



COVID-19 PANDEMIC THROUGH THE EYES OF WITNESSES: AN ORAL HISTORY STUDY

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Abstract:

This research was conducted to determine the views of those who witnessed the Covid-19 pandemic regarding the epidemic process. The study group of the investigation consists of a total of 116 people of which 69 are female (59.5%) and 47 are male (40.5%). 61 of the participants (53.0%) are teachers, 50 participants (43.0%) are prospective teachers and 5 (4.0%) are academicians. The research was carried out within the scope of the phenomenology pattern which is one of the qualitative research methods. For the content validity of the questions in the interview form, the opinions of two experts related to the field were asked and necessary corrections were made in accordance with the suggestions received and the form was given its final shape. The data obtained from the participants of the research were analyzed by subjecting to descriptive analysis method. In the research, it was concluded that 40.6% of the participants learned about the Covid-19 pandemic on television and 59.4% on the internet; when 35.3% of them heard the first news about Covid-19, they did not take it seriously, 55.2% were a little worried, 9.5% were very worried; 11.2% of them were not affected by Covid-19 epidemic psychologically, 88.8% were affected more or less; 6.9% of them complied with Covid-19 epidemic measures loosely, 37.1% of them followed the rules quite well, 56% of them were in full compliance with rules; 0.9% of them could not maintain social distance at all, 11.2% could maintain it a little, 55.2% could protect quite a lot, 32.7% could fully protect; 0.9% did not pay attention to hygiene rules, 32.8% paid great attention, 66.4% paid full attention; 7% of them never changed their lives, 32.8% changed a little, 60.2% changed a lot; it did not negatively affect the future expectations of 22.4%, 62.1% of them had a little negative impact, 15.5% of them had a very negative impact; it did not affect their future expectations of 49.1% positively, and it positively affected their future expectations of 50.9%.

Keywords: social studies, Covid-19, coronavirus, oral history, epidemic, pandemic

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1. Introduction

Epidemic diseases which have continued their effects from ancient times until today are one of the most significant problems of people and societies. Throughout history, epidemic diseases have emerged in many places of the world and have adversely affected societies and states in economic, political, military, and social aspects (Yıldız, 2014). If history is accepted as the lived reality (Halkin, 1989), the reconstruction of the past, plays an important role in comprehending this reality. In order to understand the past in all its aspects, the documents that have reached the present days should be handled effectively, what happened today should be transferred to the future without hesitation, and transformed into historical material (Iggers, 2000). *"Historiography started with the recording of words"* (Öztürk, 2010: 13). Oral history, which is the first history transfer, is the living memory of the past. It is known that, before the spread of writing, all social information, including history, was passed down by word of mouth. Over time, a tradition of oral history has emerged, and through this tradition, it has become possible to transfer facts and events from generation to generation for many years and to focus on different types of history (Thompson, 1988). Oral history, expanding the scope of history, made it possible for the masses of people, who could not find many places in official historical discourses, to become the subjects of history and to contribute to the construction of the history of societies by extracting their witnesses for a certain period from the depths of memory (Danacıoğlu, 2001). The fact that the Covid-19 pandemic has been handled in the context of oral history can be considered as daily life's witness to the history in terms of the scope of the subject, that is, an effort to complete the whole from the parts. At this point, the question of how reliable people's statements can be might come to mind. When the subject is people, human attitudes and behaviors also become a part of the subject. Considering the approach of the source person to the event; it can be thought that, she/he can also resort to ways, such as showing a reaction, desiring to delete or add events, falsifying, or changing the order of importance (Ersoy, 2009). In this context, the necessity arises to accept the pattern of the event as to how the narrator imagines it (Porteli, 2005). While making use of oral history products; to handle them as raw information and thus, to approach the narratives in this way should be considered as a method (Oğuz, 2012). Considering that oral history research is accepted as an approach that collecting personal recalls, causes and effects of events from individual or individuals (Creswell, 1998), today, in this frame, it is possible to address the Coronavirus (Covid-19) which has become a global pandemic, deeply affecting daily life and witnessed by all humanity, within the scope of oral history.

