

IMPACT OF HUMAN AND SOCIAL SCIENCES ON COMBAT TO COVID-19 IN BRAZIL AND ANGOLA

IMPACTO DAS CIÊNCIAS HUMANAS E SOCIAIS NO COMBATE AO COVID-19 NO BRASIL E ANGOLA
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RESUMO:

This article presents a theoretical approach on the role of human and social sciences in combating Covid-19, and aims to encourage reflections on the importance of interdisciplinarity, intradisciplinarity and multidisciplinary in understanding and solving this very complex social problem. Despite the active involvement of doctors and various specialties and nurses in the fight against covid-19, there is a need to apply knowledge from different areas of scientific knowledge in human and social sciences. In fact, currently, no one works in isolation when success is desired, since the human being is of a bio-psycho-socio-cultural nature. Social communication, pedagogy, psychology, sociology, anthropology were focused, without denying the contribution of so many others that were not mentioned.

PALAVRAS-CHAVES: Human and social sciences; Paper; Combat; Covid-19.

Introduction

The coronavirus originated in the city of Wuhan, China, and the first case occurred in December 2019. The high number of people infected by the infection led the World Health Organization (WHO) (2020) in late January to declare the situation as a public health emergency of international interest. On 20 March 2020, WHO declared a pandemic.

In a few months, more than 2 million cases and about 200,000 deaths are estimated worldwide from this new coronavirus, SARS-CoV-2. So far, there is no vaccine or specific treatment.

Coronavirus is in the family of a virus that causes respiratory infection.

The emergence of the coronavirus in humans was discovered in 1937, but it was not until 1965 that the virus was characterized as a coronavirus because the microscopic profile is similar to a crown. The impact of Covid-19 was an unknown surprise at a global level. The virus presents itself generating a clash that surprises the whole society and generating an effect of negentropy and entropy at the social, institutional and individual levels. But this small virus has had a real impact on the entire world population, including scientists, experts in the field, politicians and others who did not anticipate the social, medical and economic consequences.

There are other diseases that kill considerably more people each year for other causes, such as smoking, poverty, war or organized crime, causing thousands of deaths in different parts of the world. Why, then, nothing is said and the whole planet is dedicated to monitoring and responding to this pandemic?

The resistance of some citizens to avoid infections, disbelief and rebellion is a situation that has also been observed in countries considered to be of the first world.

Being alone or living with your partner or family for longer than usual reveals, in some cases, the hells that possibly were already present in the dynamics of the relationship, in the violence and in the abuses that could have normalized or in their exacerbation. With confinement, fears, anguish, sadness, despair, uncertainty, anxiety emerge; different ways of dealing with a real or imaginary enemy, which materializes in the body of that other from whom it is necessary to stay away. It is the body itself that is isolated, which at any time can harbor the dreaded evil, complicate and compromise life, requires medical intervention to save itself. More than ever, some subjects require clinical intervention to be able to go through situations that exceed them, due to losses and duels. Psychoanalysis and distance psychotherapy are not new. These are practices that have existed for a long time, although they involve breaking the resistance of those who have not yet incorporated it.

In the field of public education, programs such as TV-classes, online solve in some way the saturation of schools and the difficulty of students to change or complete educational programs in the estimated times. However, as in other situations that the pandemic raises, the economic gap complicates the achievement of the goal that students continue to acquire education and remain busy, if they do not have electronic means or adequate spaces or internet connection. Again, there are exclusion points that affect the most precarious population groups.

Taking into account the above, this article presents reflections on the importance of human and social sciences in combating Covid-19.

Human and social sciences concept

For Mardones (2001) the human sciences are representations that have to do with the phenomena that are interpreted by the human being, considering language and laws. Consequently, they also cover the obvious search for knowledge in the person himself.

According to Prats (2012) the social sciences are a unit that encompasses the axiom that reality exists objectively outside our will.

These sciences are not at the service of the ego, but at society and they value above all what is outside of us, placing at the service of humanity all scientific knowledge for its progress.

