

“A STUDY ON IMPACT OF COVID-19 ON MENTAL HEALTH”

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Abstract

According to WHO, there is no single "official" definition of mental health. Mental health refers to a person's psychological, emotional, and social well-being; it influences what they feel and how they think and behave. The state of cognitive and behavioural well-being is referred to as mental health. Mental health issues, problems, and consequences are as big as a pandemic, which clearly requires a lot of our attention. COVID-19 affects the mental health of the populace through their experiences of various symptoms of mental health issues. A significant amount of anxiety, worry, and concern are being generated by the corona virus pandemic as it rapidly spreads over the world, especially among certain groups like elderly people, caregivers, and those with underlying medical conditions. Spreading awareness during COVID-19 is the main goal of the study as it evaluates public knowledge of the effects of COVID-19 on mental health, identifies the signs that indicate a population's mental health has been negatively impacted by COVID-19, and determines the relationship between COVID-19 and mental health. In conclusion, mental health is heavily impacted due to COVID-19 and also almost half the population thinks that more information, education, and counselling are required for the wellbeing of mental health.

Key words: Covid 19, Mental Health, Awareness, Impact.

Introduction

A novel corona virus (CoV) named '2019-nCoV' or '2019 novel corona virus' or 'COVID-19' by the World Health Organization (WHO) is in charge of the current outbreak of pneumonia that began at the beginning of December 2019 near in Wuhan City, Hubei Province, China. COVID-19 is a pathogenic virus that mostly infects the gastrointestinal and respiratory tracts. When the infector and the infected person come into close contact, it also spreads through dust particles and fomites. According to empirical evidence, airborne distribution has not been observed for COVID-19 and is not thought to be a significant transmission engine, but it is conceivable if such aerosol-generating activities are carried out in healthcare facilities. Some patients have experienced faecal dissemination, and a few clinical trials have noted the presence of the live virus. When an infected person coughs or sneezes, saliva droplets or discharge from the nose or mouth is the main ways that the COVID-19 virus is spread. The function and significance of the faecal-oral pathway for COVID-19 must be determined because it does not appear to be a transmission engine for COVID-19.

However, there are already many concerns regarding the latest corona virus. Although it seems to be transferred to humans by animals, it is important to recognize individual animals and other sources, the path of transmission, the incubation cycle, and the features of the susceptible community and the survival rate. Nonetheless, very little clinical knowledge on COVID-19 disease is currently accessible and details on age span, the animal origin of the virus, incubation time, outbreak curve, viral spectroscopy, dissemination pathogenesis, autopsy observations, and any clinical responses to antiviral are lacking among the serious cases.

The corona virus pandemic is causing significant levels of dread, worry, and concern in the general community as well as in specific groups, such as older persons, caregivers, and people with underlying medical issues. When faced with perceived or actual threats, as well as occasionally when we are faced with uncertainty or the unknown, fear, worry, and stress are common reactions. Therefore, it is understandable and normal that people be afraid in light of the COVID-19 outbreak.

The biggest psychological effect in terms of public mental health is currently increased levels of stress or worry. The prevalence of loneliness, melancholy, destructive alcohol and drug use, self-harm, and suicidal behaviour is also anticipated to increase when additional measures and affects are implemented, particularly quarantine and its implications on many people's regular activities, habits, or livelihoods. The economy and jobs have been badly harmed, and social isolation and loneliness have increased as a result of the measures used to slow the spread of the sickness, such as national lockdowns and social isolation. These pressures have been made worse by the virus fear, bereavement experiences, and future uncertainty.

The enormous changes to our everyday lives brought on by the restrictions placed on our movement in support of efforts to contain and halt the spread of the virus are added to the fear of getting the virus. It's crucial that we take care of our mental and physical health in light of the new realities that include working from home, being temporarily unemployed, homeschooling kids, and not having physical touch with other family members, friends, or coworkers. Therefore, The study entitled as “A STUDY ON IMPACT OF COVID-19 ON MENTAL HEALTH.” will be conducted in order to find out the impact of Covid-19 on mental health of population and which factors influence them. Inferences from the study of past researchers and primary data will be collected to derive reliable data about the need of awareness of mental health.

LITERATURE REVIEW

As a major virus outbreak in the 21st century, the Corona virus disease 2019 (COVID-19) pandemic has led to unprecedented hazards to mental health globally. Patients and healthcare professionals are given psychological support, but the general public's mental health also needs a lot of attention. The goal of this systematic review is to summarise the existing evidence on the impact of COVID-19 and related risk factors on psychological outcomes in the general population.

Impact of COVID-19 pandemic on mental health in the general population: A systematic review (August,2020)

A systematic search was conducted on PubMed, Embase, Medline, Web of Science, and Scopus from inception to 17 May 2020 following the PRISMA guidelines. A manual search on Google Scholar was performed to identify additional relevant studies. Articles were selected based on the predetermined eligibility criteria.

Results: Relatively high rates of symptoms of anxiety, depression, post-traumatic stress disorder, psychological distress, and stress are reported in the general population during the COVID-19 pandemic in China, Spain, Italy, Iran, the US, Turkey, Nepal, and Denmark. Risk factors associated with distress measures include female gender, younger age group (≤ 40 years), presence of chronic/psychiatric illnesses, unemployment, student status, and frequent exposure to social media/news concerning COVID-19.