Coronaviruses are a family of viruses that cause diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The World Health Organization reported cases of pneumonia of unknown origin in Wuhan, China on 31 December 2019; and on 7 January 2020, identified a new coronavirus (2019-nCoV, COVID-19, or SARS-CoV-2), which has not been detected in humans before (URL, 1). Covid-19, the new member of the Coronavirus family, is transmitted from person to person and spreads rapidly (Liu, Gayle, Wilder-Smith, and

Rocklöv, 2020). A person carrying the infection infects an average of 2-3 people. The incubation period of the disease varies between 2-14 days (Ak, 2020). In Turkey, the first case was announced by the Ministry of Health on 11 March 2020. According to the report released on 17 October 2020, it was determined that, as of the day, in Turkey, 12.306.909 Covid-19 tests were made, 345.628 cases were identified, 9.224 people died due to the pandemic (URL, 2). As of the same date, a total of 39.442.444 Covid-19 cases were detected worldwide, and 1.106.181 people died due to the pandemic (URL, 3). According to the data of the World Health Organization, considering that the Covid-19 pandemic started as of 31 December 2019, it is seen that a desperate future concern has covered the world in a period of approximately half a year that has passed since that day. Besides, humanity cannot predict when this pandemic will end and how its result is going to be like; and eventually, the pandemic continues to keep its uncertainty. It is thought-provoking that, human beings are desperate in the face of the pandemic and such a hard situation is experienced while human beings are revolutionizing in science, technology, and medicine and searching for some living quarters in space.

Covid-19 disease, which is a member of the coronavirus family and passed from person to person, affected the whole world after it transformed into a pandemic and caused significant changes in the usual flow of life. This epidemic, which changed the normal course of human life, caused some measures to be taken in the legislative, executive, and judicial organs, the announcement of support packages, important decisions, and changes to circumvent this process with the least damage possible. In this period, people have come to a situation where they are affected regardless of their desire, and that they will feel these effects in their life for a long time, even if they do not want to. People have witnessed the new legal regulations that would not come to their mind under normal conditions, and in line with the decisions taken, they met or had to meet new practices from economy to health, from science to technology, from arts to sports, from education to culture. Significant changes have occurred in the usual course of life, in almost every field that concerns human beings. "Stay at home", and "Life fits into home" slogans were created for Covid-19 pandemics. Some examples of the measures taken are as follows: dissemination of distance education from the compulsory primary education to university, including postgraduate education; effectuation of flexible and shift working system in private and public institutions; remotely holding the meetings of the Presidential Cabinet, Higher Education Council, University Executive Board; remote management and administration of works, including large companies; compulsorily closing the doors of educational institutions to students, such as libraries, schools and kindergartens; compulsorily suspending the works of service sectors, such as wedding halls, coffee houses, restaurants, hairdressers, Turkish baths, cafes, cake houses; the declaration of the State of Emergency in some countries; the imposition of curfew in metropolitan cities, albeit for a limited period of time, covering weekends; encouraging people to stay at home; practices such as paying attention to social distance due to social isolation at home, on the street, in the workplace, and the necessity to wear a mask. Besides; some additional social practices, such as, suspension of domestic and international flights except in compulsory cases; prohibition of intercity travels except for

force majeure situations; the avenues, streets, squares falling into a deep silence; remote kinship and relationships with friends, relatives, including grandparents; leaving the shopping materials which we have brought for elders at the door of their house and leaving from there immediately; avoiding communication as much as possible; postponement of weddings until an uncertain date; making funerals as simple as possible; interrupting the Friday prayers and daily prayers performed together with other people in the mosques; people escaping away from each other; the widespread use of online shopping, including grocery shopping; are some of the signs that show us that we are going through extraordinary times. In the current extraordinary time, the slowdown in working life and the decreasing traffic coming to an almost halt, have contributed to the reduction of air pollution. This extraordinary time frame shows that nothing will ever be the same. Human beings can take lessons from these experiences and give up harming nature, as well as speed up the end by damaging nature even more. In this process, human beings who realize the limits of what they can do and have the potential to get out of control must know that, they pay the bill for their actions not only by themselves, and be aware of violating the rights of other entities, especially humans, and wake up to themselves.

