



# Finding solutions to COVID-19 squabble in Nigeria: Implications for counseling

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## Article

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## Abstract

**Purpose** - The purpose of this study was to examine solutions to the COVID-19 squabble and implications for counselling. As of 27th December 2021, the number of COVID-19 confirmed cases globally was 279,114,972 and 5,397,580 deaths.

**Method** - This study utilized an integrative review technique that assisted the researcher in reviewing literature from reliable databases. These databases gave genuine information relating to this topic being investigated.

**Result** - The results showed that solutions were urgently needed to some of the numerous crises that include but are not limited to coronaphobia, inadequate ICT deployment, recession, agoraphobia, insecurity, drug menace, food insecurity, various health concerns, unemployment squabbles created by the deadly COVID-19 pandemic.

**Implication** - This method suggests how to improve on the over-spilling problems created by COVID-19 pandemic to date, and importantly, professional counsellors should be well-funded to actively help defeat the COVID-19-induced squabbles.

**Originality/Value** - This research bolsters up the essence of not defeating COVID-19 variants alone, but as well totally trouncing the scores of COVID-19-instigated squabbles, that are still adversely affecting the globe.

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**Keywords:**

Perselisihan COVID-19, implikasi konseling, krisis akibat pandemi, coronaphobia.

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**Abstract**

**Tujuan** - Tujuan dari penelitian ini adalah untuk mengkaji solusi untuk mengatasi COVID-19 dan implikasinya terhadap konseling. Pada 27 Desember 2021, jumlah kasus COVID-19 yang dikonfirmasi secara global adalah 279.114.972 dan 5.397.580 kematian.

**Metode** - Penelitian ini menggunakan teknik tinjauan integratif yang membantu peneliti dalam meninjau literatur dari database yang dapat diandalkan. Basis data ini memberikan informasi asli yang berkaitan dengan topik yang sedang diteliti.

**Hasil** - Hasil penelitian menunjukkan bahwa solusi sangat dibutuhkan untuk beberapa krisis yang mencakup tetapi tidak terbatas pada coronaphobia, penyebaran TIK yang tidak memadai, resesi, agoraphobia, rasa tidak aman, ancaman narkoba, kerawanan pangan, berbagai masalah kesehatan, pertengkaran pengangguran yang disebabkan oleh pandemi COVID-19 yang mematikan.

**Implikasi** - Metode ini menunjukkan bagaimana cara memperbaiki masalah yang berlebihan yang disebabkan oleh pandemi COVID-19 hingga saat ini, dan yang terpenting, konselor profesional harus didanai dengan baik untuk secara aktif membantu mengatasi pertengkaran yang disebabkan oleh COVID-19.

**Keaslian/Nilai** - Penelitian ini memperkuat esensi dari tidak hanya mengalahkan varian COVID-19 saja, tetapi juga secara total mengalahkan jumlah pertengkaran yang dipicu oleh COVID-19, yang masih berdampak buruk pada dunia.

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## **Introduction**

The outbreak of COVID-19 across the globe was a blow-up of a series of torments that caught every medical or scientific quick-fix unaware. Coronavirus disease (COVID-19) has been termed a serious infectious disease caused by the SARS-CoV-2 virus. The symptoms range from mild to moderate respiratory difficulty, cardiovascular disease, chronic respiratory problems, coughing, sneezing, cancer, sickness, and death (WHO, 2024). COVID-19 which could be described as a planetary disaster united many nations in pain, its outbreak brought turbulence to every home and with no exception to many nations (Akinduyo, 2020). Scientific prowess has been provoked in searching for a lasting vaccine that could be administered to permanently cure the different variants of COVID-19 pandemic, yet fugacious solutions were only discovered, as many variants (e.g., SARS-CoV-2, Omicron, Delta, Alpha, Beta, Gamma, Mu, Lota, Epsilon among others). Beyond the discovery of vaccines, all areas of life have been badly overwhelmed. This has caused unfettered problems to the joint existence of humans in all areas. No matter the problems facing human beings, the quest for solutions is untaught, instinctive, and continuous until a permanent solution is found to defeat not only COVID-19 variants but its problematic appendages affecting all spheres of life.

