the people will face psychological disorders in the medium term and around 5% of the people will face severe issues in the long run. However, the study also showed that if correct and accurate data will be shared among people, then, they can be less stressed, more recovered seeing the optimism and recoveries from COVID-19. Certain solutions were given like being empathetic to others, sharing personal issues, working on the source of our anxiety and stress, self- care, self- compassion, making internal connections with family and friends, etc. are some of the plausible solutions for the problem during the crisis and to regain emotional intelligence and stability.

Hamouche, S. (April 2020) in the article 'COVID-19 and employees' mental health: stressors, moderators and agenda for organizational actions' highlighted the impact of COVID-19 outbreak on employees' mental health with special emphasis on psychological distress and depression. The paper identified the main stressors in the pandemic on employees' mental health. It throws light upon the mitigating or aggravating factors of COVID-19 impact on the employees' mental illness in the form of three factors i.e. organizational factors, institutional factors, and individual factors. Further, the author explained some of the major stressors during corona such as the perception of safety and threat, quarantine and confinement, social exclusion and stigma, financial loss and job insecurity, etc. The pandemic seems to have long-lasting effects even after the end of the corona. Social exclusion accelerates the level of stress and mental illness. They recommended that managers should hold regular communication with the employees' which helps the employees to get some relief from mental stress related to job insecurity. It also provided precious information related to mitigating the impact of COVID-19 on employees' mental health.

Oerther, D. B., & Peters, C. A. (April 2020) worked on the article entitled 'Educating Heads, Hands, and Hearts in the COVID-19 Classroom'. The article talked about change and a paradigm shift from the virtual reality, face to face interaction of students with teachers to the online mode of transmission of knowledge, and its impact on the students' motivation to learn respectively. According to the study, educating heads and hands is quite easy via online mode of teaching- the learning process whereas educating the heart is very difficult in such pandemic situations. Moving to an online mode of education has laid down two effects on students, first, cultural shock as they were not familiar with this mode of education for quite long periods and were adapted to their traditional culture of face-to-face interactions more comfortably. Second, students were dealing with a situation of grief, including five different stages of denial, anger, bargaining, depression, and acceptance. Due to this paradigm shift in the mode of education, students' interests were neglected to a larger extent. The author raised an important question of 'How can we make students love our subject matter?'

Yang, H., & Ma, J. (April 2020) worked on the article namely, 'How an Epidemic Outbreak Impacts Happiness: Factors that Worsen (vs. Protect) Emotional Well-being during the Coronavirus Pandemic'. The study explained the factors that have worsened the emotional well being during the COVID-19 pandemic outbreak. To answer the question, one survey was conducted before the outbreak of coronavirus pandemic, and second during the outbreak of coronavirus. The first survey was administered in December 2019 and the second survey was conducted in mid-February 2020. Major effects on demographic and economic variables on social beings were also put under consideration in the first survey. The two variables that were constant were Marriage and Income. Results indicated that there was a decline of 74% emotional wellbeing. The result also showed that the major affected were elderly and aged people and also married people who were living near to the place where there is a severe outbreak of coronavirus. Result also revealed individual perceptions and their knowledge about the pandemic as another important factor. It was found that those recognizing themselves as more knowledgeable can better shield their emotional wellbeing.

Fessell, D., & Cherniss, C. (2020) worked on the article entitled 'Coronavirus Disease 2019 (COVID-19) and Beyond: Micro Practices for Burnout Prevention and Emotional Wellness'. The authors tried to build a strong relationship on decreasing burnout practices and at the same time, building emotional wellness among people. For the study, various workshops were conducted on emotional intelligence for physicians, radiologists, managers, and business leaders. Out of this, physicians were highly active in the usage of newly constructed tools on micro-practices. Both physicians and managers proved out to be exceptional in terms of providing services in terms of skills. However, these micro-practices never were the only means to erase the effect of COVID-19 on people but these were merely certain ways and methods to develop and inculcate basic skills for strengthening burnout preventions and also worked as an add on to the creation of wellness among people. During the tough and hard situation of the COVID-19 crisis, we can lay stress on building such types of micro-practices, which can be fruitful to people in the long run also.