Mental health implications of COVID-19 pandemic and its response in India (September, 2020)

In this study an attempt made to review the prevailing mental health issues during the COVID-19 pandemic through global experiences, and reactive strategies established in mental health care with special reference to the Indian context. By performing a rapid synthesis of available evidence, aim to propose a conceptual and recommendation framework for mental health issues during the COVID-19 pandemic. COVID-19 and adolescent mental health in India (December,2020)

Corona virus disease 2019 (COVID-19) might not be as lethal in children and adolescents as it is in adults, but it does cause a lot of psychological distress in this age group. This article talks about impact of Covid-19 on mental health of adolescents and gives few measures to overcome the problem. Adolescents are experiencing acute and chronic stress because of parental anxiety, disruption of daily routines, increased family violence, and home confinement with little or no access to peers, teachers, or physical activity. During the pandemic, adolescents at high risk of psychological problems might fall through the safety net provided by a protective family life, peer support, and psychological support from teachers. It is time to address adolescent mental health in India systematically, to monitor the incidence of various psychiatric disorders (e.g., depression, anxiety, and self-harm behaviours), and to identify factors for both risk and resilience.

Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations (August,2020)

This paper is aimed at narrative reviewing various articles related to mental-health aspects of children and adolescents impacted by COVID-19 pandemic and enforcement of nationwide or regional lockdowns to prevent further spread of infection. The quality and magnitude of impact on minors is determined by many vulnerability factors like developmental age, educational status, pre-existing mental health condition, being economically underprivileged or being quarantined due to infection or fear of infection.

METHODOLOGY

Introduction: It comprises the study sample, sample selection process, study design, data gathering process, instruments, and statistical methods used to analyze the data. It describe about the way the tools were developed to collect the data.

Data collection

The various age groups were involved in the current study, "A STUDY ON IMPACT OF COVID-19 ON MENTAL HEALTH." The sample consists of 262 randomly chosen individuals from around India; 124 of these respondents were men, while the remaining 138 were women. Online form of survey was used for the collection of data. The data were collected in 15 days. The demographic details have been stated below with distribution among different sub-categories mentioned.

DEMOGRAPHIC DETAILS

N=259		
GENDER		
MALE		47.3%
FEMALE		52.6%
AGE		
UNDER 30		86.2%
31-40 Yrs.		5.34%
41-50 Yrs.		4.19%
ABOVE 50 Yrs.		4.19%

MARITAL STATUS		
UNMARRIED		80.1%
MARRIED		19.8%
FAMILY TYPE		
NUCLEAR		59.5%
JOINT		40.4%
EDUCATION		
HIGHER SECONDARY		9.9%
GRADUATION		45.4%
POST GRADUATION		43.5%
OCCUPATION		
EMPLOYED		29.7%
SELF EMPLOYED		10.6%
UNEMPLOYED		4.9%
STUDENT		52.2%
HOUSEWIFE		2.29%
INCOME PER ANNUM		
LESS THAN 1,00,000		19.08%
1,00,000-5.00,000		45.56%
ABOVE 5,00,000		33.96%

TOOL : To measure demographic profile and perception of people towards their mental health a questionnaire was developed. Questionnaire consisted of Demographic profile and questions about Covid-19 and mental health related problems. There were 9 items in demographic profile and 15 items in Covid-19 and mental health related issues.

ANALYSIS:

MS Excel application was used to analyze data. The data was analyzed with the help of

1. Frequency Percentage
2. Correlation

.Findings and Interpretation

After data collection, data is reviewed through some predefined processes to assign some meaning to the data and to arrive at a relevant conclusion.

1. **Frequency Percentage Analysis:** When it's crucial to know how many participants chose a particular response, using a percentage is suitable. A data presentation that indicates the proportion of observations for each data point or set of data points is known as a percentage frequency distribution. When representing the relative frequency of survey replies and other data, it is a particularly helpful technique.