For instance, education has been the bedrock of any notable development in the world, it was badly affected during COVID-19 pandemic. Schools and Kindergartens are not excluded from the closure caused by the ravaging effects of the COVID-19 pandemic (Fegert et al., 2020); exposing young children to different vices. Batubara (2021) reported that 45 million students in Indonesian schools could not receive physical education, but online education which many of them was strange to many students; with poor preparation for the sudden change in academic activities (Bao, 2020; Basilaia & Kvavadze, 2020). More so, distance education was functioning well before the occurrence of COVID-19 pandemic. Pre-service teachers in charge of distance education lamented facing numerous problems such as poor communication with instructors, poor time allocation for physical courses, internet challenges, and many technical hitches (Özüdoğru, 2021). Furthermore, teachers struggled with internet service, dilapidated infrastructure, and poor human and classroom management COVID-19 pandemic occurrence brought unreliability and untold hardship to people's ways of life; with drastic changes to offices, policies and training programmes (Pranggono & Arabo, 2021); hence COVID-19 pandemic affect teachers, parents and students negatively (Efriana, 2021). Disturbingly, children with various disabilities naturally had mental health concerns before the occurrence of the COVID-19 pandemic but had compounded challenges during the pandemic across the globe, posing difficulty in the maintenance of their psychiatric treatment (Fegert et al., 2020).

Exploring the substantial geriatric population, the stage in an individual's life is ordinarily full of different health challenges, as a result of cell aging among other factors. Older people above 65 years of age were reported to be 703 million as of the year 2019 with so many underlying diseases (Kuldeep et al., 2020). Higher death rates, increased susceptibility to diseases, weaker immune systems, poor functions of body organs and weak health status were challenging to older people across the world (Kuldeep et al., 2020). The emergence of COVID-19 pandemic compounded the mental health of older adults through undue worry, loneliness, and other negative consequences (Lebrasseur et al., 2021); unplanned financial, social, mental and psychological concerns (Cocuzzo et al., 2022); unhealthy alcohol consumption, psychiatric issues, poor support system, smoking of

tobacco and cannabis use (Satre et al., 2020). This need for this study is necessitated by the fact that every facet of human life has been affected by the COVID-19 pandemic. Also, past studies investigated how COVID-19 pandemic was defeated and the problems created by COVID-19, but the over-spilling effects of COVID-19 pandemic still plunge lives and nations into a series of precarious situations to date. This research focuses on how the created squabbles in existence could be solved within a short time. To this end, this paper audits finding solutions to the COVID-19 squabble and all problems accompanying the pandemic across Nigeria. Below are the suggested reviewed solutions to the squabble of COVID-19 in Nigeria.

### *Handling Coronaphobia*

Corona phobia is simply a deep preposterous fear of the novel coronavirus which may not be too dangerous as perceived by an individual. In reality, the fear of coronavirus, in this case, seems unnecessary, because it changes the whole aspect of someone's life and mental stability. Phobia of COVID-19 takes an easy ride on someone's feelings to the extent that an individual's personality becomes a shadow of itself. Nigeria despite being tagged the giant of Africa is not exempted from coronaphobia. Melinda-Smith et al. (2019) affirmed that understanding this particular phobia is the first step in solving coronaphobia. Coronaphobia victims or patients need to understand that the virus is highly treatable. This understanding helps us recognise that the irrational fear of coronavirus is unreasonable. This will help individuals give details of coronaphobia to psychologists, physicians, psychiatrists, or caregivers as the case may be. This helps in the formulation of self-help strategies that aid the treatment of coronaphobia.