Effects of the pandemic on mental health and some contributions from human and social sciences

Around the world, after the virus has been arrested, the most effective measure to prevent it is to keep your distance from others to prevent being exposed to the imperceptible microparticles expelled through sneezing, coughing or speaking, in addition to observing simple hygiene measures, how to wash your hands often with soap and water.

Perhaps the most significant issue is one of the measures dictated by WHO (2020) and adopted by governments around the world: social isolation, indication and even the obligation to stay at home, reduce mobility in public spaces to avoid contagion and further spread of the virus. Limit social contact, closeness and physical displays of affection by touching each other's bodies. Like never before, the like has become a potential or real source of infection, a dangerous entity, a threat to integrity with its proximity.

The virus is invisible, composed of a microorganism of genetic material protected by a protein envelope, which causes several diseases when entering the cell as a parasite to reproduce in it. We do not need to see it, although images of this new coronavirus have been obtained, to experience different degrees of fear that can lead to reactions ranging from denial and disbelief to paranoia, obsession and compulsion to cleanse.

Almost seven out of ten Mexicans who are self-employed, work in scrap yards or small businesses. The overwhelming majority of people are not on the payroll of the government or a medium or large company (Patterson, 2020).

Social communication is felt during the pandemic, accompanied by the use of social networks and new technologies. News at home, information, states, activities, images,

memes are shared. Isolated individuals who connect via electronic devices, as a sign of our time.

According to Han (2020) it is not a mass because there is nothing that brings together and unifies; It is called a digital swarm and is composed precisely of isolated individuals. This digital homo is the neoliberal subject; What characterizes the current social constitution is loneliness, atomization, reducing the spaces for common action. Distance education has been a reality for several years. Students of all ages, a large section of the population that has been removed from the public space, receive classes and virtual activities to develop. In the plans of private institutions, in particular, there was a reduction in class hours, with the consequent decrease in the employment and salary of teachers.

The banality that some exhibit with their publications on social networks is also not new. Suddenly, they are like a window that allows us to observe the way in which the subjects face confinement and isolation, perhaps so as not to feel so close or alone.

And more than ever, it is important to maintain the therapeutic space, maintain a practice of listening with an ethical sense and face the challenges that this implies. The sport and its vicissitudes are still discussed in communities that bring together colleagues from various schools and associations.

Longer periods are seen to be associated with decreased mental health outcomes and increased anger. Extending the isolation period beyond the initial suggestions can demoralize people and increase non-compliance. Therefore, clarity and certainty about deadlines are very important (Maunder, Hunter, Vincent, Bennet, Peladeau, Leszcz & Mazzulli, 2003).

It is noted that loneliness during isolation can be exacerbated by the loss of routine (related to identity), related to multiple negative consequences for mental health. Protective behaviors, such as sleep and exercise, can be interrupted and hindered during isolation. Children can be especially susceptible to these changes in routine (Maunder, Hunter, Vincent, Bennet, Peladeau, Leszcz & Mazzulli, 2003).

Han (2020) points out that a paradigm shift in the control of the pandemic appears to be underway, and the West is not fully aware. Pandemic control is being digitized. It is not just virologists and epidemiologists who fight, but also computer engineers and big data specialists. Greater vigilance has resulted in more effective control of the pandemic, which is why Eastern countries have arrived or are in the process of reaching an end to infections, while in the West, more liberal treatment has led to relaxation of measures, an accelerated spread and a lack of control of the situation.

Two contemporary philosophers contrast their approaches to the pandemic. Žižek (2020) ensures that this has dealt a fatal blow to capitalism and for him a new era of “communism” is approaching, in which global collaboration can control and regulate the economy; global solidarity and collaboration would not be an idealism, but a rational act, which is the only thing that could save us.

In turn, Han (2020) states that after pandemic capitalism will continue with more force and an era of authoritarian regimes will arrive, with the virus leading the public to approve greater digital surveillance and police control by the state. In addition, the virus will achieve what terrorism has failed, that the state of emergency becomes the normal situation. The virus isolates and individualizes us; it does not generate any strong collective feeling, but each individual is concerned with his own survival. The author explains that what will collapse with capitalism will not be a virus, but a human rebellion.