Restubog, S. L. D., Ocampo, A. C. G., & Wang, L. (2020) studied the implications of COVID-19 for maintaining the psychological wellbeing of people, employment security, and management of family as well as professional responsibilities. The title of the study was 'Taking control amidst the chaos: Emotion regulation during the COVID-19 pandemic'. The authors tried to remove or decrease the downward impact of the COVID-19 crisis in the lifestyles of people and also to work on the regulation of emotions during this pandemic. It explained various challenges being faced by people in career and work like- maintaining psychological well-being, uncertain labor market, unemployment, managing family and work from home, regulation of emotions, stress, depression during the Corona crisis. The article concluded with the future research options and innovations for other researchers to work upon the effect of the Corona crisis on different vocational behaviours also. It ended with an optimistic approach wherein authors emphasized future research on the importance of emotion regulation, stress management, building strong emotional bonds, drawing energy from family during such conditions.

Sullivan, A. B., Kane, A., Roth, A. J., Davis, B. E., Drerup, M. L., & Heinberg, L. J. (2020) worked upon an article named as 'The COVID-19 Crisis: A Mental Health Perspective and Response Using Telemedicine'. The impact of COVID-19 will be multidimensional and will affect the population in many ways like- physically, emotionally, economically, socially, and psychologically. In this particular article, the author talked about showing exceptional psychological care and delivering health practices to desired and needy patients. It represented the real-time situations of COVID-19 and the exceptional health care and medical practices, which were given to the patients, proved out to be beneficial for them during the crisis. It also discussed the importance of innovating the training and supervision of postdoctoral trainees with the usage of virtual options as well as telepsychology respectively. Mental health practitioners served as a god during such pandemic as people face mental trauma, stress, depression, fear, intensity, and anger. The support was provided both ways, that is, by virtual way of face-to-face interaction and also by the telephonic way. It is, therefore, the need for Medicare service providers to look at the need-based areas and to strengthen the service delivery process.

Wu, W Zhang, Y Wang, PZhang, LWang, GLei, G & Huang, F. (2020) in their study worked upon 'Psychological stress of medical staff during the outbreak of COVID-19 and adjustment strategy'. It highlighted the psychological stress level of medical staff during the coronavirus pandemic. The Lancet Psychiatry, a psychological survey suggested that the rates of depression were around 50.7%, that of anxiety was 44.7%, 36.1% for insomnia, and 73.4% for the stress symptoms among the medical staff which was involved in epidemic prevention and control activity respectively. Another survey in Wuhan showed that anxiety and panic were enormous because of psychological stress. In another survey in China, Random sample questionnaires were conducted. A total of 2110 medical staff as well as 2158 college students were part of the survey. Results explained the fact that the score of medical staff was very much higher in comparison to college students on all items of psychological stress, occupational differences play a vital role in psychological stress level, psychological stress level also varies from region to region. Higher stress levels among medical staff in the COVID-19 showed an obvious "exposure effect". But despite that, the medical staff was very much confident in fighting and defeating the pandemic. Reminding the medical staff to take precautionary measures and to avoid the emergence of psychological stress, which will deliberately lead to mental illness.

V. WORLD HEALTH ORGANIZATION (WHO) ON EMOTIONAL INTELLIGENCE, MENTAL HEALTH AND WELLBEING

Dr. Hans Henri P. Kluge, WHO Regional Director for Europe, issued a statement to the press on 26th March 2020 at Copenhagen, Denmark. It was related to the 'Physical and Mental Health as key to resilience during COVID-19 pandemic'. It is very natural for all of us to feel distressed, anxious, fearful, and lonely during the lockdown.

The number of Corona positive cases has been continuously increasing all over the world. The data and statistics showed that out of 1 out of 10 infections were seen in health care workers. Till 25th March 2020, Italy reported around 6,200 infected health care workers. In this situation, we need to give applause to the commendable work being done by health care professionals and we should remain calm, physically, and mentally fit and healthy also. It is our duty to acknowledge the fears and anxiety of others and also to accept and work upon our fears, anxiety, and stress so as to maintain a balanced emotional and mental wellbeing. It can be done:

- By spreading reliable information to all the members of our family and society, starting from the youngest to the eldest.
- By providing psychological and mental support to frontline workers and others
- By providing adequate care and treatment of people with any kind of cognitive, mental, or psychological disabilities.
- By safeguarding the human rights of the disadvantaged sections of the society.