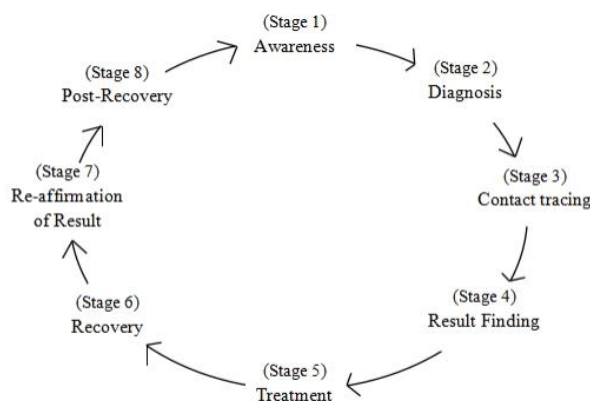
Despite flattening the curve of COVID-19 pandemic in Nigeria, common flu is being Coronavirus disease at times. The unnecessary fear of the defeated COVID-19 tends to occupy the minds of people in Nigeria. Learning to calm down and challenging negative thoughts about corona phobia are solutions that serve as therapeutic procedures for overcoming this highly infectious disease. Governments at all tiers without exception to the Nigerian government have developed slogans to be consciously and unconsciously used by citizens, to calm their nerves against irrational fear of coronavirus. Such slogans include but are not limited to “coronavirus is not a death sentence; stay home; stay safe; wash your hands regularly with soap and running water; use alcohol-based sanitizer; no face mask no entry; wash your hands under running water; keep social distancing; avoid touching your mouth; nose and ear.” All these slogans insulate the body against a variety of physical and emotional symptoms. No doubt calming down builds confidence to overcome and face coronaphobia. Challenging negative thoughts of COVID-19 racing through the mind, snuff out unrealistic fear towards the virus. However, all unhelpful ways of thinking about the pandemic are hosed down without seeking psychiatric or medical help (Melinda-Smith et al., 2019).

Individuals' reactions to coronaphobia may determine how hard a person will be knocked down or overcome it. Positive response to the prevailing phobia is a countermeasure needed as preventive and curative measures of great importance to solving coronaphobia. The confidence gained by an individual, when coronaphobia comes calling is a breakthrough in combating the collective fight against COVID-19 sweeping effect. Quinn (2020) affirmed that coronaphobia became more prevalent when many countries were locked down, events canceled, schools closed, sporting activities grounded and toilet paper flying on the shelves. As these ugly events unfold, an individual could create paranoia or calmly and wisely respond to coronaphobia.

According to Quinn (2020) panicking about coronaphobia increases the probability of contracting the novel coronavirus. She further listed some positive actions needed, to fight the indeterminate COVID-19 virus. They include: a) stop searching for coronavirus news at all times; b) drink less alcohol, eat less red meat, sugar and gluten; c) do not believe in everything you read (fear vs facts); d) create social distancing; e) stay healthy and take precautions; f) shift your perspective g) meditate and stay positive; h) laugh more i) see where you are on the stress lens on Live More's scale.

### Deploying Information and Communication Technology

The usefulness of Information and Communication Technology (ICT) in the new normal created by COVID-19 is too pivotal to be neglected, due to its support as a silent soldier, health support, social care, agency support, and educational assistance (Arshad, 2020); energy administration (Strielkowski et al., 2021). Due to COVID-19 pandemic has created anonymity, casual interaction and physical contact-free relationships (Yang, 2022). As the world moves to the era of Artificial Intelligence, every nation must be on alert to key in to such innovations. Kumar et al. (2020) revealed that AI's benefits goes beyond diagnosis, imaging, tracking and prediction but the creation of awareness, alertness and social event control via internet. In addition, to fortify healthcare accurate decision making, curbing the spread of diseases, large data processing and vaccine development artificial intelligence must be given priority across board (Vaishya et al., 2020). The speedy responses of ICT cannot be underrated, because it supports large-scale enlightenment, facilitating an abundance of online disaster relief activities, promoting civic engagement and rebuffing fake news (Yang, 2020), and the creation of online social gatherings/communities for relieving stress. The need for quick containment of coronavirus across the globe requires the development of ICT. Modern technology appears to speedily flatten the curve of COVID-19 using a more sophisticated circle to trounce the pandemic.



**Figure 1. ICT Deployment in Tackling COVID-19**

The figure 1 show circle reveals how technology speedily helps to contain the novel coronavirus through the above eight stages.

**Awareness stage:** This first stage helps in containing the spread, prevention and cure of COVID-19 across the globe. This stage chiefly deals with sufficient information giving. Through this, everyone becomes aware of how to stay safe from highly infectious diseases. For example, the

Nigerian government deploys WhatsApp, Facebook, Instagram, YouTube, radio, and television among many other ICT gadgets to orientate people about COVID-19 pandemic.

**Diagnosis stage:** Technology has helped in testing human beings through simple and sophisticated methods. Laboratories for the testing are technologically equipped to perform nucleic acid amplification test (NAAT) using reverse transcription-polymerase chain reaction (rRT-PCR) to test for COVID-19. Both the hardware and software used at this stage are products of technology.