While it is an important responsibility for people to be actively involved in the working life in the normal course of life; on the other hand, it can be considered as an interesting situation that staying at home, fitting life into the house, trying to manage work from home becomes both a personal and social responsibility during this period. This situation is interesting but a reality. It can be said that the advances in transportation and the mobilization of people depending on the rapid developments in scientific and technological fields have effects on the rapid spread of the Covid-19 epidemic, affecting the whole world without boundaries. Thanks to these developments, while the world is getting smaller and becoming a village, on the other hand, the epidemic at one end of the world can spread rapidly to other parts of the world and people may have to quarantine themselves even if they do not want to. Mankind, who can continue the struggle for existence, in other words, to show his success in survival, is a living witness of what has been told. In addition to personally witnessing these events, people can also watch live other people who are far away from them through the visual media and follow them from printed media. It is thought that living in such an extraordinary process and witnessing the events should be considered as witnessing the history. From this point of view, it was thought that building a bridge between today and the future and transferring what happened in this process to the next generations was a historical responsibility, and it was aimed to determine the views of those who witnessed this process regarding the Covid-19 pandemic. For this purpose, answers for the following questions were sought:

- From which source and when did the participants of the study learn about the Covid-19 pandemic?
- What are the opinions of the participants of the study when they first learned about the Covid-19 pandemic?
- What are the participants' opinions about whether Covid-19 cases in Wuhan, China will affect them?

- What are the opinions of the participants of the research on whether the Covid-19 epidemic affected them?

2. Method

The research was carried out within the scope of the phenomenologic pattern, which is one of the qualitative research methods. Studies aiming to reveal and interpret individual perceptions or perspectives related to a particular phenomenon are defined as phenomenology (Yıldırım & Şimşek, 2016).

2.1 Working Group

The study group of this research consists of a total of 116 people of which 61 of them are teachers, 50 of them are prospective teachers and 5 of them are academicians. The personal characteristics of the participants in the study are shown in Table 1.

Table 1: Demographic Characteristics of the Participants

Variable	Type	f	%
Gender	Female	69	59.5
	Male	47	40.5
Status	Teacher	61	53.0
	Teacher Candidate	50	43.0
	Academician	5	4.0
Age	19-31	66	57.0
	32-44	37	32.0
	45-57	13	11.0

In Table 1, it is seen that 69 (59.5%) female, 47 (40.5%) male, a total of 116 people were participated in the research; 61 (53.0%) of the participants were teachers, 50 (43.0%) were teacher candidates, 5 (4.0%) were academicians; 66 (57.0%) were between 19-31 years old, 37 (32.0%) were between 32-44 years old, 13 (11.0%) were between 45-57 years old. Also, among these participants who witnessed the Covid-19 pandemic process, 13 teachers and 4 teacher candidates voluntarily answered questions posed to them about this process.

2.2 Data Collection Tool

In the study, primarily the literature on the subject was searched, and a structured interview form was developed by making use of the studies (Karasar, 2005). The questions in the interview form prepared by the researcher were structured in a way to reveal the opinions of the participants on the Covid-19 pandemic. For the content validity of the questions in the interview form, the opinions of two experts in the field were consulted and necessary corrections were made according to the suggestions. The data were collected between 1 and 20 April 2020, when the Covid-19 pandemic began to show its effects. There are 3 questions regarding the personal information of the participants in the interview form. Also, in order to determine the opinions of the participants, totally 11 questions were included in the interview form concerning with; when and which source

the participants had learned about the Covid-19 pandemic (1); what they had thought when they had first learned about the Covid-19 pandemic (2); their opinions on whether the Covid-19 cases in Wuhan, China would affect them (3); their opinion on whether Covid-19 pandemic had affected them.

2.3 Data Analysis

This research has been analyzed with the descriptive analysis method used in studies within the scope of phenomenology design, which is one of the qualitative research methods. Descriptive analysis is a qualitative data analysis type that, includes summarizing and interpreting the data which is obtained by various data collection techniques, according to predetermined themes. In the descriptive analysis, direct quotes are frequently used to reflect the views of the interviewed or observed individuals strikingly. The main purpose of this type of analysis is to present the obtained findings to the reader in a summarized and interpreted form. For this purpose, the data obtained is first described in a logical and comprehensible manner (Yıldırım and Şimşek, 2016). The data was evaluated and coded by an expert and a researcher separately, and the consistency between codings was determined as 0.91. Reliability is calculated by the formula as follows: Reliability = Number of Agreement / [Number of Agreement + Number of Disagreement] (Miles ve Huberman, 1994). While reporting the results of the study, direct quotations were included. In the citation of quotations, the abbreviations of "TE" for the teacher, and "TC" for the Teacher Candidate were used and the sequence numbers given to the participants from 1 to 116 were also accepted as the code number. Thus, TE13 states that the 13th place participant of the research is a teacher; and likewise, TC116 shows that 116th place is a teacher candidate participating in the study.

