

# The COVID-19 Phobia

Classical conditioning is a manner in which behaviour is learned when a neutral or conditioned stimulus becomes associated with an unconditional stimulus

One of the behaviours that can be explained to be learned from classical conditioning is a phobia.

EXAMPLE →

This phobia of getting sick or contracting COVID-19 has caused individuals to act in irrational ways. People are seen to be more aggressive, less patient, and less forgiving.



*Phobia is a strong and irrational fear of a specific object, activity, or situation*



NORMAL CITIZENS



DOCTORS

Significant positive relationship between the fear of COVID-19 and workplace phobia as well as its subscales



This fear and phobia can be seen everywhere. When you go to the grocery store, and someone sneezes or coughs, we automatically assume that this individual has COVID-19 which has now possibly spread to us.



- Panic Anxiety (56.21%)
- Avoidance Behaviour (43.79%)

This result is alarming because this fear and phobia hinders with their ability to do their job, which is to treat patients who are often suffering from these life-threatening conditions.



We are hyper-vigilant regarding what we are touching, the possible germs that may exist on the surfaces, how close someone is standing, and even if our hand washing is doing a proper job

Even though we are slowly approaching "normalcy" again in our lives, the phobia of contracting this disease or germs will stay with us. This phobia has now been conditioned into our lives as a way for survival



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