**Contact tracing stage:** According to Writer (2020), Korea used ICT to defeat COVID-19 within 20 days without implementing laws that inhibit businesses, freedom of movement, schools and other human/vehicular movements. Korea used an advanced mobile device, artificial intelligence, and high-performance computing in the early-tracing of COVID-19 patients. Apart from contact tracing, more accurate analysis and decision-making were reached as a result of assistance from ICT. Interestingly, the development of a walk-thru testing station allows for the speedy collection of samples with no or minimal contact.

**Result finding stage:** Government at all levels must as a matter of duty not limit their results to findings from the hand-handled infrared thermometer. But the usage of ICT combatively helps to test so many citizens, get an accurate result, obtain reliable data and make thoughtful decisions.

**Treatment stage:** Social isolation is the earliest start of treatment, where an infected individual is separated from other people in a secluded place. Though there is no certified drug for the treatment of COVID-19 across the world, some drugs were used to boost the immune system of recovered patients. For instance, as of 7<sup>th</sup> June 2020, Kwara-State had a total of 45 recoveries out of 127 confirmed cases and one death. The role of ICT in facilitating treatment is second to none.

**Recovery stage:** At this stage, the patient could have developed antibodies against COVID-19 and be placed on scientifically proven drugs that boost the immune system of the patient.

**Reaffirmation stage:** Ideally, two different tests are carried out at intervals to further ascertain maybe the patient tests negative for coronavirus. ICT does a lot of good in re-affirming the COVID-19 status of the patient. If the patient tests positive twice at this stage, he/she shall be discharged.

**Post-recovery stage:** At this stage, the patient is integrated back into society to continue his/her normal lifestyle and freedom to the fullest. At this stage, proper monitoring or follow-up is done to assist the patient.

In all, the treatment of COVID-19 might be wishful thinking, if ICT is not deployed. A major solution to the pandemic is the full mobilization of ICT, which helps in terms of speed, accuracy, reliability and treatment.

### *Overcoming Recession*

COVID-19 is a collective economy adversary that deflated the much-needed economic boom across the globe during the pandemic (Akinduyo, 2020); and shifted countries across the globe into deglobalisation, recession, and stagnation (Sułkowski, 2020); including inflation and unemployment (Victor et al. 2021). The COVID-19 pandemic's movement restrictions caused a recession through the lockdown of tourist centers, a fall in demand and supply, and a decline in import and export business procedures (Jomo & Chowdhury, 2020). However, the recession has

made low-income earners exposed to the financial crisis that higher-income earners (Shibata, 2021). Despite the economic crisis being witnessed by the world, economic recession is not a situation that cannot be triumphed over. Blanchard (2020) listed three ways fiscal policy could be used to fight COVID-19 recession. One is the right incentives for firms, and federal agencies to produce drugs that will stand the test of time in fighting the recession occasioned by the coronavirus pandemic. Two, disaster relief should be rolled out to revive businesses affected by the lockdown the order during COVID-19 pandemic. Thirdly, support aggregate demand should also be given priority to cushion the effects of COVID-19 pandemic recession. These recessions are unique, caused initially by supply disruptions, largely due to government-imposed 'stay-in-shelter lockdowns'. These have interacted with falling incomes and demand, declining exports (and imports), collapsing commodity prices, shrinking travel and tourism, decreasing remittances and foreign exchange shortages

Sadly, Nigeria depends on crude oil as a major source of income. It is time to surmount sole reliance on crude oil as a source of income. It is so disgusting that state and local governments rely on federal allocation, to boost their economies. COVID-19 pandemic period in Nigeria was accompanied by untold hardship that the government could not pay workers' salaries. Regrettably, many hospitals were poorly equipped and unable to combat COVID-19 pandemic. This made many Nigerians resort to unprescribed and immeasurable herb-taking without the National Agency for Food and Drug Administration and Control's (NAFDAC) registration. It is time to look inward and diversify Nigeria's economy, this will safeguard untold economic hardship. Indirectly, economic hardship may further increase crime and mortality rates. For example, the popular slogan; "hunger-virus kills faster than coronavirus" is not a comical relief, but a reality of what recession has brought to the tables of Nigerians. International multilateral institutions such as world banks, and the European Union must rise to assist the world's fight against economic recession. Their interventions will ease the recession that could take a toll on the economic activities of the world. Central Africa Development and other banks are to lend out loans at no interest rate with ease of repayment.

