

Post Corona Society: How to Teach People be Social Again

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Abstract: It is obvious that the world will be different after the Coronavirus quarantine and all the emotional issues connected with it go down and people get the opportunity to be back to «ordinary life». The process take place in China now (the country faced the social phenomena of universal quarantine and self-isolation) can show the world what problems we are to have after the world opens. Today China stimulates its people to become social again through educational work, money motivation, apply to traditions and other regulations. A long stay at home and a large amount of emotional information obtained from various media have formed new behavioral and psychological stereotypes. In particular, they also influenced people's perception of other people and society in general. The article aims not only to analyze the world may face when go out of the quarantine and self-isolation period of Coronavirus disaster, but also to recommend some steps cant be taken to level negative social consequences.

Keywords: *asociality; society; China; mass character; Coronavirus; negative consequences.*

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Introduction

China was the first country in the world to face the challenges of COVID-19 quarantine full cycle of epidemic restrictions as well as problems associated with the need of way out of this situation for the whole nation. And the main social problem that China face is the mass asociality, which takes place among the inhabitants of China. Though during the quarantine people really missed direct communication and being in collective, now on the emotional level they are not ready to be part of collective again. Traditionally the Chinese are quite social and a lot of state profit-making industries are based precisely on the traditions of sociality (or use it make the net cost of services provided lower): education, entertainment, traveling, passenger transportation (local and all-China), hotel booking, restaurants etc. It can be predicted that the rest of the world will face the same problem quite soon when the quarantine restrictions will be lifted. Quite a big part of educational, psychological and social work involving all traditional socializing agencies (society itself, education, religious organization, mass media etc.) should be done at the very beginning of the active phase of quarantine and self-isolation quitting period to to reduce the negative social consequences of COVID-19. Asociality of people and their slow return to collective forms of everyday life organization may slow down economic recovery because not all the business processes can be occurred online (especially for small and medium-sized businesses, as well as in the field of self-employment).

Discussion

1. Artificial asociality as nowadays reality

Long stay outside the collective (collective means a group of people, more than 5, who do not live together and have no tight family or emotional connections (Chikudate, 2015) forms a person's new habits and sensations not only at the level of behavior, but also in the sensual-emotional sphere. It is this principle that is actively used by business psychologists to form cooperative ethics of firms and corporations (Lurie, 2016). In the case of Coronavirus Quarantine there were several behavior and emotional patterns formed due to the self-isolation and information:

- we are to stay home to be safe;
- we are to maintain social distance (1,5-2 meters) to be safe;
- we are to avoid direct contact with people to be safe;

- we should not gather in the company more than 3-5 people to be safe;
- we are to wash hands and sanitize ourselves after direct contact (even a handshake or random touch) every time we had it;
- we are to keep all the rules mentioned above long after the quarantine finishes (WHO, 2020; “30 Days”, 2020).

According to the recommendations mentioned above we can speak about asociality that is artificially formed in people and the scale of this phenomenon is purely individual for each person, depending on the level of his/her susceptibility, empathy and need for society. On psychological level this leads to the expansion of individual space, toughening of personal boundaries of everyone, uncomfotability being in a group of people, weakening of socially useful ties, people's wary attitude to each other, increasing feelings of anxiety in society in general and so on (Lee, 2020; Kluger, 2020). In a nutshell, it can be predicted that after the quarantine people will face the following problem: the impossibility or difficulty to stay in group of people, due to psychoemotional reasons with the restore active social life on the mental one. In this case the role of social institutions (religion, education, entertainment, etc.) is increasing. They are called by their professional actions to reduce the time that people will need to return to social life and to correlate the requirements of the medical sphere with the needs of social life.

2. What are you going to do after the quarantine first

Today there are a lot of social palls that try to get to know what people are going to do first when all the quarantine is over. Mainly, the list of people's wishes is the following:

1. hug and kiss the family;
2. go out for dinner;
3. go shopping / mall / cinema / beach ... ;
4. see friends and relatives;
5. take a trip (“The First Thing”, 2020);
6. go to church;
7. go to sport (“What Is The First”, 2020)

As we can see, all the activities mentioned are connected to being out and being social. It is more the memory of people about what they called «normal life» and their social need, which is aggravated by the inability to exercise their right to communication in reality (not online).

3. China: people are not comfortable with each other any more

As it was already mentioned, China is the first country to face all the challenges of the quarantine as well as the first one to appreciate not only the economic, but also the social changes that COVID-19 brought. And the main change that is quite sharp in China today (because of its atypicality) is caution and slowness in restoration of collective life in the country. The first to catch down this problem were owners of restaurants, universities and transport areas. Though the Chinese have a tradition of eating outside now the Chinese restaurants are half empty. Visitors are dominated by companies up to 5 people who prefer separate rooms to a common dining hall. Also, basically, these companies are relatives (Shi, 2020).

