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# The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic

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## Abstract:

The current study aims to identify the most important repercussions of the quarantine applied to Algerian society in light of the spread of Covid 19 disease. The study relied on collecting information through an electronic questionnaire prepared for this purpose and applied to a sample of 145 individuals from the Algerian society. The results revealed that the quarantine has a variety of negative effects, including psychological and social, on the Algerian individual.

**Keywords:** quarantine; the covid-19 pandemic; psychological effects; social implications; Algerian society.

## Introduction:

In December of 2019, signs of the coronavirus (COVID-19) pandemic appeared on the health map in human societies, which quickly crossed the borders of many countries and turned into a global pandemic within a few months. The whole world was shocked by its rapid spread, especially as it worked on dispersion, and there are many societal constants and certainty about the ability of science to overcome any pathological crisis, and return the human mind to primitive stupor from everything that befalls it. And it surrounds it, in addition to the growing state of societal phobia about the end of human existence on earth... The safest measure to prevent infection with this virus is home isolation for individuals and not to go out except for the necessities of life, which will reflect on individuals in a negative and positive direction at the same time, as Avoiding any gatherings and meetings between individuals outside the family environment contributes to reducing the transmission of the disease to others, and that this disease crisis worked to test the links. And community cohesion and solidarity, as well as testing social justice in human societies, testing the relationship of individuals with the state and the extent of their confidence in its preventive measures for their safety. (Hammadi, 2020, p. 397).

**Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic**

The first outbreak of the virus outside of China was in Vietnam and Germany on January 22, 2020. As an initial Chinese response, the government of Wuhan and 15 cities in the vicinity of Hubei Province imposed a movement ban affecting more than 57 million people. This included halting all public transportation in the regions. Urbanization by train, aviation, and long-distance buses (Al-Hakawi et al., 2020)

In Algeria, the government was forced to impose a quarantine on the state of Blida, which witnessed a rapid spread of cases and deaths as of March 24, 2020, in addition to the capital, and then impose a partial quarantine on nine states that registered. Increase in the number of cases (Rushdi, Hashem, 2020)

Thus, the effects of the Corona phenomenon were not limited to the health aspect at the time of infection, but rather extended to a set of repercussions that affect individuals recovering from the epidemic, by subjecting them to quarantine, due to the rapid spread of infection among members of society, the absence of scientific information about the epidemic and its characteristics, and the lack of medicines. . And the huge number of infected and deceased people in countries that have great material and scientific capabilities, all of which prompted the implementation of the quarantine strategy. (Bouflaja, 2020, p. 294)

Although quarantine measures protect against the spread of the coronavirus, isolation and loneliness causes significant psychosocial stress and can lead to or exacerbate mental illness. (2020, Vahia et al)

In light of the increasing interest in physical health after the spread of the Corona epidemic, it should not be overlooked that attention to mental health is no less important, because stress and fear greatly affect human immunity (Frouze, 2020), and the organization stated that psychological wellness is an integral part of health. (Al-Asmari, 2020)

It has become a familiar sight in the world, deserted streets, closed schools and restaurants, queues of people two meters apart for shopping, general recommendations for remote work, and thus the Corona virus has dramatically changed the daily lives of residents all over the world. (Salamin & al, 2020) Likewise, most countries of the world implemented general quarantine successively, between total and partial, in the hope of containing the disease, which has proven that it remains the only solution to confront this epidemic in particular and all infectious diseases. Diseases in general. (Lunnis, 2020, p. 87)

Mental health professionals unanimously agree that the quarantine imposed on more than a billion people around the world due to the Corona virus pandemic is not easy and is not underestimated, because it is an exceptional and unprecedented measure that restricts individual freedoms even in democratic countries. This situation causes psychological problems for many people, especially for those who do not deal positively with this circumstance. (Ghobashi, 2020)

A survey conducted by the World Economic Forum before the lockdown period on a sample of the Belgian population revealed that 32 percent of the population has high resilience, balanced

**Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society  
In Light Of The Spread Of The Covid-19 Pandemic**

mental health, and does not suffer from any anxiety due to the virus, and about 15 percent. He feels afraid of the virus, and two weeks after the closure (sixty) the data has changed, and the data indicates that the percentage of residents with resilience and balanced mental health decreased to 25 percent, and the anxiety rate increased to 23 percent. . (Al-Kizani, 2020)

Through the above, it makes us wonder about the effects left by the quarantine in Algeria, and how the Algerian individual was affected psychologically and socially.