Ignorance in this regard will not only hinder any objective to prevent the spread of Covid-19, but will also increase existing inequalities in health, particularly in the area of Mental Health (SM) (Yao, Hao; Chen, Jian-Hua; Xu and Yi-Feng, 2020).

Epidemics never affect all populations in the same way, and inequalities can always lead to the spread of infections and aggravate their consequences. It is our commitment to provide adequate.

In addition, it is necessary that health professionals of all specialties and the general population are aware of the problem, the specific risks involved and the extreme care that patients' situations deserve in the current context.

Social isolation

As we have seen, the effects generated by Covid-19 affect in social terms and in individual terms. In this last point, we can see how isolation can affect our internal and external ties, depriving us, by external force, of our habitual relationships with each other in interpersonal terms and also with ourselves in intrapersonal terms. Social isolation, staying at home to ward off the threat, is, on the other hand, a privilege reserved for those who perform a work activity that can be performed remotely using electronic devices. It is an increasingly frequent practice that companies have implemented recently that do not yet require a common physical space to keep their employees working, avoiding transfers and saving operating costs.

Although self-isolation can help contain and control the spread of infectious diseases (Day, Pak, Madras, Gumel and Wu, 2006) isolation can contribute to important

negative psychological effects, especially when risk factors such as a sedentary lifestyle and loneliness are present.

Identifying and, if possible, measuring these consequences is important to help people prepare and, when possible, avoid them. The literature on human behavioral sciences also suggests that anticipating these effects could affect compliance with self-isolation. It also suggests that a sedentary lifestyle and loneliness have very significant psychological impacts, which would affect behavior when initiating voluntary confinement.

It is well established in the psychological and public health literature that social isolation has detrimental consequences for well-being, with effects comparable to other known risk factors, such as smoking (Holt-Lunstad, Smith, Baker, Harris & Stephenson, 2015). Loneliness is also associated with an increased risk for mental health problems, including depression and anxiety (Cacioppo, Hughes, Waite, Hawkley & Thisted, 2006). A recent review of 24 studies, in which individuals were quarantined for periods ranging from several days to several weeks, sheds light on its possible short-term consequences: anguish and irritability due to lack of social contact, loss of freedom and boredom during quarantine; some studies indicate long-term effects, including depressive symptoms and substance dependence for up to three years after the quarantine ends (Cava, Fay, Beanlands, Mccay & Wignall, 2005).

One of the sources of tranquility can be considered the activation of social media for those who live alone. People can maintain aspects of the routine that remain possible during isolation, such as keeping alarms at regular times, maintaining work hours and planning exercises at home (for those who are well enough).

Creating plans before isolation, discussing plans with others, and incorporating family routines can help people overcome anxiety. The elaboration of a list of tasks during isolation keeps the interest in continuing to take care of yourself (Cacioppo, Hughes, Waite, Hawkley & Thisted, 2006).

It must be borne in mind that people are at risk that the perceived negative consequences of isolation may harm voluntary participation. When deciding to participate in the proposed health solutions, people consider not only their susceptibility to the threat, but also how they effectively perceive the solution and the nature of the necessary behavior (Holt-Lunstad, Smith, Baker, Harris & Stephenson, 2015).

People try to express their reluctance to isolate themselves when they have doubts about the possibilities of being infected or infecting other people, but they express a greater willingness when considering the possible effect on the most vulnerable in society.

Therefore, if people anticipate and fear the negative consequences of self-isolation or do not reflect on the spread of the virus to the most exposed people, they can minimize or fail to recognize the symptoms of Covid-19, to avoid the possibility of isolation (Holt-Lunstad, Smith, Baker, Harris & Stephenson, 2015).

Covid-19 in Brazil

According to Gomes (2020) the first confirmed case of Covid-19, in all Latin America was in Brazil in the southeastern region in São Paulo, a 61-year-old man who traveled on duty to northern Italy and spent 12 days, to return to Brazil and spent in Paris. He arrived in Brazil on the 21st of February, two days later he started to feel sore throat, runny fever and dry cough, on the 24th of February he went to the hospital and the test was positive for infection, and the counter test was also positive for infection. , it was recommended to take care of yourself at home. In the same period, other Brazilians arrived from Wuhan-China, the epicenter of the disease. These Brazilians were recommended by the authorities (Ministry of Health) of the country to be quarantined, as these Brazilians were from different regions of Brazil and could spread the virus.