3. Findings

In this section, the opinions of the participants related to, where and when the participants learned about the Covid-19 pandemic; their views on the Covid-19 pandemic; their compliance status to the Covid-19 pandemic measures; and their views on the effects of the Covid-19 pandemic are included.

3.1 The Source and Date of Learning the Covid-19 Pandemic

Table 2: Opinions of the Participants Regarding
the Source and Time of Learning the Covid-19 Pandemic

Variable	Type	f	%
Source	Television	47	40.6
	Internet	69	59.4
Date	in December 2019	63	54.3
	in January 2020	49	42.3
	in February 2020	4	3.4

In Table 2, it is seen that 40.6% of the participants in the research learned the Covid-19 pandemic from television; 59.4% from the internet; 54.3% in December 2019, when the World Health Organization announced the cases in China; 42.3% when the People's Republic of China announced the epidemic to the world in January 2020; and 3.4% learned by chance in February 2020.

3.2 Opinions on the Covid-19 Pandemic

Table 3: Opinions of the Participants Regarding Their Situation
Related to Being Affected by Pneumonia Cases in Wuhan, China

Status	f	%
I thought so	30	26.0
I did not think so	86	74.0

In Table 3, it is seen that; when the World Health Organization reported on 31 December 2019 that, there were pneumonia cases of unknown cause in Wuhan, China; 26% of the participants in the study thought they would be affected, and 74% did not think they would be affected. The following examples can be given for direct quotations that reflect the views of the participants on this situation:

"I thought that a solution would be found on the spot as in SARS and h1n1 swine flu virus somehow and that the disease would not be infected." (TE9)

"When I first heard about it, I thought it would have been a local epidemic. I never thought it would affect the world that much." (TC11)

"I consider it as a pioneer of biological wars that may occur in the next century." (TE13)

"I felt it as the painful bill of globalization, technology, speed of transportation, and humanity's insensitivity to each other." (TE26)

"I thought it was a biological weapon made by humans and was made to reduce the presence of elder people in the world population, who could no longer produce a monetary benefit." (TE41)

"I was aware that the situation was scary, but I never thought it could reach our country. I believed that we would not experience that chaos and difficulties." (TE53)

"I never thought we would be dealing with such a serious problem. I thought it might be like a previous moderate epidemic and a cure could be found very soon." (TE65)

“When I followed the agenda, I thought that this epidemic could come to our country. But I didn’t think the impact would be that big.” (TC111)

“When I first heard about this pandemic, I did not think that the virus would spread so quickly in my own country. Frankly, I was not so aware of the incident before the effect of the epidemic had spread to my country. Therefore, I did not take many precautions, but when the virus spread to my country, I understood the serious dimension of the incident better and started to take more strict measures.” (TC116)

Table 4: The Opinions of the Research Participants
When They Heard the First News about the Covid-19 Pandemic

Opinions	f	%
I didn't take it seriously	41	35.3
I felt a little worried	64	55.2
I worried very much	11	9.5

In Table 4, it is seen that 35.3% of the participants in the research did not take it seriously when they heard the first news about Covid-19, 55.2% were a little worried, and 9.5% were very worried. The following examples can be given for direct quotations that reflect the views of the participants on this situation:

“I thought it only would affect China.” (TE6)

“I was not worried because I thought that it could be a local virus outbreak.” (TC11)

“Scientific advances made us think we could solve this problem immediately. If a conscious obstacle mechanism does not work on the pandemic, this situation reveals how weak the human being is.” (TE13)

“It was like a movie scene since I have not experienced such an event until now. Unreal.” (TE17)

“Considering the impact and rate of spread, I was a bit worried. The situation that people in China fell into deeply saddened me as a human.” (TE26)

“I thought that the epidemic would not be seen in Turkey, I said it might be small even if it was seen. Also, I was very worried at first for China, followed by Italy, Iran, and the UK.” (TE34)