#### **-Study questions:**

Through the current study, we try to answer the following questions:

-What are the psychological effects of quarantine on the Algerian individual?

-What are the social effects of quarantine on the Algerian individual?

#### **-Objectives of the study:**

-Detecting the psychological repercussions left by the quarantine on individuals in light of the Corona pandemic.

- Revealing the most important social repercussions of quarantine in Algerian society during the Corona pandemic.

#### **.the importance of studying:**

The current study derived its importance from several considerations, the most important of which are:

-The critical period that the world is going through due to the pandemic, and the public and private need to know its repercussions and analyze it scientifically.

-The apparent scarcity of studies dealing with one of the largest and most important remnants of the virus on the individual and Algerian society, which is the quarantine. There is also no doubt that the quarantine significantly reduced the spread of the disease, but this does not mean that it did not have negative repercussions on individuals and their communities.

From a practical point of view, the results of the current study can be used to prepare individuals before they are subjected to quarantine by preparing strategies to prepare for crises and epidemics, and to educate individuals before they occur as a form of prevention, or even to follow them. During the quarantine.

#### **.Concepts and terminology of the study:**

##### **- Quarantine:**

Epidemiologists, biological research centers and the World Health Organization have also recommended that isolation or quarantine represent, in the current situation, the health measure, which is the measure that is ensured as a result of avoiding infection. With the

**Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society  
In Light Of The Spread Of The Covid-19 Pandemic**

emerging Corona virus, which is rapidly spreading and has severe consequences, it is the only therapeutic method that protects against the possibility of infection with this epidemic, despite its great psychological repercussions, which are represented in particular in the social marginalization of the infected person and making him He feels guilty as a result of transmitting the infection to his family and surroundings. (Al-Ghaly, 2020).

It “means restricting activities and isolating people who are not sick themselves but who may have been exposed to Covid-19 infection, and the goal is to prevent the spread of the disease at a time when the person is almost asymptomatic” (Al-Absi and Al-Tijani, 2020, p. 92)

Algeria initially imposed a complete quarantine on the state of Blida, as it was decided to isolate homes for a period of ten days, which can be extended, with a ban on movement to and from this city, and it is not possible to leave. Except with a permit from the competent authorities. As for the capital and the states that witnessed many cases of infection with the virus, a partial quarantine was imposed on them, as the quarantine extends from seven in the evening until seven in the morning for the next day, while preventing gatherings of more than two people. It was also decided to close all cafes, restaurants, and shops, except for food stores, and to close banquet halls, celebrations, and family weddings. Taxis were also banned from traveling across the entire national territory.

### **Corona Covid 19 Pandemic:**

According to the World Health Organization, coronaviruses are a large family of viruses that can infect humans and animals, and coronaviruses usually cause problems in the psychological system (Euro-Mediterranean Human Rights Monitor, 2020, p.5)

Corona virus represents a large family of viruses that cause various diseases in humans, such as the common cold, Middle East respiratory syndrome (MERS-CoV), severe acute respiratory syndrome (SARS), and the emerging corona virus (SARS-CoV-2) is a new strain that has not been get to know her. The International Committee on Taxonomy of Viruses announced the designation of "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)" as the official name of the new virus on February 11, 2020, and this name was chosen because the virus is genetically related to the virus. Corona, which caused an outbreak of severe acute respiratory syndrome (SARS) in 2003, and the committee and the International Health Organization announced that “Covid-19” is the official name for this new disease caused by this virus “(Malkawi, 2020, p. 16)

### **-Previous studies:**

#### **-On the psychological effects of quarantine:**

The medical journal The Lancet published a review of 24 studies documenting the psychological impact of quarantine. According to a report published by the magazine under the title: “The Psychological Impact of Quarantine and How to Reduce It,” research confirms the devastating and negative psychological effects, including symptoms of post-traumatic stress, confusion and anger, of home isolation. The pressure will intensify the longer the quarantine

**Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society  
In Light Of The Spread Of The Covid-19 Pandemic**

period, fears of infection, frustration and boredom, insufficient supplies and financial loss. The Lancet medical journal research indicates that in cases where parents are isolated with children, no less than 28% of the isolated parents suffer from a “traumatic mental health disorder,” and about 10% of the isolated hospital staff were found to be They suffer from “high symptoms of depression.” (Al-Araby Al-Jadeed, 2020)

According to (Al-Asmari, 2020), there are 23 studies related to SARS, influenza, and Ebola that found a relationship between confinement and harmful psychological effects, and that is because humans are by nature unable to bear such restrictions, especially if He met with an unknown period of time and a dangerous health condition, and therefore he is under great pressure and psychological challenge, as freedom and a sense of safety are among his basic needs.

Those in quarantine suffer from boredom, anger, psychological loneliness, and despair (Xiange et al, 2020) on (Al-Raqas, 2020). One of the most important reasons for fear of the Corona pandemic is exposure to pressure through the news that the individual hears every day about injuries and deaths in the media, and this is accompanied by Symptoms such as feeling afraid, terrified, and others. This is what made individuals avoid each other (Lin, 2020)

(Huang, & al, 2020) found, in a study on symptoms of anxiety, depression, and sleep disorders among 7235 Chinese, that general anxiety spread by 35.1%, depression symptoms spread by 20.1%, and sleep disorders reached 18.2% among the sample.

In another study conducted in China on 1593 individuals by (Lei & al, 2020), the prevalence of anxiety was 8.3%, while depression was 14.6%. The study also made a comparison between those who were affected by the stone and those who were not affected, as the symptoms of anxiety and depression were prevalent among those affected by the stone (12.9%, 22.4%), respectively, while those who were not affected by it were (6.7%, 11.9%)

In another study conducted on 1556 Italians in the quarantine period, (Altena & al, 2020) found that symptoms of anxiety spread by 24.7%, while the prevalence of anxiety disorder was 23.2%, while 42% of the respondents suffered from sleep disorders.

The study (Gulano & al, 2020) showed that most individuals are exposed to an unprecedented stressful situation due to the home quarantine due to the outbreak of Covid-19, and this may not only lead to an increase in daytime stress, anxiety and levels of depression, but also lead to sleep disturbance, due to the role The main role sleep plays in regulating emotions.

#### **-On the social effects of quarantine:**

(Arahali and Bulouh, 2020) see that "not all families are at the same level of luxury or need. Some families practice stone in a luxurious palace or manor, and some of them are trapped inside a hut or dwelling made of tin or fragile construction, and some of them live in The city and the possibility of his access to the goods or the commodity is available in large markets that respect the price law, and some of them live in popular neighborhoods or the countryside and

#### **Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic**

the possibility of his access to the commodity, even if it is available, is not confirmed, and even if it is confirmed in reality, between it and it there is a void pocket and the absence of purchasing power, and therefore it is expected that it will not return Social life has returned to its pre-pandemic levels for very wide social segments, which is likely to transform these families into poor and destitute projects and dormant social outposts in the face of capitalist policies.”

In a field study by Hammadi (2020) on the social cost of the Corona virus pandemic crisis, in Iraq, it was found that 79.2% of the total sample had a state of social phobia when they heard news of the expansion of the disease pandemic. And that 55.1% indicated that they did not face family problems because of staying at home, and that (44.9%) indicated that they were exposed to family problems, most of which were problems faced by children with their parents. Corona virus, whether through anxiety and fear or leaving work and exposure to unemployment and poverty.

Al-Asmari (2020) shows that in light of the Corona crisis, the work of the head of the family has become from home, and all the children’s lessons are via the Internet, and every member of the family continues to carry out all his activities without leaving the house, which led to increased interaction and contact with family members, which is considered It is a positive thing in general, but with the length of the quarantine period and the increase in free time, in addition to the instability of the financial situation and concern about contracting the disease, the psychological pressure and tension that caused some family problems increased.