On February 3, 2020 in Brazil, it was declared through an Ordinance No. 188 by the Ministry of Health, Public Health Emergency of National Importance. This administrative action was taken so that the country was prepared to face the Covid-19 pandemic, in that period there was no confirmed case.

The uncertainties that generate the effects of the pandemic on how to deal with diseases, with the severity and unpredictability of duration, are characterized as the main factors that generate risk to the mental health of the general population in the world and especially in Brazil. The Covid-19 scenario is aggravated by the spread of information about its infection and contagions, as well as measures for its prevention (Schmidt, 2020).

In addition, the general population in Brazil was slow to understand the guidelines of health authorities. In this sense, information about Covid-19, in a constant manner, caused social panic (Schmidt, 2020).

It is seen that, contrary to the guidelines of the different health authorities, both in the government and in each state of Brazil, the effects of Covid-19 disease were minimized, but not mental illnesses (Ornell, Halpern, Kessler and Narvaez, 2020). Therefore, this contributes to different behaviors that are, in social and individual terms, inappropriate and that maintain an exposure, for people, to risks, because the behaviors they present are related to their understanding and understanding about the severity of the disease pandemic (Enumo, Weide, Vicentini, Araújo & Machado, 2020).

Covid-19 cases in Brazil are worrisome since the addition leads to a crisis that worries Brazilians (Enumo, et al, 2020)

Mental health may be at risk due to the negative effects imposed by the pandemic, for example post-traumatic stress symptoms, confusion and anger (Schmidt, 2020 and Enumo, et al, 2020).

There are also financial issues that affect psychological well-being and tend to increase the different behaviors that can start to be left out, excluded from accessing certain objects that maintained the lifestyle before the pandemic. (Schmidt, 2020; Maia, 2020; Fiorim, et al, 2020). In addition to the increased anxiety and distress in the population (Ornell, Halpern, Kessler, Narvaez, 2020)

Regarding the levels of depression that this pandemic highlights, students as Maia and Dias (2020) analyze how the pandemic produces an increase, in a short time, similar to previous periods. Thus, it is seen that nobody can escape the effects of the pandemic and psychological interventions are of paramount importance. In this sense, Schmidt (2020) mentions the advice of Psychology, and the importance "on the training and registration of health professionals to face Covid-19" (p.3).

You can hear that with the outbreak of Covid-19 and, in relation to the stress that the pandemic caused and causes, people experience headaches, increases in heart rate, difficulties in eating, sleeping, emotional and physical difficulties, nervousness, emotions such as anger, sadness, guilt for excessive reoccupation with the pandemic, irritability, difficulty concentrating, etc. (Schmidt, 2020; Maia and Dias, 2020; Enumo, et al, 2020).

In this sense, a series of defenses and psychological responses are activated in the face of stress that produces a confrontation with the events that generate stress in this social context. Still, with isolation, the feeling of loneliness affects development on a daily basis and leads people to isolate themselves and lose their ties with others. That is why the importance of the psychological aspect, in these pandemic moments for individuals to maintain the bonds for a healthy mental health in sharing what they feel, to ask for help, to speak what they are feeling (Schmidt, 2020).

This shows the importance of the role of the psychologist and the importance of mental health in different countries to account for the side effects it has and will leave the pandemic. Not forgetting this aspect provides a way out of this crisis that is not only economic, but also physical and that the mental is linked to these repercussions of intra- and interfamily life to sustain social bonds, sources of health and well-being of individuals (Schmidt, 2020; Maia and Dias, 2020; Enumo, et al, 2020).

Covid-19 in Angola

Brief contextualization about Covid-19

The first case of Covid-19 in Angola was registered on 12 March 2020. According to Inácio and Rof (2020) the State of Emergency was decreed on 27 March 2020. When addressing the nation, the President of the Republic João Lourenço stressed that in addition to the actions carried out by the National Health System, the collaboration of all citizens is of professional importance in following the guidelines of the State of Emergency in order to prevent and control the spread of the pandemic despite each being limited in satisfying both professional and social needs, given the harmful effects of this terrible disease.