WHO and its allied partners have also developed a set of COVID-19 specific materials and guidance to inform other countries and the public with respect to mental health and psychological support, infographics based on social stigma and needs of frontline workers during this crisis. Other materials included the development of a storybook for the 4-10 years age group and tools like 'Psychological First Aid' and 'Problem Management Plus' which can be spread to remote areas via digital modes. We should react sturdily and optimistically to such situations in a way to draw out the powers of absolute strength, resilience, and cooperation.

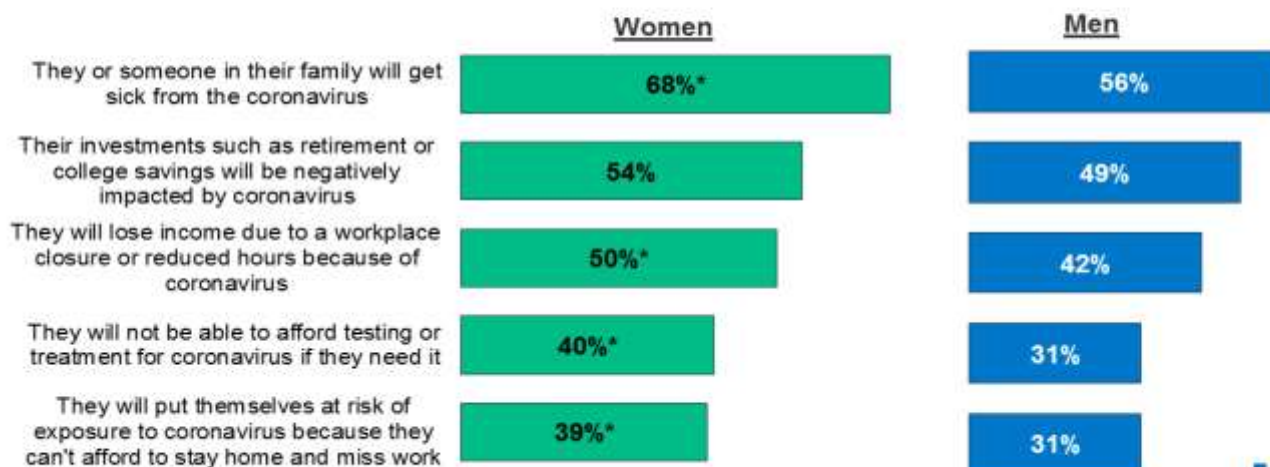
VI. RECENT DATA ON EMOTIONAL AND MENTAL WELLBEING AMONG MALES AND FEMALES

The present crisis of Covid-19 very clearly showed that our Public Health infrastructure must be reinvigorated, and women's mental health immediately needs to be a priority for the health care organizations and the governments also. The effect of Covid-19 on women was much more profound than the effect on the mental health of men. However, the Chinese Centre for Disease Control and Prevention (CCDC) came out with a report, which stated that the mortality rate for men was at 2.8% while for women, it was at 1.7% respectively.

Figure 1

Women More Likely Than Men To Worry About Negative Consequences Of Coronavirus Except with Regard to Investments

Percent who say they are **very or somewhat worried** about each of the following:



NOTES: *Indicates a statistically significant difference from men; p<.05
 SOURCE: KFF Coronavirus Poll - March 2020 (conducted March 11-15, 2020). See topline for full question wording.



source of above figure 1: kff coronavirus poll – march 2020 (conducted march 11-15, 2020)

Figure 2

Widening Gender Gap in Share Reporting Negative Mental Health Impacts From Coronavirus

Percent who say worry or stress related to coronavirus has had a negative impact on their mental health:



SOURCE: KFF Coronavirus Poll (conducted March 11-15, 2020) and KFF Health Tracking Poll (conducted March 25-30, 2020). See topline for full question wording.