The next feature that was noticed was related to University education. The students were glad to return to campus and see each other, but they are still (for 10 days after the educational process in Universities started) can't be in classrooms, especially small ones. According to the anonymous survey, made by the authors of this research in Duan Professional Education College (Duan city, Zhejiang province, China) students find it uncomfortable to be in one class with many people (as usual, an academic group in this College consists of 25-30 people). The main reasons for being uncomfortable they list as following:

- I feel anxious when there are a lot of people around me;
- I can't concentrate if I feel a lot of people nearby;
- I have a panic if I see more than 3-4 people at once;
- I'm calmer in the open space than in the classroom;
- I think I have more education results while study alone, than when I have my classmates near me;
- My classmates are good-natured and positive people, but now I'd better be alone.

Though the students mostly find it O.K. to stay in dormitories where they have 3-4 roommates. The results of the survey are presented for the first time.

As to the transportation system, the traveling agencies and other companies, involved into the process mentioned, note that today the Chinese reduced the number of trips and movements by public transport (high-speed train, plane) for travel. Today, the main customers of transport are people who go on a business trip or for other necessities. Travel agency data indicate that attendance of attractions and places of interest (even the top ones) is very low (Zhao, 2020).

There is one more negative trend that showed up right after the quarantine restrictions were removed in China: the increase of divorces. According to official statistics, the divorce rate grew up to 25-30% (depending of the province) in the very first two weeks (Prasso, 2020) the Chinese got the opportunity to go out and to visit official authorities' offices.

4. What can be done to return people to each other: the Chinese experience

The Chinese government which is interested not only in economical development of the country, but also the adequate socio-psychological state of the nation. To achieve this goal the government makes a lot of efforts in humanitarian and social spheres, that help the nation to overcome the difficulties caused by Coronavirus quarantine and self-isolation. The most important today can be defined as the following:

- positive mass media message: the main message of today's Chinese mass media in this area is respect for the Chinese nation because it has adequately overcome the epidemic, people behaved correctly, followed the recommendations of the government etc. It is strongly emphasized that the joint efforts of the government and the people allowed the PRC to get out of the situation with coronavirus with minimal (as much as possible) losses. Also, the SARS epidemic, which the PR C hint faced in 2002-2003 and which gave a new impetus to the country's successes both internally and externally, is cited as a positive experience;

- additional financial donations into social and humanitarian spheres: for stimulating the speedy return of people to the lifestyles they had before quarantine the Chinese government forced quite a great amount of money. In order for people to travel more, to distract from what they had experienced and to re-enter social relations with each other and the state, all car owners received as a gift coupons for 50 liters of gasoline, fees for using autobahns and other toll roads, entrance fees for all sights, even of level 5A (the level of "world heritage": the Great Wall of China, the Bigmayon / Terracotta army, temple complexes of Beijing, etc.) were canceled (Dai, 2020);

- adequate response to current psychological and social needs of people: today China officially passes the transitional period, the purpose of which is to give people the opportunity and time to return to their former life. For example, it is recommended that educational institutions gradually reduce the number of online classes for students, and begin the process of adapting them to collective methods of work with group recreational activities in the open air (mainly sports and team competitions);

- personal presence of the head of state: on April 10, 2020 the head of China Mr. Xi Jinping visited Wuhan - the city where the Coronavirus pandemic started from (Kuo, 2020). The head of state's trip to the center of the epidemic served as a positive example for all the Chinese and unofficially became a signal for that China won this time as well.

Chinese sociologists and educators today are developing an additional set of activities of different nature that can be recommended to the government to help people restore sociality and collectivism as a national character trait.

Conclusions

The Coronavirus Pandemic quarantine divided people's life into «before» and «after» where «before» is associated with stability, comfort and normality, and «after» means uncertainty and bad expectations because of the economy fall and the general negative social mood. In order for people to be able to live a full-fledged social life again, to enjoy living with each other and in society, to restore their Pre-Corona way of life, the efforts of not only people, but also the state with all its social institutions (such as education, entertainment, traveling, religious organizations, mass media, NGOs etc.) are needed. China was the first to enter the state of quarantine and self-isolation and the first to face the challenges that arose after it. The positive achievements of China in overcoming the social problems caused by the coronavirus may be useful to other countries that have yet to overcome this situation.

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Biodata

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