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INDIVIDUAL WRITTEN REPORT ON COVID-19

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Introduction

The reports aim to discuss the different strategies used by the government of the U.K. and India to control and measure the people of their country from the incidence of Coronavirus. The Individual written report also discusses the background situation of both the countries due to the impact of Covid-019. The different health policies applied by the government reduce the number of Coronavirus in both countries. The theory of behaviour change of both the views of social cognitive theory and self-determination theory helps the individual get motivated and influenced at the crisis of the Covid-19. The legislation policy of the health and care settings helps to reduce the Coronavirus.

Background of Covid-19 in the U.K. and India

On December 31st, 2019, the world health organisation declared that they found a sample of Coronavirus in a patient. The U.K. Department of Health announced the Covid-19 as a severe outbreak of the UK, and the cases crossed 19,784 on March 30th, and gradually the rate increased, and over millions of people died in two years due to being infected by Covid -19. The Covid-19 also had an impact on the economy of the U.K. The U.K. companies mainly exported to China or were significant to Chinese operations, but due to the outbreak of Covid-19, the exporting had stopped. As per record, the U.K. economy had declined by 1.5% to 2 % in every product that cost a massive loss for the U.K. However, in India, the first case of Covid-19 was founded on January 27th, 2020, in Kerala. On March 8th, in India, the positive claims rose by one lakh, and India faced severe respiratory syndrome and issues and difficulties with controlling the Coronavirus. The Covid-19 also had an impact on the Indian economy (Insurance, 2020). The GDP growth rate has decreased by 4 to 5% in India due to the outbreak of Covid-19. The investors in the market are declining to invest as it will cost less, and many businesses have uncertain futures due to the impact of Covid-19.

The strategy used to measure, monitor, and control the incidence of Coronavirus

The strategy applied by the U.K. government to measure and control the incidence of Coronavirus:

The U.K. government had been on high voltage alerts as the Coronavirus increased day by day. The whole of Italy has been added into two categories. If any travellers from Italy come to the U.K., they self-isolate themselves to develop the coronavirus diseases system. The U.K.

government had announced a country lockdown on March 23rd. People have been instructed not to leave their homes until essential requirements and gatherings of more than two people in one place have been banned (Duffy, 2020). All the spas, shopping malls, movie halls, and gyms are closed temporarily whereas in the U.K. parks are open for doing physical activities but not more than two people in a group. TO control the increase of the Coronavirus. The lockdown in the U.K. was expected to be in place until June 2020, but it was further extended for many days. To control the coronavirus U.K. government also takes some measures on the supplies of the medicines. Currently, there are no shortages in medical suppliers, but they also advised the existing stores to retain their stocks for future requirements. It is also measured in the Brexit contest. Measures are also taken in the airports and airlines against Coronavirus that all the flight has been cancelled for China, Europe, Italy, France and Albania and the persons that have coming from the other country at they had to isolate themselves, and medical staff are always available in the airports.

The strategy used by the Indian government to control Coronavirus:

The Indian government had undertaken measures steps to control the Coronavirus, and the Indian government had implemented a 55 day's lockdown all over the country from 25th March 2020 to reduce the transmission of the virus. The one difference taken in India from the U.K. is that before announcing lockdown, the Indian government cancelled all the international flights coming to India. Only the people are allowed to step out from their house to take the necessary needs. The Indian government also cancelled the express trains that interlinked with states and the local trains to stay inside their houses. No vehicles were allowed during the lockdown period except in emergencies (Tatacapitalblog, 2020). On March 17th, the Indian government recommended social distancing and restricted travel entry. The Indian government also measures the screening process. If the person comes from a different state or different country, then they are allowed to maintain the protocols and have been self-quarantined in a room for 14 days. The Indian government also classified each state in a zone, that is, a red zone that states more cases of Coronavirus, orange zones show fewer cases, and the green area says no new patients within 21 days.

Strategy to reduce and control the incidence of Coronavirus recent public health policy

The public health policy of the U.K. to control and reduce the Coronavirus is as the policy changes within the short period to fast-moving and also changes the development. The global covid-19 is becoming challenging to every country. The government had implemented three phases:

containment (that is, giving information or training related to hand washing and many more), delay (protection, treatment of vaccine), and mitigation. The policy mitigation reduces the number of deaths, but the government does not need to remove or eradicate the diseases. Containment is the policy that should be followed by the citizens of England and the U.K. where the peoples are instructed to follow the significant process of health that frequently handwashing, using sanitizer, wearing masks so that there will be a smaller number of deaths and the people will not lose their loved ones in this crisis (Grundy *et al.*, 2020). The government also made a policy that all employees of respective companies work from home as possible, the schools and colleges were open. Still, they are allowed to maintain the social distance inside the premises—those whose symptoms should isolate themselves in a room for 14 days or seven days. The government removed the term instructing the people rather than advising the public.