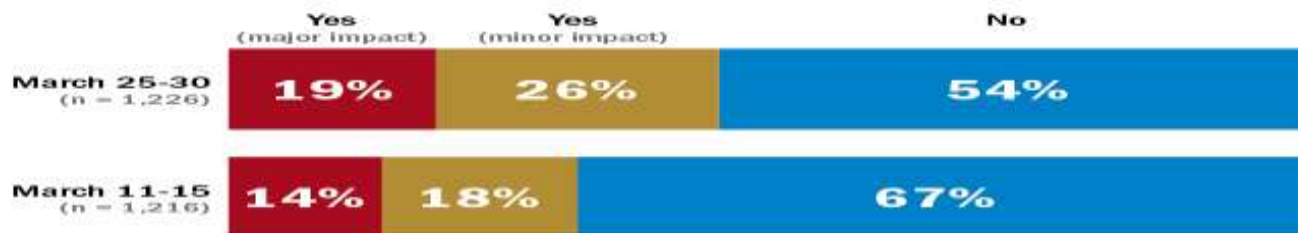


Figure 2: Widening Gender Gap in Share Reporting Negative Mental Health Impacts From Coronavirus

source of above figure 2: kff coronavirus poll (conducted march 11-15, 2020) and kff health tracking poll (conducted march 25-30, 2020)

COVID-19: More Americans report negative mental health effect

Has stress related to coronavirus had a negative impact on your mental health?



Notes: Both surveys involved nationally representative samples of adults. The margin of error for both was ±3 percentage points.
 Source: Kaiser Family Foundation

source of the above figure 3: kaiser family foundation (kff)

VII. FINDINGS OF THE REVIEW ARTICLES AND RESEARCH GAP

The present study took into account twelve articles related to the 'Impact of COVID-19 on Emotional Intelligence, Mental Health, and Wellbeing of people'. The studies are quite different from each other whereas, on the other hand, they show quite a resemblance in some parts also.

Delamarter, J., & Ewart, M. (May 2020) in the article "Responding to Student Teacher's Fears: How We're Adjusting during the COVID-19 Shutdowns" talked about the preparation of both teachers as well as students to fight against the global corona pandemic. The authors highlighted that many students of society are suffering from fear and anxieties. **Kant, R. (May 2020)** in his study named as 'COVID-19 Pandemic: Looking in the mind of students during lockdown', worked on the students of Central University of South Bihar, Gaya to check the effects of Coronavirus pandemic on the students' behavior, especially in context to change in way of thinking and emotional behavior. **Pande, B. H. (May 2020)** wrote a paper on 'COVID-19, Emotional Intelligence, Leadership Style in India: A Study of Working Professionals'. The author tried to find the relationship between emotional intelligence, leadership style to cope up with the after-effects of the Corona pandemic and its impact on human capital. **Abdel- Fattah (April 2020)** studied about 'Emotional Intelligence and Emotional Stability in Crisis' and explained about the role of emotional intelligence and emotional stability in confronting the COVID-19 issues as well as other related crises in general. **Hamouche, S. (April 2020)** in the article 'COVID-19 and employees' mental health: stressors, moderators and agenda for organizational actions' highlighted the impact of COVID-19 outbreak on employees' mental health with special emphasis on psychological distress and depression. The paper identified the main stressors in the pandemic on employees' mental health. **Oerther, D. B., & Peters, C. A. (April 2020)** worked on the article entitled 'Educating Heads, Hands, and Hearts in the COVID-19 Classroom'. The article talked about change and a paradigm shift from the virtual reality, face to face interaction of students with teachers to the online mode of transmission of knowledge, and its impact on the students' motivation to learn respectively. **Yang, H., & Ma, J. (April 2020)** worked on the article namely, 'How an Epidemic Outbreak Impacts Happiness: Factors that Worsen (vs. Protect) Emotional Well-being during the Coronavirus Pandemic'. The study explained the factors that have worsened the emotional well being during the COVID-19 pandemic outbreak. **Fessell, D., & Cherniss, C. (2020)** worked on the article entitled 'Coronavirus Disease 2019 (COVID-19) and Beyond: Micro Practices for Burnout Prevention and Emotional Wellness'. The authors tried to build a strong relationship on decreasing burnout practices and at the same time, building emotional wellness among people. **Restubog, S. L. D., Ocampo, A. C. G., & Wang, L. (2020)** studied the implications of COVID-19 for maintaining the psychological wellbeing of people, employment security, and management of family as well as professional responsibilities. **Sullivan, A. B., Kane, A., Roth, A. J., Davis, B. E., Drerup, M. L., & Heinberg, L. J. (2020)** worked upon an article named as 'The COVID-19 Crisis: A Mental Health Perspective and Response Using Telemedicine'. The impact of COVID-19 will be multidimensional and will affect the population in many ways like- physically, emotionally, economically, socially, and psychologically. **Wu, W., Zhang, Y., Wang, P., Zhang, L., Wang, G., Lei, G & Huang, F. (2020)** in their study worked upon 'Psychological stress of medical staff during the outbreak of COVID-19 and adjustment strategy'. It highlighted the psychological stress level of medical staff during the coronavirus pandemic.