Place of Human and Social Sciences in front of Covid-19

The human and social sciences occupy a prominent place in the social sphere in facing any problem such as the Covid-19 pandemic. Although there is never a consensus in the designation of the human and social sciences because they vary according to the author and the social-cultural context. The same discipline can appear in more than one classification, but all of them arise from the need to respond to the pressures derived from socio-political changes in order to design a more effective social organization with objective methods.

To emphasize the above, Caley (2011) referred that the sciences have a crucial role in the world and in the edification of the nation's soul in comparison with the exact sciences. Likewise, Van-Dúnem (2014) stated that the social sciences can help to solve several problems when exercising the profession. To this end, proposals must be found to ensure that their role and that of social scientists is performed in a committed manner.

The human and social sciences help to solve problems, when the knowledge resulting from the investigations is applied in practice for the good of the community. It is about valuing the relationship that exists between universities and communities (Neto, 2018) emphasized that there must be a link between what is taught at the university, research and university extension. What is learned and the knowledge that results from research must be at the service of communities to improve their quality of life.

Contributions of human and social sciences in the fight against Covid-19

Psychology

Because studying behavior individually is very important at this stage pandemic. Because Covid-19 is considered to be a very dangerous and easily transmitted disease,

people are forced to comply with the state of emergency that consists of social confinement. As a consequence, the concern of each one to learn to live and adapt to the new situation arises. This is not so easy and there may be a need for psychological guidance to reduce the negative effects that the pandemic may trigger, causing mental changes such as anxiety, fear, stress, depression, personality changes and many others that can compromise mental health.

In the face of Covid-19, governments have guided regimes to keep the population in their homes, such as staying in lockdown, quarantine, isolation and detachment. People must learn these concepts properly. Morales (2020) made this differentiation by clarifying that lockdown has to do with leaving the house just for something essential, quarantine consists of restricting people who were probably in contact with the virus, isolation is to separate symptomatic or asymptomatic people or even risk groups and social distance means keeping a distance between one and other people, which may include suspension of events and closure of school establishments.

The objective of Psychology is to promote the mental health of people in these regimes, through psycho-education, for example, those who can express The following testimony given to Luamba (2020) by an Angolan citizen leads to reflect on the above:

"Unfortunately, I feel it every day because I feel a huge urge to leave. This was not my routine; I feel very limited. Every day wake up, do the same things, nothing different. It's boring to be at home."

As can be seen, the citizen expresses her despair at social confinement. You feel uncomfortable and afraid of the routine. In a way this can give way to compulsive behavior. Psychology should develop activities with families in order to guide strategies that can help people adapt to this new unexpected situation in order to maintain emotional balance, avoiding the use of inappropriate defense mechanisms such as projection and displacement of frustration. Psychologists must help family members to control their emotions and the importance of emotional intelligence in relation to Covid-19 is evoked.

According to Taylor (2019), psychological factors are relevant to the understanding and resolution of social issues related to the pandemic, such as, for example, avoiding unpleasant situations such as phobias, exclusion due to prejudice and xenophobia. Psychological factors play a vital role in guiding destructive behaviors, and in adhering to public health programs, hygiene practices and social distance and among others. It means that success or failure in complying with the state of emergency and pandemic prevention measures is highly dependent on people's mental health. In facing the Covid-19, it has

been observed that there are people who collaborate in the fulfillment of the guidelines issued by the State and by health entities and this has had positive effects in combating the disease, thus preventing its spread.

Conversely, it has been found that some of these guidelines have been breached, such as escape from quarantine places, constituting a danger and threat to public health and disrespect for police authorities, which sometimes result in the deaths of citizens due to the lack of understanding of both parties. People must learn that fighting the pandemic is a matter not only for the government but for every citizen. Individual well-being implies social well-being and contrariwise.

Social Psychology

By studying human behavior in groups or in a social situation, it is present in all spaces and at all times. Lane (2006) considers that all psychology is social.