The public health policy in India implemented some guidelines to reduce the incidence of Covid-19. The government of India has implemented a national health policy to fight against the Covid-19 and developed some policies that are the government of India at first declared that all the elder citizens aged above 60 should be vaccinated first due to minor immunity system than the people above 45 and the new policy that the government of India has implemented the children above two years to 18 years everyone should vaccinate so fight against the Coronavirus. The students are getting vaccinated on the school premises with the help of the government (Prinja and Pandav., 2020). In any state, the person should have a certificate of vaccination; otherwise, they will not be allowed to the city or state. The Corvids-19 has increased at a high level to decrease the rate. The government, in a policy, stated that gathering more than 50 people in a function is not allowed.

Models and theories of Health Behaviour change

The social cognitive theory

The social cognitive theory was introduced by Albert Bandura in 1986. It states that learning occurs in the social context with the dynamic and reciprocal of a particular person, environment, and behaviour. The primary function of social cognitive theory is it builds social influence and is also involved in external and internal social reinforcement (Theory, 2021). This theory focuses on the individual past behaviour and the change occurring in recent behaviour in the social environment. All these experiences change a person that will engage them in a particular behaviour. The social cognitive theory explains the goal of the people and how they regulate the

behaviour by control and reinforcement to achieve the behaviour that they need, and that can be maintained over many times. The six-factor that help to grow the social cognitive theory are:

- Determination of reciprocal: These factors are interlinked with the dynamic and mutual interaction of an individual, environment, and behaviour to achieve the goals.
- The capability of behaviour: This shows an individual actual behaviour or performance as per their choices and knowledge, and skills (Schunk *et al.*, 2020). An individual should know what to do and how to behave appropriately in the environment they live in.
- Learning while observing: In these processes, the Individual observe the behaviour of others and then implement the actions in their behaviour and if the Individual thinks that they have the capability to get success in their business, then they can apply the change in them.
- Self-Efficiency: These factors show the person's ability to be successful in the performance of the behaviour. These factors are unique because it motivates the Individual to specific the capabilities and other individual factors in the environment.

The self-efficiency factors of the social cognitive theory are implicating in Covid -19 as this behaviour change helps a person to overcome the crisis of Coronavirus and makes them comfortable with the environment.

The self-determination theory

The self-determination theory is the process that qualifies the quantity of the motivation that reflects in the behaviour change. This theory is mainly focused on motivation, and it is classified into two parts: autonomous and controlled. The person or an individual automatically feels motivated when they thought that they had chosen the right path to actions and the controlled motivated theory is they thought that the actions had been detected by others or determined that someone has pressured them to do the move and they had no control in them. While looking at the theory it was stated that the behaviour will be better or outstanding when the Individual allows the satisfaction of their necessary needs to compete with the competitors (Ryan *et al.*, 2020). The needs of the automatic behaviour had some psychology that extends with some other individuals to support. The self- determination motivation is also known as the intrinsic motivation in the behavioural change theory. It also develops and improves well-being and sustains behavioural change. In recent years the health behaviour has changed many times to reflect the improvement

and development of the behavioural change in the particular Individual related to the different diseases from the sources. Apart from many theories the self-determination theory helps in the Coronavirus as this disease reduces the motivation of an individual and makes them weak. This theory helps the Individual to gain the motivation and confidence after getting well from Covid-19.

Impact of legislation and policies on the health and wellbeing of a person in health and social care settings

Legislation health policy is a process or an establishment that is set by the government with some laws that protect persons from the diseases and keep them healthy, and this is followed by every person otherwise they will be prosecuted. The health and safety Act 1974 is one the most important legislation in health and social care settings. This also helped the U.K. to become one of the lowest accident rates in the world (Care, 2021). The health and social care setting impact on the Covid-19 policy is that every single person that went for work or not should get vaccinated and also produces three estimates that show the lower and upper estimates and the sensitivity analysis. The upper estimates show that the older care homes and the younger care homes must get the first dose of vaccination. Care homes in the U.K. and India show that the workers that went to work should have completed the double dose of vaccination to maintain their health.

Ethical considerations

Ethical considerations are a process that follows some principles that collects some values that should be maintained while collecting and analysing the data and information. The ethical consideration always makes sure that the data and information a particular person is taking or having should be confidential and have privacy between the two countries. During the process of gathering data and information, no one acts in a different way that causes any issues or harm to the society and environment of India and U.K. (Arifin,2018). The countries are at risk of Covid-19 and the government of each country measures several strategies to control the Covid-19.

Recommendation and conclusion

From the above report it gives information related to the measures taken by the government of India and the U.K. to control the incidence of the Covid-19. The recent policy taken to reduce the number. The people should protect themselves from Covid-19 by implementing necessary rules and should follow them. The people always maintain social distance and gather with fewer people, not more than two in a group. In accordance with the report, it is clear that the Coronavirus is a

vulnerable disease that will take many years to recover to stay safe from the diseases. Important precautions should be taken to maintain health and develop a strong immunity system. Hence, some recommendations on association with the strategy that help to measures the Coronavirus with high number the citizens of the India and U.K. should never leave from the house until and unless they had an emergency as recently again in India the effect of third wave is implemented at a very high level and all the schools and colleges were closed. The workers have started working from home and the people should take proper care of their health.

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