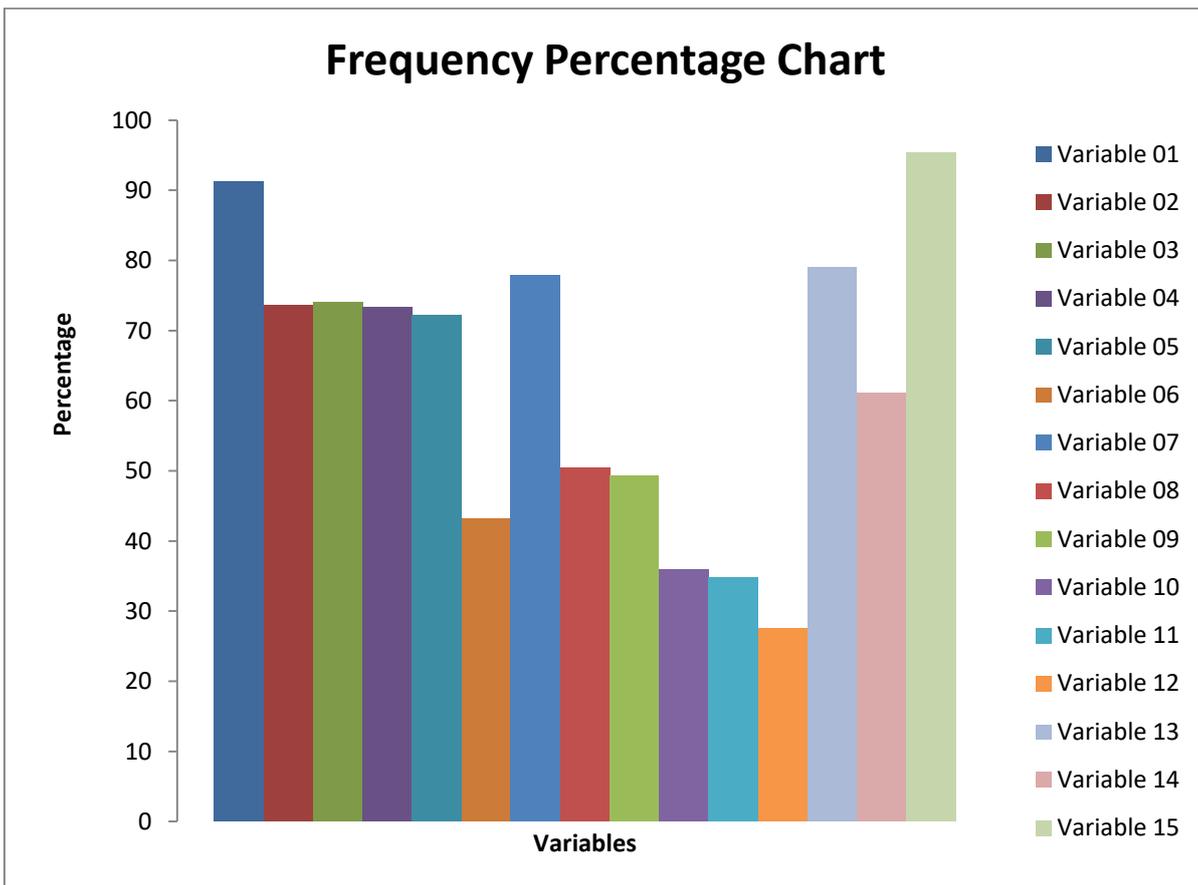
In order to create a percentage frequency distribution, you must first determine the total number of observations to be represented (in this case, there are 262 total observations), then count the total number of observations within each data point or group of data points, and finally divide that total number of observations by the total number of observations.

Findings:

In the given table below the percentage of population shown who agreed with certain variable. According to the findings, more than 50% of the population thinks that their mental health is affected after the outbreak of corona and developed most of the symptoms of affected mental health.

People are well aware of mental health consequences covid-19, as per the data more than 90% people are aware and also almost population thinks that more information, education and counselling is required for wellbeing of mental health.

Variable Name	Variable	Value (In %)
Variable 01	Are you aware of possible mental health consequences of Covid-19?	91.22%
Variable 02	Do you think your mental health is affected after the outbreak of Covid-19?	73.66%
Variable 03	Do you think that corona takes a lot of headspace (You barely can think about anything else)?	74.04%
Variable 04	Have you experienced any of these symptoms – lack of concentration, lack of interest in things you enjoyed before, mood swings etc.?	73.28%
Variable 05	Do you always fear about corona or losing someone due to corona?	72.13%
Variable 06	Do you often check your temperature or SpO2 in minimum discomfort?	43.12%
Variable 07	Do this death rate news on news channels or social media affects your emotional state heavily?	77.86%
Variable 08	Have you or your family member developed any stress related disorder after outbreak of Covid-19?	50.38%
Variable 09	Have you recently start experiencing disturbed sleep cycle or eating disorder?	49.23%
Variable 10	Have you recently start having any anxiety issues?	35.87%
Variable 11	Do you fear about social isolation or fear of being alone?	34.73%
Variable 12	Have you witnessed more family violence or aggression in this pandemic?	27.48%
Variable 13	Have you started worrying more than normal about future securities?	79%
Variable 14	Do you feel more restless, annoyed or irritated nowadays?	61.06%
Variable 15	Do you think we all should talk more about mental health (More awareness and education is required)?	95.41%



As it is cleared from above finding that Corona has affected mental health of many people, most of the population has developed symptoms like sleep deprivation, mood swings, lack of concentration, stress, anxiety issues and much more.

Therefore, in order to understand that these issues are related to the outbreak of Covid-19, Correlation analysis is required.

2. Correlation:

	Gender	Age	Education	Occupatio	Are you a	Type of Fa
Gender	1					
Age	-0.06662	1				
Education	0.062407	0.185877	1			
Occupatio	-0.12426	0.319586	0.403458	1		
Are you a	0.01292	-0.05561	0.054196	0.20534	1	
Type of Fa	-0.05969	0.15046	0.018015	0.024688	0.035047	1
Marital Sta	-0.02663	0.674471	0.225306	0.410333	-0.0712	0.194229
Annual fa	-0.11836	0.164779	0.243502	0.236321	-0.13089	-0.07814
Are you av	0.111149	-0.12864	-0.00195	-0.1536	0.013362	-0.04657

From the above table it is cleared that Covid-19 and affected mental health are related in many ways.

