

IMPACT OF COVID-19 PANDEMIC ON MENTAL HEALTH

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ABSTRACT

The covid-19 (coronavirus) is an infectious disease and spreading on an alarming rate. The people with low immunity and pre-existing are more likely at risk of getting serious illness like older and people with medical problems such as cardiovascular disease, chronic respiratory disease, diabetes and cancer. As because of covid-19 increasing rate in cases, the government in many countries declared lockdown. India also declared lockdown to control the situation and fight against this in a better and safe way. Every individual is affected by this pandemic in accordance to their requirements. each one of us is affected from lockdown or covid-19 whether financially, emotionally etc. The social distancing and pandemic effected people's mental health in such a way that it leads to many psychotic issues. The main aim of this study is to see the impact of covid-19 pandemic on mental health of human beings. The paper is purely based on previous studies and online sources to attain the objectives of the study.

Key Words: covid-19, pandemic, mental health, human beings, lockdown.

INTRODUCTION

The covid-19 outbreak (previously 2019-ncov) was caused by the sars-cov-2 virus. The coronavirus set off in December 2019 Wuhan, China. This country can be called as the Epicenter of the coronavirus. Initially the cases reported were either in china or Being travelers from china. After some time, it became a situation of disturbanceforevery country as cases of covid-19 were being reported in almost every country (mckibben, w. J., & fernando, r.,2020). India also trapped in this. In India, the first case was reported in Month of January in Kerala who was the traveler from china. In February, the two cases were reported in Kerala only, who were also travelers from china. The most common symptoms are usually fever, cough, sore throat, breathlessness,

fatigue. The disease is mild in most of the people but there are some people usually elders or with Somedisease is more prone to this virus. Also, most of the people are Asymptomatic. After February, the cases started rising on bigger rate. The disease lstransmitted primarily through inhalation or contact with infected person and the Incubationperiod ranges from 2 to 14 days (pulla, p., 2020). On 11th march, 2020 WHO declared covid-19 as pandemic (who report, 2020). since after that the cases are increasing in almost every country and their no such vaccine at present for prevention. India also crossed 1M cases. Not only India USA also crossed approx. 4M cases. This is the worst time for each one of us.

Though covid-19 is affecting almost every aspect int the economy but in our study, we have tried to see the most common problem which

almost every second person is facing i.e. mental health. In Simple language, the Mental health is an individual's state of mind where the attributes and actions play a vital role. Individual's mental health can be easily analyzed by his or her attributes and actions. The Few common traits which define the mental state of an individual are- "attitudes of the individual toward himself", "how the individual sees the world around him", "individual's degree of independence of social influences" "Degree to which person realizes his potentialities through action" "Unification of function in the individual's personality ", "How the individual sees the world around him" and "Ability to take life as it comes and master it".

In a survey it was found out that 58% of respondents rated that the pandemic's impact was severe and moderate, moderate to severe depression. Symptoms were reported by 16.5%, moderate to severe anxiety symptoms around 28.8% was reported and the stress level from moderate to severe reported 8.1%. People who were already facing psychological illness are more worried from covid-19 lockdown. No exposure due to covid-10 or lockdown and lose of relatives due to virus may lead to disturbed mental health. Their fear of getting infected and dying due to covid-19 can also impact their mental state as depression, anxiety of not getting help, posttraumatic stress disorder symptoms etc. Not only these mentioned problems people are facing there are many other than this which is leading their life to hell.

Every country is affected by this virus whether financially, mentally etc. and almost every country ordered lockdown. likewise, India is also affected in one or the other way and ordered lockdown. The impact on mental health of the individuals may be due to covid-19 or lockdown. The change in behavior and the impact on mental health of human beings is never seen before. To see the impact on mental health, various previous studies and online sources have been taken into consideration for the study. Not only this, the paper also talks about the ways to overcome the pandemic. (Cullen, w., gulati, g., & kelly, b. D., 2020)

OBJECTIVES OF THE STUDY

- Covid-19 Pandemic
- To examine the impact of coronavirus on mental health of human beings
- To study the ways to overcome the pandemic in a better way.

To achieve the above-mentioned objectives, the study is divided in three parts for the convenience. The first part explains about the covid-19 pandemic, the second part talks about the impact of covid-19 on mental health of human beings and the last part about the ways to overcome it.

COVID-19 PANDEMIC

The covid-19 illness has mild to severe symptoms in people. This virus can spread slowly and can be a great challenge to its treatment. The symptoms will be shown and identified within 2 to 14 days after getting infected. It was also measured that in some cases the mild symptoms were also not identified but when tested got positive in covid-19.