According to Rufai (2020), the Federal government of Nigeria moved to save the country from economic strangulation by implementing the following: a) reduction of interest rates from 9 percent to 5 percent for all CBN intervention facilities; b) restructuring loans to longer tenures for all companies whose businesses are adversely affected by COVID-19; c) 500 billion naira facilities to households and businesses adversely impacted by COVID-19 through NIRSAL microfinance bank; d) 100 billion naira facility to pharmaceutical and health sector companies to retool their businesses; e) 1 trillion naira facility to agriculture and manufacturing companies to expand and set up new factories; f) suspension of repayment of all state governments' loans for one year to give states ample financing room to pay salaries.

### *Coping with Agoraphobia*

This is a type of disorder that is accompanied by anxiety, it involves an intense fear of a particular situation, where an escape route may be a herculean task. This also makes an individual avoid crowded areas aside from the home. Victims of agoraphobia experience difficulty in differentiating between perceived fear and actual danger, especially in public spaces. In this case, a combination of medication which includes selective serotonin reuptake inhibitors and psychotherapy which may include cognitive behavioural therapy assist a victim of agoraphobia (Fletcher, 2020)

People who are victims of agoraphobia need to adjust their lifestyle immediately after they convincingly notice this type of phobia, to defeat it. As the pandemic ravages the whole world, with a series of challenges, having additional phobia needs urgent attention. Fletcher (2020) listed some management strategies to help overcome COVID-19, these include: a) engagement in regular exercise; b) practicing relaxation techniques; c) avoiding sparking consumptions such as alcohol caffeine, and tobacco; d) social support; e) avoiding personal intuitions that can cause anxiety; f) seek online help; g) avoid certain media stories; h) seek help when certain treatments or therapies are no longer effective for them.

Managing agoraphobia alone during the COVID-19 pandemic seems disastrous to a human being. Iles (2020) found that agoraphobia patients should first make contact with the world. The victim should speak with people around him or her while staying safe. Because the more an individual avoids people, the more phobia will aggravate. It is pertinent to note that during treatment, the victim should be exposed to what he/she fears. Daily work is so imperative for recovery from agoraphobia.

### *Tackling insecurity*

Every government official swears to an oath to prioritize the safety of lives and properties. The security architecture of Nigeria has been weakened before the outbreak of COVID-19 pandemic. The indisposed security architecture further got decrypted by the out surge of a pandemic. Thomas-Odia et al. (2020) reported that Lagos and Ogun states' residents were enduring vexations of COVID-19 and insecurity at the same time. However, no matter what the security situation of Nigeria is, crimes could be nibbed in the bud. It is worth noting that Nigeria's security organs get the worst of the required number of security personnel needed in the country. In Nigeria, criminals took advantage of the pandemic-created idleness to commit so many crimes such as stealing, rape, kidnapping, banditry, terrorism, cultism, and murder among others. Therefore, the government of Nigeria should implement a policy of one policeman to four hundred (1:400) civilians standard practice. More security personnel should be employed if the surging crime is to be reduced to the barest minimum. For example, during the lockdown order placed by the government to contain coronavirus, so many criminal groups in Nigeria were threats to lives and properties. The groups include but are not limited to One Million Boys, Awawa Boys, Boko Haram group, ISWAP, No Salary Boys, Aye and Black Axe Groups and others.

Regrettably, the practice of all Nigerian security outfits is not intelligence and ICT-driven. It is so pathetic that they rely on archaic methods in fighting crimes in Nigeria. Government at all levels should fortify security personnel with ICT-driven gadgets that aid accuracy, effectiveness, efficacy, and results. Lessons from insecurity during the coronavirus outbreak call for urgent inquisitiveness. Commensurate funds should also be approved for the nation's security personnel, proper welfare package should be implemented to motivate their performance. More so, the standard mobility apparatus such as brand-new vehicles, helicopters, and all sorts of crime-fighting jets are requirements needed to fight crime during and after COVID-19 pandemic. Intelligence gathering between security personnel and civilians should be given more priority. Life insurance and scholarship programmes should be put in place for security personnel in Nigeria.

Constant training and retraining of officers must be a constant requirement for a promotion. This will refresh their fitness, skills, and ethics of practice in handling crimes and weapons.