Any area of Psychology, its performance requires interaction between the subjects, whether in the situation of master-apprentice, doctor-patient, father-son, leaders-led, psychologist-client, chief-subordinates and more. Based on this idea, it is important to emphasize social technology to face Covid-19 and make it dialogue with other disciplines to serve humanity, since according to Aronson (2002) it can help to solve problems such as prejudice, stereotypes, propaganda, war, alienation, aggression, disturbances, political upheaval, discrimination, racism and others. Many of these issues are present in this pandemic period both within families, in societies and other social institutions.

Knowledge of social psychology helps people to come closer by facilitating social cohesion. This is not a physical approach, which should be avoided, but in the sense of maintaining more cooperation in fighting the virus. Although conflicts are inherent in group life when destructive, they must be avoided. Living with the situation caused by the new coronavirus requires the effort of several specialists, not only those at the forefront, such as doctors and nurses, but also communicologists, psychologists, sociologists, anthropologists, social workers, therapists, catalogers, law enforcement personnel, cleaning, artists and others.

The combat of the pandemic leads to reflect on the natural condition of man within normality as a social being that depends on others to survive and carry out different activities and that is also autonomous, but that on the other hand its existence and self-realization is justified when is at the service of others. Thus, in the fight against Covid-19, families, peoples and nations must become aware that the individual attitude can affect the group or community and that the exchange of ideas is fundamental.

Hence, the need to put into practice the knowledge about the processes of dependence and social interdependence proposed by Rodrigues (1986) in the fight against Covid-19. Cooperation between countries is being observed regarding the hiring of medical personnel, donations in monetary values, purchase of hospital and biosafety material, although there has also been some competition regarding the effort being made in the discovery of vaccines and manufacture of medicines to fight the pandemic. Likewise, everyone should be aware that an evil registered in a country must be everyone's concern, proof of this is that the coronavirus is from China in the city of Wuhan and later expanded around the world.

In the formation of multisectoral, interdisciplinary, intradisciplinary and multidisciplinary teams must reign in humility, tolerance, respect and other values to preserve the idea that when these teams of specialists are formed, there must be a hierarchy based on the horizontality of ideas, that is, realizing that no one is more important in the team, but everyone should be treated with equity and dignity for the collective good. The failure of any member of the team can compromise the achievement of the goals set by the group.

Working as a team during the Covid-19 pandemic leads us to reflect on the phenomenon of social facilitation proposed by Triplett in 1898 cited by Rodrigues (1986) who did experiments with children. The experiments consisted of assigning activities to them, first individually and later in groups. In the end, it was found that children showed higher performance when they were part of a group. In the same perspective, Prigogine and Stengers apud Gulbenkian (2002 p.108) in their work entitled *Nouvele Alliance* stated that:

"The reenchantment of the world is a concept which aims to deconstruct the limits invented by men and trying to separate them despite being organized in a systemic way. It tends to emphasize the social context (time) and physical (space) by the social scientist in a way that factual analyzes are real but not static."

Despite the fact that knowledge is produced in different parts of the planet, its objective is only intended to serve humanity taking into account the true context in which it is produced.

Social psychology and public health

Based on the ideas of Rodrigues (1986) referring to social technology, that is, social psychology applied in various areas in this case in health and in the community in the fight against Covid-19, it seems important in psychosocial assistance and in the

motivation of frontline professionals such as the team of health technicians who work directly with patients, social workers, police officers who work for public order and tranquility, the fire department, and so many others, so that their activities occur with success.

On the other hand, in this period there are people who do not use the mask properly, keeping their nose out of it.

It is not known if these people have not yet adapted to the use of the mask because it is something new and that appeared suddenly or they have some problem of respiratory or cardiac forum. It is a good opportunity for community social psychology to strengthen its link with public health in order to identify people with health problems who do not know they are sick. These people should be referred to health services with a view to being evaluated by doctors to determine the cause of this maladjustment.

If they do not have any organic problems, then they can undergo a psychological evaluation to find out if this discomfort is related to psychological factors such as anxiety and fear.

Social Sciences

Sociology

Sociologists must have their attention directed at social disequilities, social exclusion, hunger, poverty, social anomie, on the part of citizens, forms of social adaptation and other inherent social facts and phenomena observed during the pandemic.