As (Barquq and Burzek, 2020) see, the loss of the usual daily behaviors and the reduction of human contact leads to a feeling of boredom, frustration and anxiety, so it is important to maintain a daily rhythm in spite of everything, to organize a new routine at home.

#### **-Method and tools:**

**-Research Methodology:** In the current study, the researcher used the descriptive approach in order to be compatible with the current research objectives.

**-The study sample and its characteristics:** The current study was conducted on a sample of 145 individuals from Algerian society, 60 males and 85 females, 93% of them have a university education, and 7% have a secondary education.

#### **- Study tool:**

In order to collect the necessary data to achieve the objectives of the current study, a questionnaire was designed containing a set of questions about the psychological effects of quarantine (eight questions), and another set of questions about the social effects (eight questions). Answers to the questions were according to a three-way Likert scale. (Never, Sometimes, Always) We relied on building the questions of the current survey on the study of Melanie and Magadi (2020), which was concerned with studying strategies for dealing with psychological stress resulting from the quarantine due to the spread of Covid. - 19 viruses among a sample of higher education teachers returning from outside the country, and it was

### **Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic**

distributed electronically and a group of Algerian individuals interacted with it, during the month of August 2020 (5-30 August)

**- Psychometric characteristics of the study tool**

**Discriminatory honesty calculation:**

This validity is confirmed by a circumferential comparison between the average scores of the upper third (27%) of the score distribution of the survey sample, and the average scores of the lower third (27%) of this distribution (the survey), where the difference between the two groups (upper and lower) was tested by t-test for two independent samples, and the results are summarized in the following table:

Table (01): The results of the discriminatory validity of the current study questionnaire.

N= 16	<b>Arithmetic mean</b>	<b>standard deviation</b>	t value	significance level
High score group	38.76	3.22	*Tc= 9.76 ** Tt= 2,75	function of 0.01
low score group	33.85	4.53		

Source: prepared by the researcher

Tc\* = calculated T-value, Tt\*\* = tabulated T-value

We notice from Table No. (01) that the calculated value of T is greater than its tabulated value

(Tt = 2.75 < Tc = 9.76). Accordingly, there are statistically significant differences between the averages of the upper and lower groups at the level of significance ( $\alpha = 0.01$ ) and at the degree of freedom (df = 14), meaning that the study tool is characterized by the ability to discriminate, including the psychosocial effects questionnaire, which is characterized by a high degree of discriminatory validity.

**reliability:**

**-The split-half method:**

Table (02): Results of the midterm segmentation of the questionnaire of the current study

<b>the test</b>	<b>correlation coefficient</b>	<b>reliability</b>
<b>Critical thinking</b>	<b>0.67</b>	<b>0.80</b>

Source: prepared by the researcher.

It is clear from the above table that the reliability coefficient is strong, which indicates that the scale is reliable.

**Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic**

### -Cronbach's alpha coefficient method

Cronbach's alpha coefficient for the scale as a whole is equal to (0.73), which indicates that the scale has a high degree of reliability.

#### .Results:

The first question: What are the psychological effects of home quarantine on the Algerian individual?

To answer this question, we presented a set of questions to the respondents about what the quarantine may leave and affect themselves, and the table below shows the results of the individuals' response to these questions.

Table (03): Psychological effects of quarantine

Paragraph		always	sometime s	neve r
My anger increased during the quarantine	N	37	87	21
	%	25.8	59.5	14.5
I suffer from insomnia during quarantine	N	15	95	35
	%	10.3	65.5	24.2
I have bouts of anxiety while listening to the news of the pandemic	N	52	70	30
	%	35.5	48.4	16.1
I am bored with the daily routine during the quarantine period	N	94	42	9
	%	64.5	29	6.9
I feel a constant fear of infection	N	37	82	26
	%	25.8	56.5	17.7
I resort to taking sedative pills in some cases	N	00	7	138
	%	00	4.8	95.2
I avoid talking about the virus and its dangers	N	42	68	35
	%	29	46.8	24.2
I feel depressed during the quarantine period	N	45	77	23
	%	30.6	53.2	16.2

Source: prepared by the researcher

By reading the above table, we note that more than half of the research sample expressed that feelings of anger increased at times during the quarantine period, 25.8% always intensified, 48.4% experienced occasional outbursts of anger, 35.5% always suffered from them, and 64.5% experienced frequent outbursts of anger. % of them feel bored, 82% feel fear sometimes, 53.2% also feel depressed sometimes, while 30.6% suffer from a permanent depressive state. Also (65.5%) of the respondents suffered from insomnia during the quarantine.