Technology has produced more sophisticated weapons and other nuclear arsenals that were not in existence a few years ago. This will help Nigerian security personnel handle different classes of firearms. Distressingly, inter-agency clashes among Nigerian security agencies are frequent (Reuters, 2023). This must be constitutionally discouraged with capital punishments for offenders or any erring security personnel in Nigeria.

The outbreak of COVID-19 has necessitated the need for the involvement of public-private partnerships in modern security handling. The government of a nation or state cannot sufficiently handle the funding, welfare and other needs of security agents to perfectly carry out their duties. The private organization should as a matter of social corporate responsibility invest humongously in security, to further boost the morale of Nigerian security cops, who are investing their lives to protect Nigerians.

Distressingly, inter-agency clashes among Nigerian security agencies are frequent (Reuters, 2023). This must be constitutionally discouraged with capital punishments for offenders or any erring security personnel in Nigeria. Synergy among security agents must be renewed unconditionally. During the COVID-19 pandemic in Nigeria, there were cases where security personnel from different cops who ought to work harmoniously to overwhelm crimes, were reportedly clashing at various times. This blight must be eradicated among all security corps to help tackle insecurity. It is a public show of monstrosity for civilians to be separating fights between two security agents, who are to make an arrest and enforce the nation's laws. This freakish attitude has stained the image of all our security personnel, even at a period when the whole world is battling with a common enemy named corona virus.

#### *Squaring of fake drugs self-medication and unregulated online pharmacies*

The outbreak of corona virus to a certain extent turns out to be a full-scale business for quacks to produce fake drugs all in the name of curing the novel corona virus. The uncertified substances/drugs were well marketed because of the prevailing anxiety from COVID-19 pandemic. Health professionals were confronted with daunting challenges during COVID-19 pandemic with the massive spread of medical misinformation and fake drugs (Camon, 2022); including self-medication and uncensored internet adulterated drugs (Fittler et al., 2021); that flooded different markets as the solutions to COVID-19 virus. Many drugs or substance combinations were used as trial drugs which gave rise to fake methods of treating COVID-19 virus (Camon, 2020). Naturally, many human beings experience thanatophobia. Death anxiety pushes many people to engage in self-medication in a bid to defeat COVID-19. This may, unfortunately, lead to a parallel crisis in the future. Some vital body organs get damaged from the substandard drugs which pose another post-COVID-19 crisis that may increase the death rate across the globe.

Despite the defeat of COVID-19 pandemic in Nigeria, many people continue the production of counterfeit drugs to amass wealth personally at the expense of the health of Nigerians. Ziavrou et al. (2022) affirmed that adulterated and counterfeit drugs were branded like original; but lack safety, potency and efficacy to cure any disease. At this juncture, various institutions saddled with the responsibility of certifying drugs in Nigeria should be well-equipped with funds and technological know-how to make a run at substandard drugs. The National Agency for Food and Drug Administration and Control

(NAFDAC) should work round the clock to bring manufacturers of fake drugs to book. Legislators should proffer strict punishments for producers and marketers of substandard drugs.

JAGC | 54 Public enlightenment should be reinforced through different means. This includes but not limited to TV programmes, radio jingles, fliers, posters, and house-to-house awareness among many others. Civic education must have topics relating to drug administration and should be made a compulsory subject across all schools in Nigeria. NAFDAC should be ICT-compliant, taking a shot at fake drugs. ICT would help in tracking, detecting, spying and having precise information about the ride of producers of fake drugs in Nigeria.

A special court should be established for the trial of manufacturers of substandard drugs and their marketers. This will in no small way give enough time to the prosecution of offenders. While culprits are made to face the full wrath of the law. This will serve as a deterrent to others engaging in the jerry-built business of producing fake drugs.