“I was really worried and a little scared. Because only a few weeks after the first cases were reported, the number of cases started to increase rapidly, and eventually, the first deaths began to be reported to the public.” (TC116)

Table 5: Opinions of the Participants Regarding Whether the Covid-19 Pandemic Affected Their Psychology Negatively

Influence	f	%
It didn't affect at all	13	11.2
It affected a little	68	58.6
It affected much	35	30.2

It is seen in table 5 that, 11.2% of the participants in the study stated that their psychology was not affected by the Covid-19 pandemic at all; 58.6% of those stated that their psychology was affected a little; 30.2% of those stated that their psychology was affected much. The following examples can be given for direct quotations that reflect the views of the participants on this situation:

"I feel uneasy at every moment thinking that it will affect me too." (TE6)

"I am not afraid of the virus; it has only affected my psychology because it leads to asociality." (TC11)

"When I first heard it, I was very worried because of that it was an unknown something, but when we started living with this, I was a little more relieved as the experts gradually explained its unknown aspects. However, I'm still afraid of getting the disease." (TE16)

"I think life will normalize as soon as possible. I'm at home now, but now anything can happen. I think anything can happen to people." (TE17)

"After the first case occurred in the country, even after when the schools were on holiday, I was extremely stressed, I was very worried about what we could do and what we should do." (TE54)

"I am very negatively affected psychologically because of struggling with constant anxiety, the fact that my mind is alarmed about security, and my concerns about the health of my relatives." (TE65)

"I inquired about my life. I had the chance to do fun things at home with my family." (TE103)

"Being unable to leave home and continue my education life, being separated from my friends and relatives affected me a lot socially and therefore psychologically." (TC114)

"Frankly, seeing and hearing such negative things in the news constantly, not being able to go out; these are things that annoy people. So I can't deny that I was negatively affected. But my current mood is much better than when the first cases were announced because now I have accepted it and I just hope everything will return to normal conditions as soon as possible." (TC116)

3.3. Complying with Covid-19 Pandemic Measures

Table 6: Opinions of the Participants Regarding Compliance with the "Stay at Home" and "Life Fits into Home" slogans

Compliance	f	%
I do not comply at all	-	-
I slightly comply	8	6.9
I pretty comply	43	37.1
I fully comply	65	56.0

In Table 6, it is seen that 6.9% of the participants in the research slightly complied, 37.1% pretty complied, 56% fully complied, and there were no ones who did not comply at all to the Covid-19 pandemic measures which were concretized in the slogans such as "Stay at home", and "Life fits into home". The following examples can be given for direct quotations that reflect the views of the participants on this situation:

"I leave the house to provide basic needs." (TE6)

"I left the house only two times a month for a total of one hour. We are trying to pay attention to the epidemic as a family." (TC11)

"It made me happy that my responsibility to humanity was just that easy. I spend much more time with my home, family, and children." (TE26)

"I haven't been out since school holidays except for my weekly grocery shopping." (TE34)

"I believe that the only way to deal with this war is to stay home." (TE41)

"On the day the schools closed, I came to Istanbul with my family, from Gaziantep the city where I work. I had to be at the airport the day I arrived. But after I came to Istanbul, I never went out for a full month." (TE54)

"I only go out for business and to meet essential needs." TE101

"I haven't been going out for about 3 weeks. One person leaves the house to buy basic needs and she/he protects her/himself with a mask and gloves. When she/he comes home, she/he washes her/his hands thoroughly. At the same time, we pay attention to social isolation with my family members." (TC111)

"I sleep. I do not leave the house unless I have to." (TC114)

"I try not to leave the house as much as possible. I've only gone to the grocery store a few times in the meantime." (TC116)

Table 7: Opinions of the Participants on Their Ability to Maintain Their Social Distance

Status	f	%
I can never protect	1	0.9
I can slightly protect	13	11.2
I can pretty protect	64	55.2
I can fully protect	38	32.7

In Table 7, it is seen that 0.9% of the participants cannot maintain social distance at all, 11.2% can slightly maintain, 55.2% can pretty protect, 32.7% can fully protect it. The following examples can be given for direct quotations that reflect the views of the participants on this situation:

“Sometimes, the distance cannot be maintained inevitably.” (TE6)

“We separated our towels at home. We pay more attention to tableware cleaning. We disinfect our shoppings in front of the door, before taking our home.” (TC11)

“When we go to the grocery store, I leave a long distance between myself and other customers, but still the measures we take are very funny, I never find them sufficient.” (TE17)

“When I go out for vital needs, I try to maintain social distance with a mask and gloves.” (TE41)

“Since I work as a teacher, I don’t need to go to work during this period; when I am with my family, only my father goes out for our needs. I cannot go out at all because I am afraid and feel that I am committing a crime and hurting other people.” (TE54)

“I cared about keeping the distance so as not to affect others and not to be affected by others.” (TE103)

“As family members, we comply with our own isolation whenever possible.” (TC111)

“I hardly ever go out anyway. I keep my social distance when I go out, but it is very difficult to apply it at home. Our house is small and we sleep together with three siblings in the same room, we are very close to each other during the day.” (TC116)

Table 8: Opinions of the Participants on the Principles of Paying Attention for Hygiene Rules such as Washing Hands with Soap and Non-touching Others

Status	f	%
I do not pay any attention	1	0.9
I pay high attention	38	32.8
I pay full attention	77	66.4

In Table 8, it is seen that 0.9% of the participants do not pay attention to hygiene rules at all, 32.8% pay attention to hygiene rules, 66.4% pay full attention. The following examples can be given for direct quotations that reflect the views of the participants on this situation:

"I wash my hands more often." (TE6)

"This is something I have already paid attention to. I don't make an extra effort." (TC11)

"Our social habits are not difficult for us." (TE26)

"I used to pay the utmost attention and care to personal space, contact, and hygiene; I continue the same." (TE34)

"I was already an extremely meticulous person; with the emergence of this pandemic, it has increased many times over. People around me started to think I was psychologically ill." (TE41)

"Before the schools were closed, I was very careful, especially during the one week when the virus was at the top of the agenda in our country. However, during the time I spend at home, I did not clean hands more than normal, except for paying attention to hand hygiene when in contact with items coming from outside." (TE54)

"I pay attention to all hygiene rules. I even wash the food packages we buy from the market with a mixture of vinegar and water and use it." (TE65)

"I used to try to pay attention to my hygiene beforehand. But now my hands are cracking due to over washing with soap, and other measures are becoming a paranoiac state." (TE101)

"While washing my hands, I pay attention to the 20-second rule." (TC111)

"I wash my hands often. When I go out, I take off my clothes immediately and wash my hands and face. I advise my family at this point, but I keep close contact with my family members and do not fully maintain social distance." (TC116)

3.4 Opinions on the Effects of the Covid-19 Pandemic

Table 9: Opinions of the Participants Regarding Whether the Covid-19 Pandemic Has Changed Their Life Style

Status	f	%
Never changed	8	7.0
Slightly changed	38	32.8
Fairly changed	70	60.2

Table 9 shows that the Covid-19 pandemic did not change the lives of the 7% of participants at all, slightly changed the lives of 32.8% of the participants, and fairly changed the lives of 60.2% of the participants. The following examples can be given for direct quotations that reflect the views of the participants on this situation:

“Our life has changed a lot in terms of sleeping, waking up, eating, and cleaning.” (TE6)

“It caused small changes in my life. For example, I am trying to learn new hobbies, such as doing mandalas and puzzles.” (TC11)

“Our building clerk got sick. We immediately shared information with him within the scope of the necessary precautions. We expressed that we would support him in his efforts to protect his family. We helped with masks and gloves. As we paid attention to the whole process, including building entrances, we continue to do so in the next process.” (TE13)

“I can say that I turned the crisis into a benefit. I had a lot of work to do, I’m taking care of them. Crying and mourning are useless.” (TE17)

“The busy pace of life has turned into a period to spend quality time with our family.” (TE26)

“As a result of the distance education process, 70% of my weekly routine has changed.” (TE34)

“I was not a very social person, who liked visiting neighbors. Sitting at home is better for me. I wanted to rest for a long time.” (TE41)