The major findings are:

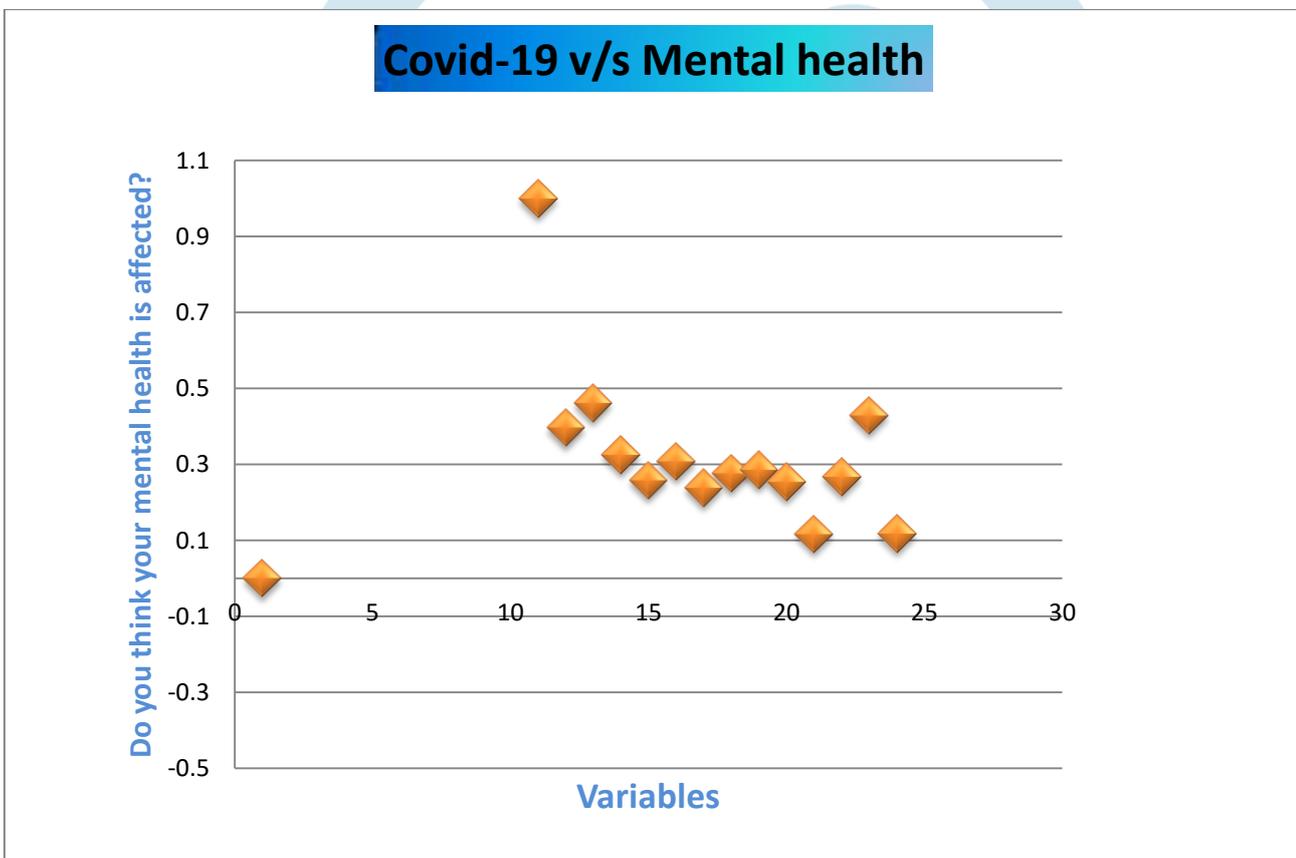
- **Covid-19 and Mental Health:**

All the values of correlation coefficient are positive, that means there is positive relation of mental health with all the variables. On increasing one variable definitely there will be a rise in impact on mental health. Mental health is affected in almost all the cases after outbreak of corona.

- **Visualizing correlations with scatter plot-**

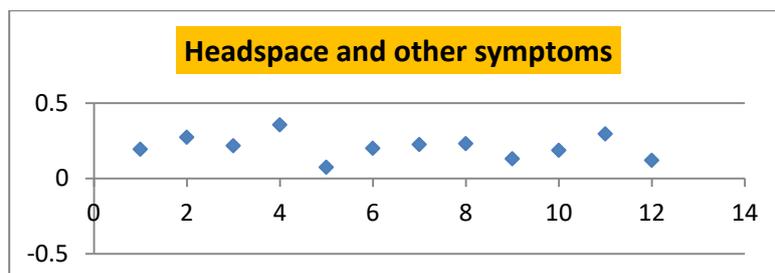
Scatterplots are also helpful for spotting unexpected patterns like a curvilinear relationship or an extreme outlier that could interfere with an accurate correlation in our data. Each point in the plot represents one variable, which we can place on an x- and y-axis by its presence and impact of covid-19 on mental health.