### *Food security*

COVID-19 pandemic has exposed nations to food insecurity compounded by weak government interventions in the production and distribution of food across the globe (Pereira & Oliveira, 2020). Food shortage has been reported to cause many health challenges across the globe (Niles et al., 2020); irregular meals, hunger (Wolfson & Leung (2020); mental illness, charitable foods and food insecurity (Fang et al., 2021). It is pathetic to experience food shortages during COVID-19 pandemic. A lot of measures put in place by the government at all levels to contain the corona virus outbreak have a direct negative effect on the overabundant supply of food across the world. For instance, the total lockdown order prevents many farmers from food production and processing. COVID-19 affected the world's food security more than other infectious diseases, because of the slowdown in food production during the pandemic, with poor income to purchase food (Kakaei, 2022). The social distancing rule prevents labourers from doing the needful on the farms. Altogether, wastages of different crops were recorded, because of the inability to purchase agricultural needs and transport crops. World Bank Group (2020) suggested that countries should mount an extra effort to keep the production of food items as an essential business, that should not be restricted at all times. Exportation and importation of food supplies should be an option to consider in any situation. Food trade should be flowing to prevent the hunger crisis which has the capability of silently killing many people at a time.

The Corona virus pandemic has made locust swarms affect the food supply chain. Government at all levels should not be diverted to concentrate on fighting COVID-19 alone. Another crisis-within-a-crisis, such as a locust outbreak should be controlled during this multivariate crisis embedded in the coronavirus outbreak. More interest-free loans, equipment, seeds, and fodder packages among others should be made available to farmers. Long-term prevention of diseases, pests, disease surveillance and food safety must be improved to cushion the reverberation of the COVID-19 pandemic. Strengthening veterinary services helps in the adequate supply of different kinds of animals needed to make food consumption nutritious (World Bank Group, 2020).

Food insecurity has been a challenging task for a long time before COVID-19 pandemic outbreak compounded it. Ehui (2020) reported that 239 million people as of the year 2018 were malnourished before the outbreak of coronavirus which was caused by crises such as economic

shocks, conflicts, climate change, locusts, and reliance on food imports. Policymakers should as a matter of urgency expand the safety net and implement productive programmes to remove artificial barriers to local trade. There should also be a strong leg-up link between farmers and markets. The government at all levels are to provide food kits, storage facilities, and other interventions that will address both the short-term and long-term needs of farmers. More so, digital technologies should be anchored by all stakeholders to transform the delivery of input, soil testing and crop insurance, credit extension advice and market lineages.

As the day goes by, subsistence farming needs an upgrade to mechanized farming. It is very pertinent to note that, mechanized farming is pivotal to food security across the globe during COVID-19 pandemic and after. Aditya (2020) listed the benefits of mechanized farming as below:

it increases production

it increases efficiency and per-man productivity

it increases the yield of low per unit of area

results in low cost of work

it contracts the demand for work animals for plowing, water lifting, harvesting, and transportation among others

it enables other improvements in agricultural techniques

it modifies social structure in rural areas

it enhances commercial agriculture

it solves labour shortage

results in better use of land

releases manpower for non-agricultural purposes

it increases farm income

reduces fodder area and enlarges food area

#### *Dealing with various health concerns*

There is no doubt that COVID-19 pandemic poses so many health challenges. The beginning of 2019 was marked by the advent of SARS-CoV-2. This made many countries' health sectors overwhelmed by COVID-19's adversities plunging into inadequacies (Filip et al., 2022); and medical crises (Susskind & Vines, 2020). Considering one's mental health during and after the corona virus outbreak is all-important to human survival. World Health Organization (2020) submitted some useful ways of looking after humans' mental health as below:

Keep informed

Have a daily routine

Minimize new feeds

Enhance social contact

Avoid alcohol and drug use as a way of dealing with depression, anxiety, social isolation, boredom

Support health workers

Offer support to others

Discuss the pandemic in an honest way

Engage in physical exercise

JAGC | 56 Sickness and death accompany corona virus infection in a human's body. The symptoms include but are not limited to cough, sore throat, fever, shortness of breath, loss of taste and pain in the muscle. In exceptional cases, some people are asymptomatic, that is, they might not show signs of COVID-19 infection. Whether symptomatic or asymptomatic, the government should make testing compulsory for all citizens. This will help in curbing the spread, inadequate medicare and death as a result of COVID-19. More so, self-medication should be prohibited by the government, because, it can further lead to a parallel crisis. The establishment of a testing laboratory in all primary health centres or each town will protect citizens from losing beloved ones as a result of the COVID-19 pandemic.