“The pandemic changed my whole order, especially the city where I was supposed to be in these months. As a person who is emotionally connected to his social circle and friends; staying away from friends and places I have been in for a long time; not seeing any places and any of my friends in the city where I always want to be living, really hurt me and make me sad. However, while thinking about these; on the other hand, it is a complicated situation to be grateful because of the reason that I can stay at home with my family and my family doesn’t have to go out for any reason.” (TE54)

“I became a very obsessed person with cleanliness and hygiene. I understood better that health and other happiness is a great blessing.” (TE65)

“The way of life has changed completely. My cholesterol was already high. It has now probably risen to higher levels due to a sedentary lifestyle. Besides, I have had more time to read books.” (TE101)

“While washing my hands, I pay attention to the 20-second rule. Social changes occurred in the first place. We are talking to my friends by video. I used to go to my grandmother every day, I can no longer go for their health. We also talk to them on the phone. Normally, I like to read books and watch movies. I found more opportunities in this process. We shared household chores with family members. This made our lives easier.” (TC111)

“Staying at home has drastically changed my life. My movement area has been restricted, most of my day has started to be spent at home, and it gets boring at times.” (TC114)

Table 10: Opinions of the Participants Regarding the Negative Impact of the Covid-19 Pandemic on their Future Expectations

Status	f	%
It did not affect at all	26	22.4
It affected slightly negatively	72	62.1
It affected very negatively	18	15.5

In Table 10, it is stated that the Covid-19 pandemic did not negatively affect the expectations of 22.4% of the participants about the future, slightly negatively affected 62.1% of the participants, very negatively affected 15.5% of the participants. The following examples can be given for direct quotations that reflect the views of the participants on this situation: The following examples can be given for the views of those who were negatively affected by the Covid-19 pandemic on this situation:

“I expect a big impact on the world economy” . (TC11)

“This process strikes people’s weakness to their face like a slap.” (TE17)

“I’m more worried about my kids.” (TE41)

“I am a person who always thinks well and hopes quickly, which can be considered a dreamer in daily life. That’s why I always say these days will pass. And I try not to think about it every moment of the day. However, even with the smallest information I have seen about the subject, I assume that we will not be able to overcome this. I am completely pessimistic about the future, thinking about how we can return to normal.” (TE54)

“I am very sorry for those economically affected by this process.” (TE103)

“In this process, I learned that putting something off is bad.” (TC111)

“Obviously, we are having troubled and painful times. But I am hopeful and I believe these days will end. For this reason, the negative effects did not occur much in my expectations for the future.” (TC116)

Table 11: Opinions of the Participants Regarding the Positive Impact of the Covid-19 Pandemic on Their Future Expectations

Status	f	%
It did not affect at all	57	49.1
It affected slightly positive	46	39.7
It affected fairly positive	13	11.2

In Table 11, it is seen that Covid-19 did not positively affect the expectations of 49.1% of those participating in the research about the future, affected 39.7% of them in a slightly positive effect, and affected 11.2% of them in a fairly positive effect. The following examples can be given to the views of those who think that they were positively affected by the Covid-19 pandemic:

"I will make sure that my previous life continues as my next life. The importance of the tradition of offering cologne to the guests has been emphasized." (TE13)

"Not even a minute of life will come back. It has become even more clear how precious every moment of life is." (TE26)

"It is an actual decision and practice for me to continue my remaining life without any negative effects on nature, the ecosystem, and the whole world. And even as much as possible, I am determined to continue my life by making positive contributions to the ecosystem and the world." (TE34)

"In fact, the only positive effect is to see that we are in a good position at some points compared to other countries. At least, even the late entry of the pandemic into our country, made us feel like we could achieve something." (TE54)

"I expected that nature would find the opportunity to cure itself." (TE101)

"I have found that I sometimes have too much anxiety and cause others to experience it. I decided to give up on this." (TE103)

"I have understood the value of our loved ones better, the value of hugging them and being together. Hayatın gerçekten kısa olduğunu anladım. I realized that life is really short. I also realized that I was spiritually incomplete and I turned to spirituality to eliminate these." (TC111)