The question, which comes in mind after reviewing these articles, is that none of the research talked about building emotional intelligence keeping in mind the 'Self- awareness' and 'Motivation' components of emotional intelligence respectively. Further, the impact of COVID-19 on:

- Different age groups are missing,
- Persons engaged in different professions is missing,
- Differently abled and challenged citizens are missing,
- Gifted or slow learners are missing,
- Rural and urban areas are missing,
- Working and non- working people are missing.

Therefore, a lot can be done further to look into the detailed impact of COVID-19 on Emotional Intelligence, Mental Health, and Wellbeing of the people.

VIII. SUGGESTIONS TO IMPROVE EMOTIONAL INTELLIGENCE, MENTAL HEALTH AND WELLBEING OF PEOPLE DURING COVID-19 CRISIS

There are various different ways and methods to be emotionally and mentally fit during the novel Corona pandemic, COVID-19. Some of the methods to adopt, measures to be taken are listed below which can help reduce mental stress among people, if not eliminate it completely.

- By spreading reliable information to all the members of our family and society, starting from the youngest to the eldest and by staying informed.
- By providing psychological and mental support to frontline workers and others
- By providing adequate care and treatment of people with any kind of cognitive, mental, or psychological disabilities.
- By safeguarding the human rights of the disadvantaged sections of the society.
- By focusing on things that we can control like- washing hands from time to time, avoiding gatherings, having proper sleep, staying home, social distancing.
- By making proper plans and working on them related to specific worries and plausible solutions, implementing a proper plan of action, whenever required.
- By staying connected with people even when at home, like family, friends, relatives, and well-wishers.
- By taking proper care of body, mind, and soul via doing some exercises, yoga, and meditation.
- By helping the needy and others as it will give us self - satisfaction.

These are not all, but yes, some of the suggestions to cope up with the emotional and wellbeing among people during the Corona crisis.

IX. FUTURE IMPLICATIONS OF THE PRESENT STUDY

As a part of the study, to approach the problem, this paper reviewed the current research practices and the existing works on the impact of Coronavirus on the emotional intelligence, mental health, and wellbeing of people. This study aims to fulfill the objectives of studying the impact of novel Coronavirus, COVID-19 on the emotional intelligence, mental health, and wellbeing of the people. The future implications of the present study are as follows:

- It will be an eye-opener to all the stakeholders in the field of mental health, nutritional health, and psychologists, to look into the matter sincerely and to work for the medical fitness of people during the crisis in the world.
- The study also aims to find solutions to the problems of people and to motivate them again to fight back together and collectively with the Coronavirus.
- It will be useful to students, parents, teachers, different working professionals, etc. to cope up with the conditions of emotional and mental stress effectively by taking appropriate measures.
- The study will serve as a base for the governments also to work in the area of achieving higher levels of emotional and mental wellbeing by providing experts, counselors, medical practitioners to the needy and desired people at the right time, both in the virtual face to face interaction and also by availing online guidance services respectively.
- It will also prove beneficial to healthcare workers, medical practitioners to look into the matter more seriously.
- It will lead to improved satisfaction levels of working professionals also.
- It will lead to achieving the utmost happiness and wellbeing even during this novel Corona pandemic, COVID-19 Crisis.
- It will also be reducing the psychological stress of already working medical staff people in the world during this outbreak.

Therefore, the present study is an attempt to bring positive and effective changes in the people during the crisis.

X. CONCLUSION OF THE PRESENT STUDY

COVID-19 crisis seems like a major driving force for revamping the Indian economy and the rest of the world. This situation arose unexpectedly but yes, it spawned many expectations in the hearts of the common man. It has affected the lives of people socially, physically, psychologically, mentally, emotionally, and spiritually as well. It has affected the emotional intelligence, mental health, and wellbeing of the common man. But, it is a challenge for human beings to fight back and regain all the strength. Also, it is a challenge for the policymakers, skilled and unskilled labor force, human resources of the country as well as for nature to uphold its strength again and bring drastic but useful, operative, and efficient changes, which will result in rejuvenation and revival of the economy.

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