According to Abraão (2011) in Angola, the Sociology course still does not give much importance, although this area of knowledge has an important role in the social sphere where it could contribute to the resolution of many social problems.

Social inequalities have a very large impact on people's lives and with the sudden appearance of Covid-19 the consequences of these inequalities tend to worsen, increasing poverty, violence, crime, unemployment and among others. The way families are structured and organized has a lot of influence in facing the pandemic.

An 22-year-old unemployed woman with five children without her husband's support because she has fled, for example, or is unable to assist her children, runs the risk of becoming a beggar as well as her children during the pandemic.

Another social fact is related to compliance with the rules to combat Covid-19.

Although a third of the population indicated social isolation as a preventive measure against the new coronavirus in Uíge province, according to Angop (2020), the same population ignores preventive measures against the pandemic.

Sometimes the discrepancy between the notion of danger over Covid-19 and the neglect to comply with disease prevention measures can be linked to situational factors.

According to Carvalho (2002) there is a relationship between the practice of moral values and organization of social life. It means that even if the person has the desire to choose a socially accepted conduct, but when the environment in which he is inserted does not provide favorable conditions, this intention is compromised.

On the other hand, factors such as lack of education and values can lead to disobedience and rebellion.

Sociology's mission in this period of the new Coronavirus is to investigate and elaborate matrices for families and other citizens in order to help inhibit social anomie, encourage social isolation and preserve social distance to prevent the spread of the disease. The matrices can also help to prevent conflicts and violence during the period of social confinement caused by poverty, increasing the practice of values such as solidarity, altruism and others, since vulnerable and disadvantaged people without the minimum to survive should and have been supported.

According to Durkheim (2004) the bonds of mechanical solidarity become more solid in the presence of collective consciousness. Due to the pandemic, people must help each other.

Anthropology

As a study of the development of cultures, it has an important role in combating Covi-19.

Alexandre (2013) underlined that Angolan anthropologists can contribute to the growth of Angolan society. He referred that it is an area of knowledge almost unknown in Angola and with small specialists with a degree, but to start their contribution can be significant for the well-being of society. Likewise, Fernando (2018) stated that the role of anthropologists as researchers to safeguard culture should be valued.

When confronting Covid-19, the actions of anthropologists seem to be important with families and not only regarding issues related to beliefs, rituals, traditions, habits and customs.

Some habits within families, such as physically punishing children and discriminating against them, domestic violence against widowed and orphaned women

by the husband's family members after this death may have influenced the increase of beggars on the streets during the pandemic.

In some regions of Angola people eat with their hands or on the same plate and use the same glass. There are also tendencies to consult Quimbanda in case of illness and to believe that God works wonders, he protects and frees people from illness even without personal involvement. If refuses to put in place preventive measures against Covid-19, thinking that human actions in the fight against the pandemic are not relevant. Attribute this responsibility only to God ignoring the recommendations given by health entities based on scientific knowledge, although he is not the only one who seeks the truth if one takes into account the concept of science according to Pimenta (2013).

All knowledge, despite recognizing and respecting the other existing types, its authors apply it in an autonomous way when they are convinced that it benefits humanity without putting the beneficiaries at risk.

Therefore, the insertion of anthropologists in multidisciplinary teams in the fight against Covid -19 becomes unquestionable.

Economy

With the emergence of the pandemic, the world economy is threatened.

Rocha, Vaz, Paulo, Domingos, Santos and Marcelo (2020) recognize that social isolation measures due to the Covid-19 pandemic have negative consequences for the development of Angola's economy.

This is reflected in the income levels of companies and particularly in the reduction of the acquisition of household goods of basic necessities, in the increase in the number of unemployed and, consequently, in the increase of beggars.

Despite assessing the impacts of the pandemic on the Angolan economy, according to Barroso (2020), it is possible to note an increase in product prices due to the lack of imports.

It is up to the economy to put itself in defense of economic behavior by adopting measures that make life easier for Angolans in order to survive.