The common symptoms of the covid-19 are: muscle pain, fatigue, sneezing, dry cough, sore throat, high fever, respiratory problems etc. While in some cases the signs become severe like, kidney failure, serious respiratory syndrome, and pneumonia also can cause death as well. The risk of infection is higher with older people, kids and people with health problems like diabetes, heart diseases, lung diseases, cancer.

It is difficult to identify covid-19 as mostly symptoms are same as normal flue except diarrhea and breathing problem. A person can get infected if he gets encountered with a person who had travel history with infected countries or with any covid-19 patient near effected region. If any of this happens the covid-19 test is important and must. The recovery depends on the patient's immunity, age and also depends on their health.

It is spread through the sneezing; the contacts with other infected and cough droplets. The

virus can enter through nose, mouth and eyes. So the face is a sensitive region and must be touched by the sanitized hands. Also should avoid touching as much as possible.

It is important to understand the prevention and management. The proper sanitization of homes and hospitals can help in this calamity. The government and people collaboration is important to go through this tough time if covid-19. Staying at homes and cleaning of your area are some recommended ways. The cleaning of hands at regular interval of time with proper soap and sanitization, mouth and nose covered with masks are necessary these days and do not sneeze or cough at public places. Also the house keeping help to prevent any viruses on the surface.

The social distancing must be followed in this pandemic as people with any symptoms of respiratory problems like, cough; sneeze etc can be the infected person of covid-19. As avoid maximize contact at public places, schools, colleges, cafes and use of public transport like (bus, train, metro, aircraft, taxi, etc.). As individual one must drink hot water every hour as it can be a great help and maximum Luke warm water intake is advisable.

Also the guidelines for medical staffs, public, researchers and healthcares are available. Decontamination of hands at public places facility must be initiated by the government. According to the report it was identified that people who were seriously taking measures and accepting the government guidelines for safety are some way out of the infected zone of people.

The targeting of one religion for spreading the virus isn't going to help in the prevention because any sex, religion, creed and age have nothing to do with the covid-19 spreading and management. The accurate treatment and medicine have not discovered yet but there are some preventive measures and medicines to control and manage the spread of covid-19.

In the pandemic loses where also there globally and cannot to estimate. As some sectors are connected globally and there is the chain of working

as some parts are made somewhere and some are sell in other. So all this is a chain and if one collapses then it can make a big difference and can affect the whole chain. Somehow the shortage of commodities and rise in their prices is also a challenge to face with.

As China was the manufacturer for the whole world and during covid-19 the most effected is china and now the whole world is affected badly economically. The social gatherings have been avoided as the meetings and important work which can be done virtually can happening but apart from this the marriages and some social events can be postponed.

Also the future the new generation must be aware about some basic survival ways and the so0me important knowledge in science related to environment is must for everyone. Also Adapting basic cleaning habits and maintaining self hygiene is important so that no virus and flue can effect. Intake of hot food and water will help as the virus can grow in high temperature almost at 40 °C or more. As it is advised to all to take preventive measures issued by government and that will help to decrease the cases of covid-19 in future. (Ali, I., & Alharbi, O. M, 2020).

THE IMPACT OF CORONAVIRUS ON MENTAL HEALTH OF HUMAN BEINGS

As covid-19 is spreading, the cases of psychological impacts on people are increasing as well. The mental health plays an important role in a person's life as it is connected to the life expectancy. First, being in correct psychological condition one must be fit in both the aspects – physically and mentally. As apart from covid-19 even people with established mental and physical illness are at risk in basic course of events. So as now people with pre-existing psychological issues and physical will be at high risk of infection of covid-19.

Second, people without any psychological and physical issues are tormented in this pandemic. As the severe cases of anxiety and depression has been reported and measured as increasing daily.

(torales, j., o'higgins, m., castaldelli-maia, j. M., & ventriglio, a., 2020)

Third, the child abuses and domestic violence during this pandemic increased as the children are at home because of the lockdown so there are chances of child abuse epidemic. This can lead to psychological problem like anxiety, depression, loneliness in child's mind as well. While looking at this issue the UK decided to issue the psychological first aid from mental health. (galea, s., merchant, r. M., & lurie, n. 2020)

In many countries the neurological effect was spread in the community. In Wuhan the medical workers who are already at high risk of the infection but still working and handling the overwork, isolation, patients with negative emotions, lack of contact with their families and discrimination. All of this has caused mental health issues like depressive symptoms, insomnia, denial, anger, fear, stress and anxiety. This could not just affect them psychotically but can also create a lasting effect on their lives and overall well-being.