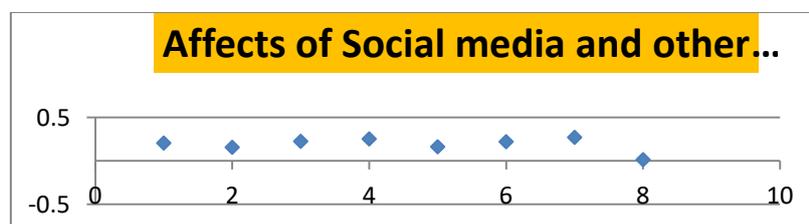
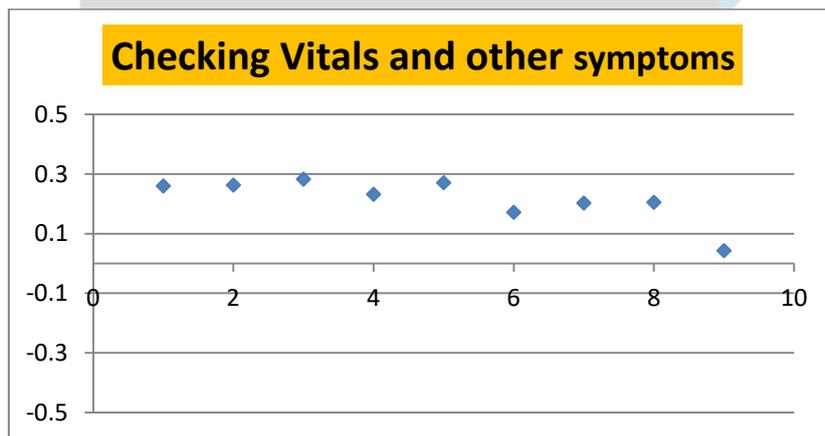
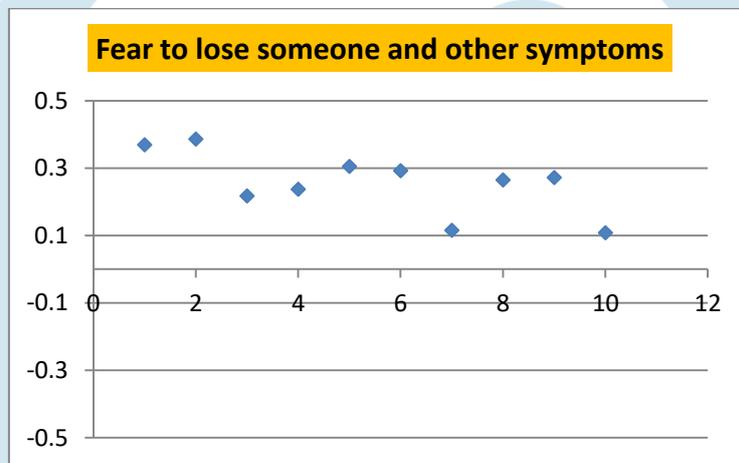
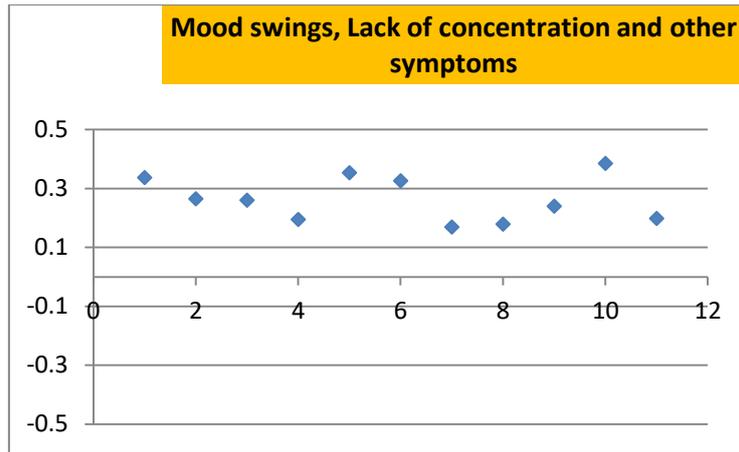
The correlation coefficient (r) also illustrates our scatterplot. It tells us, in numerical terms, how near the points mapped in the scatterplot come to a linear relationship. Stronger relationships, or higher r values, indicate correlations when the points are quite near the line that we've fitted to the data.