### **Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic**



These findings are consistent with recent research and studies conducted on the consequences of quarantine on the mental health of individuals such as the studies of (Xiange et al, 2020), (Huang, & al, 2020), (Lei & al, 2020)

The answer to the second question: What are the social effects of the quarantine on the Algerian individual?

In order to determine the social effects of home quarantine, we presented a set of questions to a sample of Algerians who answered these questions, and the table below represents the results of their answers.

Table (03): Social effects of quarantine

Paragraph		always	sometime s	neve r
I am less active in my work (my studies)	N	52	70	23
	%	35.5	48.4	16.1
I said exercise	N	58	46	41
	%	40	31.7	28.3
I avoid contact with my co-workers	N	59	42	44
	%	40.7	28.8	30.5
I watched too much TV	N	17	53	75
	%	11.7	36.7	51.7
I spend many hours browsing social networks	N	98	40	7
	%	67.7	27.4	4.9
Less contact with my friends	N	35	82	28
	%	24.2	56.5	19.4
I feel isolated from my family members	N	24	73	48
	%	16.7	50	33.3
I feel isolated from my friends and neighbors	N	50	78	17
	%	35.5	53.3	11.3

Source: prepared by the researcher

By reading the results of the respondents' responses to the questionnaire on the social effects of quarantine on individuals, as shown in the table above, it becomes clear that 35.5% of them reduced their activity at work or in study, 40% of them reduced exercise, 40.7% avoided contact With their colleagues, 67.7% spend most of their day browsing social media, 56.5% said they communicate less with their friends sometimes, and 50% feel isolated from family members, while those who felt isolated from their friends and neighbors permanently 35.5%, and 53.5% They felt like that sometimes.

The results obtained regarding the social effects of the quarantine on the Algerian individual showed that most of the respondents expressed that they were socially affected by the

**Khemmad Mohammed The Effects Of The Quarantine Imposed On Algerian Society In Light Of The Spread Of The Covid-19 Pandemic**

quarantine in one way or another. These results are consistent with the results of research interested in the subject, including (Barquq, Burezq, 2020)

By answering the two questions of the study, it became clear to us that the Algerian individual suffers, even sometimes, from negative psychological and social effects, due to the quarantine, because the latter was suddenly imposed on Algerians, which affected the spread of the Corona virus (Covid-19), not to mention the repercussions of the virus. On the psychological and social side, individuals found themselves locked in their homes without work, study or exchange visits....

And family members became present at home morning and evening, which increased the tension and anger of some, and created a daily routine for all its members, and many of them suffered from insomnia. All these remnants of quarantine and others have had a great impact on the feelings of individuals and their social lives.

### **-Conclusion:**

The Covid-19 pandemic left and is still leaving its health effects, whether physical or psychological, on all societies, as it had no geographical borders, and it also had no time limits, all societies, including Algeria, were affected by the repercussions of this phenomenon, and this study showed how Algerian individuals were affected psychologically And socially due to the quarantine imposed due to the spread of the virus.

We suggest that studies be conducted on the positive effects of quarantine, as Al-Asmari (2020) believes that despite the negative effects of quarantine, it has many positives. Or to spend more time with the family in addition to strengthening faith and improving the relationship with God Almighty, and this opportunity of quarantine has come to allow people a lot of time that can be used to achieve the above, and therefore people should look at the second half full of the cup, work to seize this opportunity and evoke Its pros, benefits and investment.

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**Khemmad Mohammed    The Effects Of The Quarantine Imposed On Algerian Society  
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