Recession, unemployment, anxiety, depression other factors can lead to suicidal ideation or attempt. Therefore, the roles of professional counsellors in rendering help during any disease outbreak should be properly enshrined in Nigeria's constitution. National and State House of Assemblies in Nigeria should enact a law that will make certified counsellors' practice within their cultural and ethical limits, to help save the lives of people planning to commit suicide. IAN (2020) emphasized that there would be a 50% increase in the number of deaths resulting from COVID-19 pandemic. The establishment of functioning counselling centers should be improved on, by all the three tiers of government (i.e., National, State and Local governments). Professional counsellors would organise anti-suicide interventions that will drastically reduce it to the barest minimum.

Other health concerns include unplanned pregnancy due to the inability to access contraceptive pills or family planning drugs. As unplanned pregnancy prevails during COVID-19 outbreak, there is a tendency for abortion rate to increase. Also, other health challenges are not given significant attention unlike before. These include HIV/AIDS, malnutrition, and tuberculosis among others. Other health challenges have been relegated to the background from the foreground. The government should act sprightly to deal with all health challenges equally because those neglected ones could spark crises in the nearest future,

Stigmatization of COVID-19 patients significantly affects the war against the coronavirus outbreak. This has made testing, isolation and treatment of COVID-19 patients very back-breaking (Business Day, 2020). Massive public enlightenment should be done, to prevent stigmatization in any form it may appear. Also, the National Orientation Agency (NOA) at various levels should rise to the task and prevent stigmatization of COVID-19 patients.

#### *Breaking the chain of unemployment*

Due to COVID-19 pandemic, in the year 2020, the employment rate increased drastically (Hornstein & Kudlyak, 2022). In Nigeria, the COVID-19 pandemic increased the number of unemployed youths to 22,764,614 million (Oyewobi et al., 2021); with both genders at a risk of unemployment. Zarrilli and Luomaranta (2021) revealed that men lost their jobs more than the female gender because men were found in many sectors and working across borders. Even more worrisome, though, than how the pandemic has affected unemployment rates is its impact on women's participation in the labour market. COVID-19 pandemic was reported to have caused

serious unemployment and economic onslaught with self-employed workers being the hardest nationally (Smit, 2021). The best palliative is to give citizens jobs to fend for their income. An idle hand is the devil's workshop. Unemployment is a major causative pathogen of insecurity, kidnapping, terrorism, banditry, vandalism, armed robbery and stealing in Nigeria. The government should be sincere about implementing increased employment rates in different sectors. For example, the agricultural sector should be mechanized to attract more youths' involvement in farming. More so, mass retirement or sacking during any pandemic should be abolished. Education should be an inheritance every individual must acquire across the country. This must not be politicized, because education gives an individual the means of survival.

## **Conclusion**

Defeating COVID-19 pandemic is not enough, but solving the squabbles created by COVID-19 is the real flattening of the COVID-19 pandemic's curve across the globe. From this review, a great number of squabbles created by COVID-19 pandemic still scuffle the well-being of many nations without an exemption to Nigeria, which proclaims to be the giant of the African continent. In essence, without solving crises such as undue anxiety, poor deployment of Information and Communication Technology, recession, unnecessary fear, insecurity, food shortage, health concerns, and increasing rate of unemployment; Nigeria among other countries will remain an underdeveloped nation. This will also promote crimes, kidnapping, banditry, senseless killings, famine, health challenges, high mortality rate, malnutrition, technological backwardness, continuous inflation, and illiteracy among other worries that do not hasten national developmental processes. In all, Nigeria as a country has defeated COVID-19 pandemic but is yet to find solutions to the squabbles created by COVID-19 pandemic. These COVID-19-induced squabbles are still negatively retrogressing the expected development being envisaged, by the citizens of Nigeria, African continent, and the world at large.

Coronavirus is not a pronouncement of terminal sickness if necessary steps are taken at the appropriate times. Health practitioners and other frontline workers' needs should be met at all times. Because they are the ones carrying ammunition and other logistics in flattening the curve of COVID-19 outbreak. Medical personnel and professional counsellors should be well-funded to trounce the coronavirus pandemic. Religious organisations are to play their roles in strict adherence to what they profess. Government at all tiers, individuals, and private organizations should jointly work together in providing solutions to the problems caused by our common enemy (COVID-19). More so, Joint alliances against the problems created by the novel coronavirus will save the world from the daily fatalities being experienced in all spheres in Nigeria. The psychological well-being of individuals will be facilitated through genuine efforts to solve the persisting squabbles after defeating the COVID-19 pandemic in Nigeria.

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