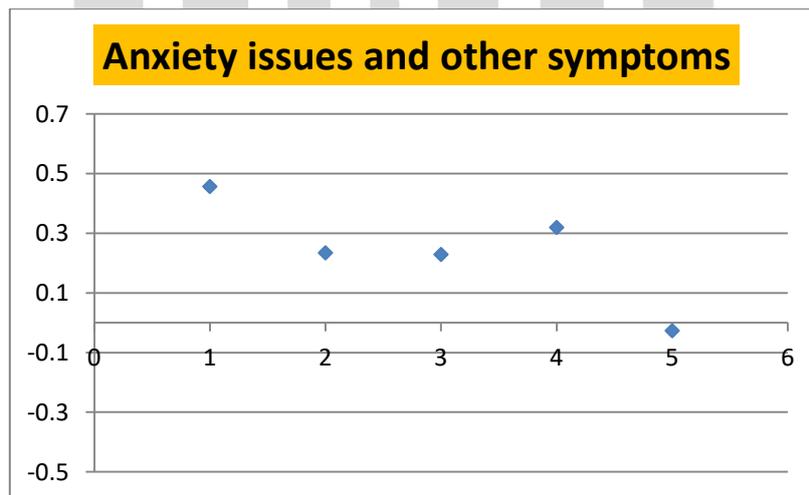
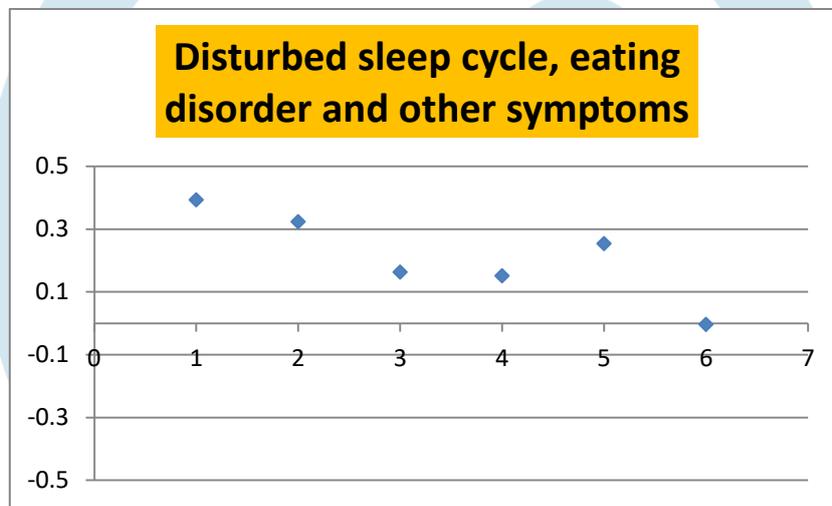
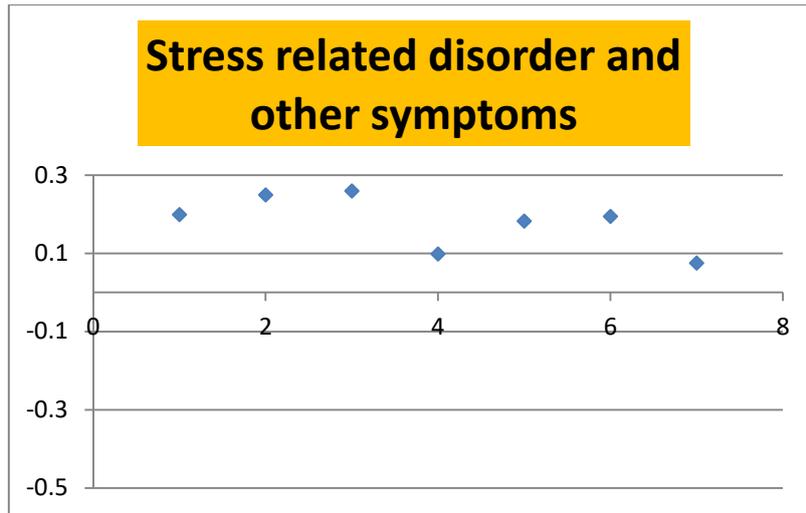


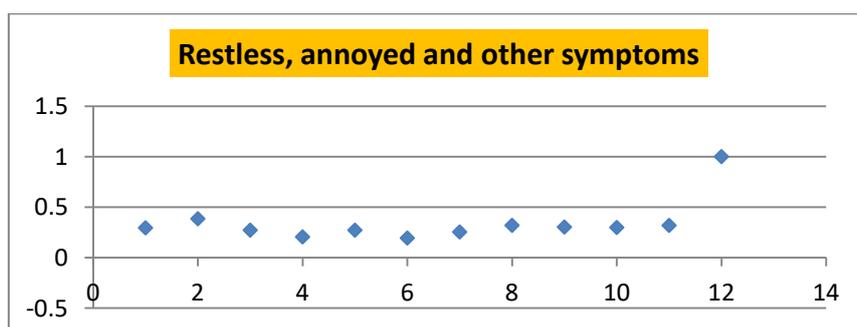
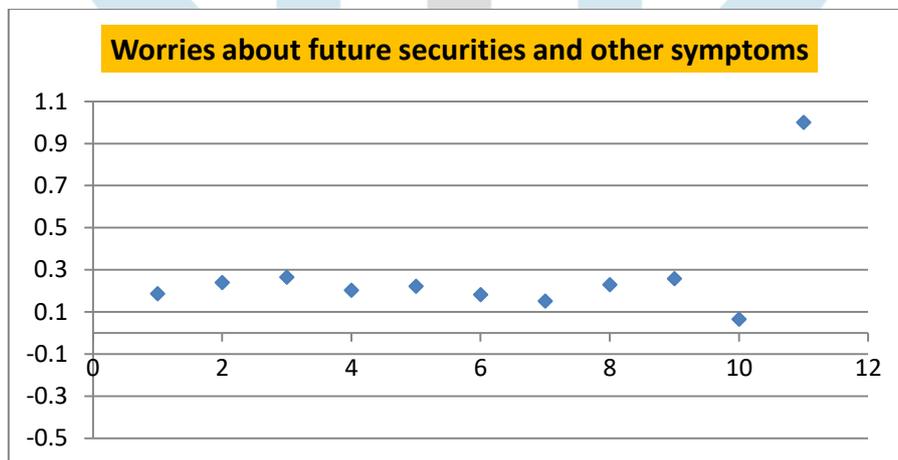
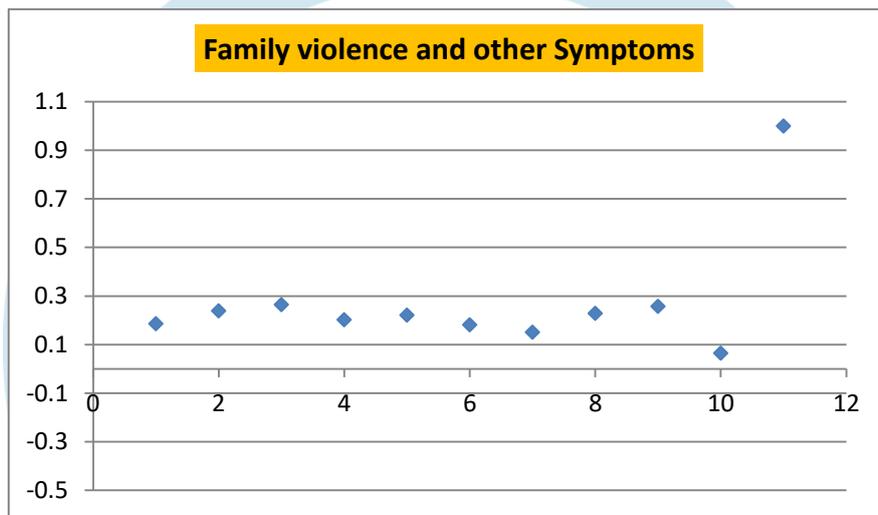
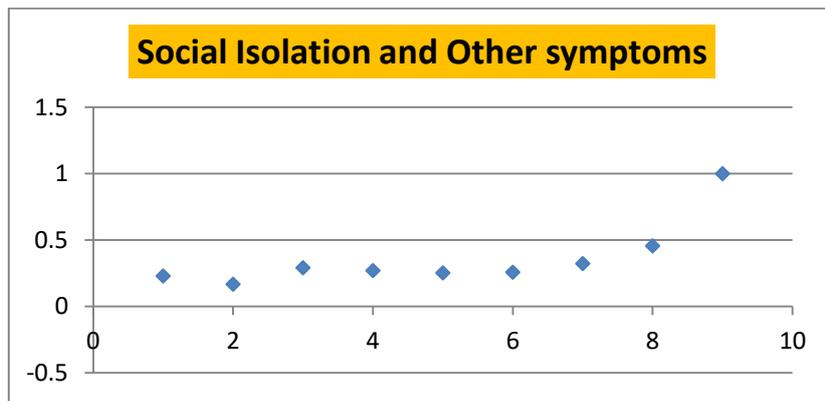
- All the symptoms of affected mental health shows a positive correlation, that is, if a person is affected by one symptoms then chances of presence of other symptoms are quite high. For example, people showing symptom of disturbed sleep cycle will also showing anxiety issues and more.

