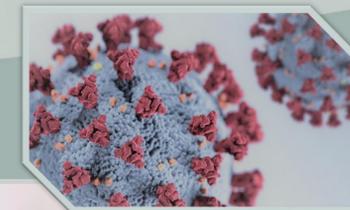


## Social Resilience as a Protection against COVID-19 Outbreak

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### Background

Disasters whether natural or man-made occur from time to time and are accompanied by financial and human casualties. Their harmful effects are sometimes immense mostly on the poor, the illiterate, and marginalized people. This condition may be worsened when the governments have no financial support for the poor to save their lives. Even some groups are neglected by the country's ruling system since they seem to be useless and have even incurred costs for the country. Then, what can be done to find a way out of the said problems? As some research results show, social resiliency can be beneficial to cope with this neglect, at least an emotional relief, when there is no other way. Social resilience is defined as the ability of a human community to cope with and adapt to stresses such as social, political, environmental, or economic changes. We aimed to survey social resilience as a protection against covid-19 outbreak.

### Method

The present study is a letter to editor survey and there is no need for stating a special methodology. It is a simple survey of related texts and data banks and it is an opinion and experience we had from the status and situation we are living in to express it in the form of a writing of the said format.

### Results

It seems that the research results on resiliency are different and varied since certain protective behaviors that may help one group in one society do not necessarily help another group in the same society or in a different society. Then, resiliency is not a stable trait and behavior but fluctuates from time to time or from a situation to another based on the environmental changes. Social resiliency can be built and achieved? At first, families should train children at home. Then schools, universities, and every educational and training center can be involved in building social resiliency. The society, ruling system, religion, and most institutions in the communities are in part responsible to improve and empower individuals in their society to build resiliency. This power and feature are necessary to save and control them in situations such as we are confronted with them today, like the COVID-19 outbreak or the like.

### References

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### Conclusion

The key principle for policymakers and social practitioners is to interpret the resilience and how it can be grasped and know that how to bring disparate groups people, institutions, disciplines, and scales together, and how to deeply inject values and navigate tradeoffs in resilience between groups. Policymakers and authorities should make the best of mass and social media by reframing issues to help people, affected by stresses and at present, the COVID-19 pandemic that has affected all aspects of human life, including public health and we do not know when it will end. Policymakers, the ruling system, and scholars should know themselves responsible to empower individuals and societies enough to cope with the sudden impact of outbreaks, crises, or disasters, and to restore as quickly as possible their ability to function well. At last but not the least, the families should train children for social resiliency from childhood and let them experience life and inject resiliency to them and children should learn to be patient, as well.