4. Result and Recommendations

It was concluded that close to half of the participants in the study learned the Covid-19 pandemic from television, and more than half from the internet. This situation can be found remarkable in terms of the effectiveness of the media in being the source of information. It was determined that a little more than half of the participants in the study

learned about the Covid-19 pandemic in December 2019, when the World Health Organization announced the cases in China; the majority of the rest learned the pandemic when the Public Republic of China officially reported it to the world in January 2020, and very few learned by chance in February 2020. The fact that the participants in the research were aware of the Covid-19 pandemic at the beginning of the disease is significant in terms of showing that the world has shrunk thanks to science and technology and the speed of information is proportional to the spread speed of the pandemic. Similar to the results of the research, Ziegler (1972) determined that human mobility played a significant role in the spread of the 1347 plague epidemic in Europe. Very few of those people in the study thought that they would be affected by the Covid-19 epidemic as a result of a painful bill of globalization, technology, speed of transportation and humanity's insensitivity to each other; but the vast majority of the participants concluded that they would not be affected by the Covid-19 pandemic because, in their opinion, this disease was; a human-made biological weapon which was manufactured to reduce the presence of people who could no longer produce in the world population; a local epidemic on a smaller scale such as bird flu and swine flu that could be solved on the spot, and could not reach to a serious dimension. Accordingly, it was determined that a significant portion of the participants in the study did not initially take the Covid-19 pandemic seriously or were slightly worried, while a small portion of them was very worried. It was determined that very few of the participants in the study were not psychologically affected by the Covid-19 pandemic, and a significant portion of them became aware of the seriousness of the incident when the first case was seen in our country and schools were vacationed, and they were concerned that they and their loved ones would be affected by this epidemic. As in the example of the Covid-19 pandemic, it should be understood that people should not remain insensitive to events that concern the world and humanity, because they will not affect them.

It was determined that a small number of participants in the study "slightly obeyed" the measures of the Covid-19 pandemic, which was expressed by the slogans such as "Stay at home", "Life fits home"; almost all of them fairly obeyed to the measures within the scope of this slogan, they took care not to leave the house except for compulsory situations such as shopping for groceries and met their needs, they try to fit their lives into the house, but when they had to go out, to do shopping, they paid attention to social distance and maintained social distance. It was determined that almost all of the participants in the study paid attention to hygiene rules such as washing their hands with soap and not touching others to avoid the Covid-19 epidemic. It can be thought that it is possible that some of the behaviors acquired during the Covid-19 epidemic period, especially the hygiene rules, will become permanent. One should aware that staying at home and keeping life in the house during the pandemic period is a personal and social responsibility, and it should be treated according to this responsibility. Özden and Özmat (2104) found that enforced health measures, isolation of patients, and the establishment of quarantine organizations started with the plague pandemic in the 14th century and that the plague epidemic enabled the formation of national borders.

It was concluded that the Covid-19 pandemic did not change the lives of very few of the participants in the research, nevertheless, in almost all of the rest of the participants, the differences in their lives, such as the replacement of formal education by distance education and the fact that distance education became a part of life; the changes in daily routines such as sleeping, eating, and cleaning; changed their lives more or less. Additionally, it has been determined that some of the participants in the study acquired new hobbies, read books, watch movies, understood the value of their health and possessions better, took a rest, took care of their delayed work, had the opportunity to spend quality time with their families. Also, it has been stated that some of them were found to be bored at home, and those with health problems felt this problem even more. In some of the participants in the study, it was determined that the Covid-19 pandemic did not affect their expectations for the future negatively, and in a significant portion of the rest of the participants, it more or less affected their expectations for the future due to reasons such as anxiety for their children, worry for people with economic difficulties, and human despair. It has been concluded that the Covid-19 pandemic did not positively affect the expectations of about half of the participants in the research, on the other hand, the expectations of the rest of the participants were positively affected from this situation because of the reasons that this situation was an important turning point in their lives by contributing to the better understanding of the worth of their loved ones and their possessions; besides, the confidence level got higher due to the good management in this process in our country; this process helped nature be less damaged and get rid of previous unnecessary anxieties. Provided that humans fulfill their individual and social responsibilities, they should be aware that it is significant for people to be prepared for unexpected situations they will encounter in life and to produce solutions for them. The thought which emerged in the study, that nature is less damaged due to the slowing down of working life and the decrease in human mobility during the pandemic, is supported by the view of Flinn (1987), that the natural balance was most affected by human activities producing abnormal results; and the plague enables nature to return to its own rhythm by interrupting human activities.

Declaration of Conflicting Interests

The author declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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