Fourth, the post-traumatic stress disorder pervasiveness in population ranging from 4% to 41%. The pervasiveness of depression increased by 7%. The female sex, lower socioeconomic status, interpersonal conflicts, frequent social media use and social support are the factors that can increase of developing these conditions. As in quarantine people seek for event related information from social media and other unknown sources when there is no official sources and channels revealing the exact record and status of the situation. As the hyped and molded information through unknown sources can create more damage to the mental health of people. It was reported in a study that misleading information can via social media has increased stress and anxiety level. (torales, j., o'higgins, m., castaldelli-maia, j. M., & ventriglio, a., 2020)

THE WAYS TO OVERCOME THE PANDEMIC

People with pre-existing mental illness and general people both are facing hardtime during this pandemic. The social distancing and materialistic connections among have caused severe mental health issues. As government is distracted with the current situation of the increasing cases of covid-19 and sought of sidelined the other important issue 'mental health' which is becoming a big problem for the country as well as the people. During this hard time of pandemic, the healthy state of mind plays an important role. As with increasing rate of covid-19 the fear of infection and other mental health issues are no less. Every second person is affected mentally because of the pressure he or she is bearing. The best way to get rid of all this is to involve yourself in some activity. The below mentioned are some of the solutions for each one of us what we should do to fight this battle in a better way. The some of the strategies and ways to overcome this phase are.

Firstly, people can reach out to the friends, family and near ones who have mental health issues or can have because of loneliness in pandemic. Not only family and friends, helping for this matter to others should also be welcomed. As places of worship, gyms, social groups and yoga studios can also organize virtual meet up and can go according to their earlier schedule so that no one will feel left out or fear of missing out. As this will keep them engaged in work and in their routines and will not give them time to overthink. Even in some workplaces have granted work from home as to maintain social distancing but they are organizing virtual meetings and workshops to connect with the employees and somehow nobody feels virtually alone. So connecting digitally is the new normal and we should appreciate it.

Secondly, people can try to make efforts and connect with others over video calls and can encourage mental health issues by videos and clips over texts and mails as they are more convenient and creates impact. As the schools are closed so virtual classes, engaging activities, teamwork models and modules to keep them engaged and busy with work, this will also help them to do productive work.

As all these are not just for school children but more than them the college students need help and implementing regular online lectures, self-care online sessions and daily workshops related can be extremely helpful to them. So, people should start engaging in work so that they will never feel bored.

Thirdly, as the cases of child abuse and domestic violence has increased during covid-19 so the nonprofit organizations can widen their horizons and help people with self-help centers and shelters. The awareness programs through social media to help and seek help can be done. The approaches should be creative enough that it can create a large impact. As attractive things definitely attract us and once, we engage we feel happy and never leave it. Lastly, the communities and organizations can train non-traditional people to provide help and psychological aid to people who are in need, the people can teach the importance of mental health in pandemics and how one can go through easily with their positive attitude and healthy state of mind. The groups can also teach how to seek help, support and should check in one another as this might help someone who's dealing with suicidal thoughts as even if there is one sign that someone cares and love can make a big change.

Start appreciating people and their extra efforts as gratitude creates positive energies and healthy mind. Also, the mental health services like counselling and online sessions with psychologist and social workers all these are tele-mental health services that has covered by the Medicare for people (Galea, S., Merchant, R. M., & Lurie, N. 2020). People can take session so that it will become easier to handle the situation easily.

CONCLUSION

As the focus was all over on covid-19 and psychological issues were neglected. The impact of covid-19 pandemic on mental health of general public and pre-existing people with psychological problems will have to face long lasting effects and stigma. In this study we examined the impact of covid-19 pandemic on mental health and how to

overcome the effects of covid-19 on mental health. People should understand the importance of healthy mental state while fighting against the pandemic. So that the positive attitude and strong will power can help to get over it soon. As seeking help and support is not a bad idea in this pandemic. Also, expressing gratitude and thoughts can help to heal from any stress, anxiety, depression and PTSD.

Sharing and checking upon people nearby, friends and family can be a great help to any of them who cannot ask for help. Also, one should look after their physical well-being as staying fit helps you to think positive and fresh. People should start following healthy eating habits and spend time with connecting people as this isolation can create many negativities around. Don't share low quality facts and information related to covid-19 and make sure your social media updates isn't affecting you in any manner so limit yourself. Start focusing more on your sleeping schedule and routines as all these small factors create a big impact on your mental health. Not only this the best way to overcome this to engage yourself in different activities as much as you can which will surely help to overcome this easily.

The government should also start focusing on this issue as well because mental health is very important part of a human being's growth and lives. The psychologist consultancy is necessary in a serious mental health issue and should not avoid it. For this, the govt of India should initiate several programs to help people overcome by making aware. Not only this, the govt should organize sessions regularly so that people be aware and able to handle uncertainties easily.

Further study can be done by analyzing how the covid-19 affected people of different age groups – infants, teens, adults and old aged. Not only this it is clear that covid-19 has impact on every sector of the economy. So further research can be conducted how different sectors like aviation sector, grocery sector etc. are affected from covid-19 and how should they plan for the future.

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