Due to Covid-19, the Minister of Finance, Daves (2020) stated that the staff of the Ministry of Finance and other related bodies should create new economic plans such as revising GDP, inflation, the exchange rate, the fiscal deficit, the balance of payments and all of its component parts.

Diversifying the economy is a current issue that is being highly valued in Angola and that is why there is an increasing investment in family farming.

Social Communication

According to Magalhães (2020) the media plays a central role in reducing the risks of transmission of Covid-19. Without communication, citizens are deprived of information, which can make it difficult to fight the pandemic rigorously. The interaction between media professionals and citizens is essential to facilitate the production and transmission of effective information. Without social communication it is almost impossible to fight the pandemic because without it there is no working group.

According to Festinger cited by Rodrigues (1986), communication serves to standardize ideas, that is, it makes people during social interaction reach consensus.

Art

For Dantas, Lagido, Costa and Tavares (2020) art plays a very important role during the Covid-19 pandemic, as it is an effective way for people to maintain a good psychological disposition to face various situations in this time of calamity. Art is manifested through films, series, music, shows performed by a series of art makers. This set of tools arrives at our homes through the media and social networks and has served as therapies to alleviate people's tension.

However, the human and social sciences must join other areas of knowledge in order to cooperate in solving the problems that afflict societies.

Conclusion

Despite the Covid-19 pandemic being very complex, the humanities and social sciences occupy a prominent place in facing it. The knowledge of these sciences obtained through scientific research carried out by different professionals (communicologists, psychologists, sociologists, anthropologists, art makers and many others) should be used to develop guidance matrices for a better understanding of the problem and for a good social organization during the pandemic.

The knowledge obtained from the human and social sciences is equally important in the sense of enhancing the institutions and bodies for their application, always taking into account the geo-social-cultural, economic and political context where the pandemic develops even considering the guidelines emanated by WHO.

The human and social sciences help to understand that the work of specialists in the fight against Covid -19 must be based not only on the humanization of services, but also on the dependence and interdependence of their actions. Currently, no one works

alone to achieve success. Despite valuing each one's creativity and autonomy, the importance of teamwork in coping with Covid-19 is not discarded.

The human and social sciences must be considered under any circumstances. The knowledge produced by these sciences must always have a social application even without the existence of any pandemic, in order to prevent more complicated situations if any, minimizing their consequences.

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RESUMO:

Este artigo apresenta uma abordagem teórica sobre o papel das ciências humanas e sociais no combate ao Covid-19, e visa incentivar reflexões em torno da importância da interdisciplinaridade, da intradisciplinaridade e da multidisciplinaridade na compreensão e solução deste problema social tão complexo. Apesar do envolvimento ativo de médicos em várias especialidades e enfermeiros no combate ao covid-19, há necessidade da aplicação do conhecimento das diversas áreas do saber científico em ciências humanas e sociais. Aliás, actualmente, ninguém trabalha de forma isolada quando se almeja o sucesso, visto que o ser humano é de natureza bio-psico-sócio-cultural. Focalizou-se a comunicação social, pedagogia a psicologia, a sociologia, a antropologia, sem negar o contributo de tantas outras que não foram mencionadas.

PALAVRAS-CHAVE: Ciências humanas e sociais; Papel; Combate; Covid-19.

RESUMEN:

Este artículo presenta un enfoque teórico sobre el papel de las ciencias humanas y sociales en la lucha contra Covid-19, y tiene como objetivo fomentar las reflexiones sobre la importancia de la interdisciplinariedad, la intradisciplinariedad y la multidisciplinariedad en la comprensión y resolución de este complejo problema social. A pesar de la participación activa de médicos y diversas especialidades y enfermeras en la lucha contra covid-19, es necesario aplicar el conocimiento de diferentes áreas del conocimiento científico en ciencias humanas y sociales. De hecho, actualmente, nadie trabaja de forma aislada cuando se desea el éxito, ya que el ser humano es de naturaleza biopsico-sociocultural. La comunicación social, la pedagogía, la psicología, la sociología y la antropología se centraron, sin negar la contribución de tantos otros que no se mencionaron.

PALABRAS-CLAVES: Ciencias humanas y sociales; Papel; Combate; Covid-19.