All the charts below are showing positive correlation among all the possible symptoms of affected mental health.



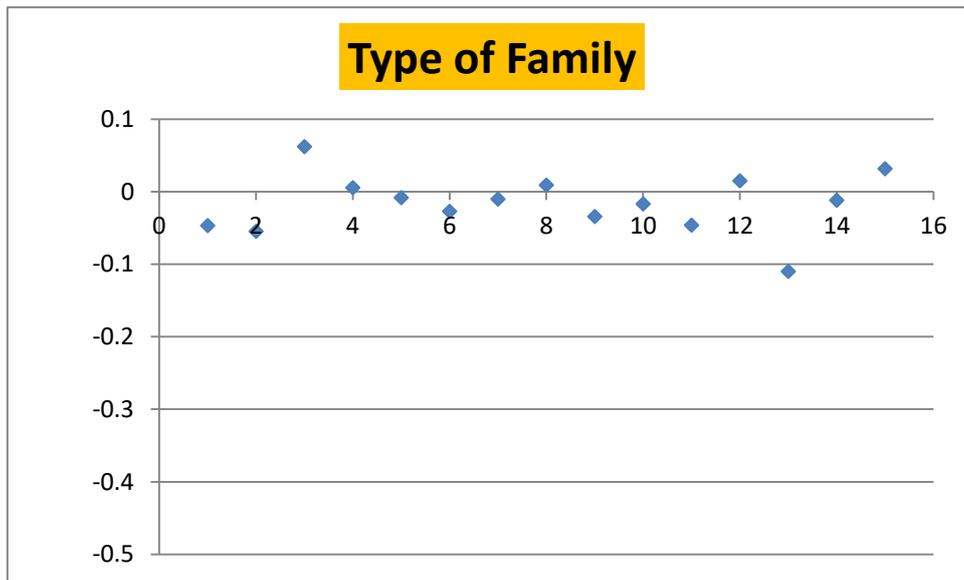




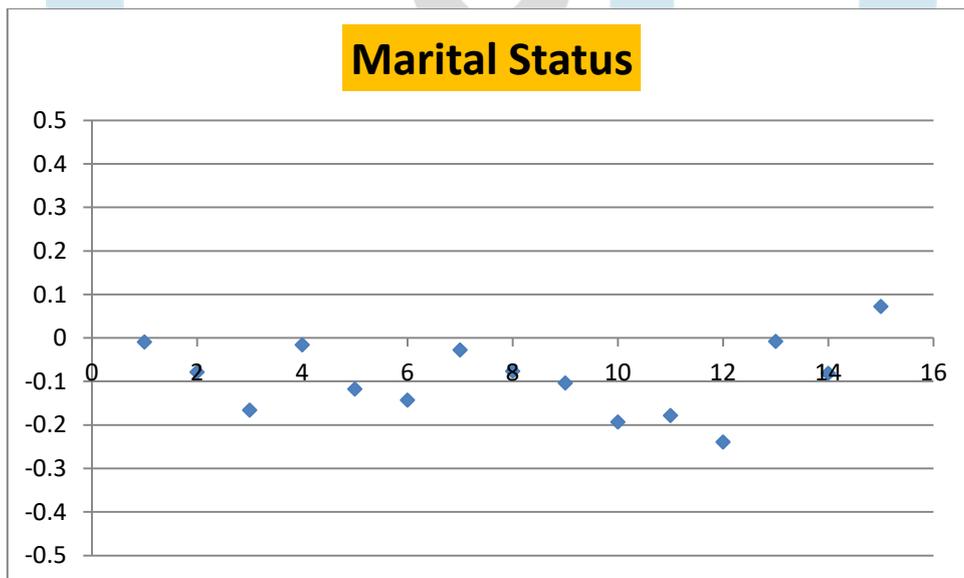


Other Findings:

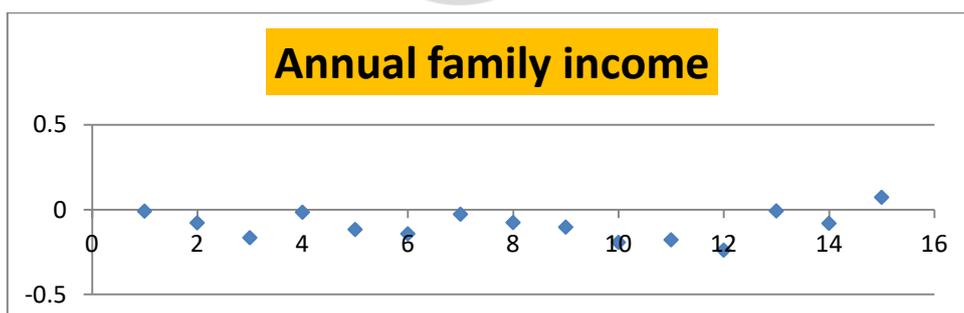
It is observed from data analysis, that there is negative correlation in types of family and symptoms of affected mental health, that is, in nuclear family more cases of affected mental health is observed than joint family.



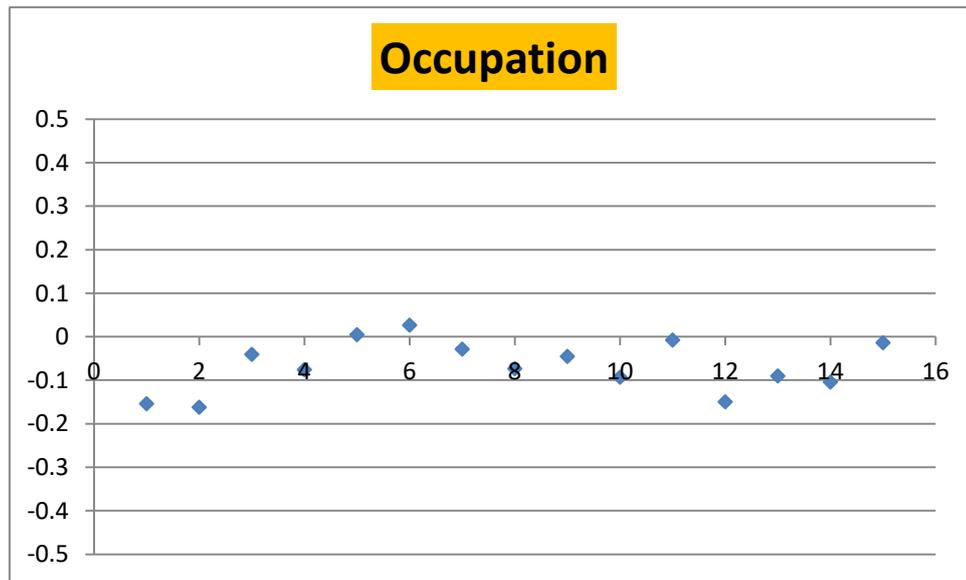
There is negative correlation in marital status and symptoms of affected mental health, that is, married people are showing less symptoms of affected mental health than singles.



It is evident from data that more affected mental health is seen in people having less annual family income than others, as there is negative correlation between annual family income and impact on mental health.



There is negative correlation in occupation and affected mental health; unemployed people or students are showing more symptoms of affected mental health than employed people.



Conclusion

The last few years have seen a significant shift in how individuals live thanks to Covid-19. The virus has been harming individuals physically, financially, and emotionally ever since it first emerged. While the physical and financial effects are widely discussed, the emotional component has received less attention, while being just as important and requiring analysis. The pandemic caused a rapid change in the entire world, which affected people's social lives. This abrupt and significant change affected people's mental equilibrium as well. Due to the lack of in-person interaction, the prolonged stay at home led to psychological stress. Nearly everyone experienced a sense of powerlessness due to the pandemic, and people's fear of becoming a victim also stopped them from leaving their homes. People were forced to adopt "the new normal" of working from home, which has its own challenges in terms of managing work and home life, productivity, etc. While the unstable atmosphere also caused many people, particularly employees, to dread losing their employment. This was a challenging moment for students as well; some still had exams to take, and those nearing degree completion faced serious uncertainty regarding their future careers.

It appears that adopting a positive outlook is the only way to escape this detrimental psychological effect. The only thing that will help you get out of a bad circumstance is a good attitude. Changes in our way of life may enable us to reduce stress, even though many of these psychological effects continue to affect people. Yoga is a terrific approach to preserve both physical and mental health. Increasing our physical and mental immunity may be an effort on our part to survive this epidemic and emerge from it as stronger people.

RECOMMENDATIONS

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that can help you, others, and our community mental health. Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, television, and computer screens for a while.

- Take deep breaths, stretch, or exercise.
- Try to eat healthy, well-balanced meals..
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.
- Helping others to cope.
- If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available. More about the risk of suicide, signs to watch for, and how to respond if you notice these signs in yourself or a friend or a loved one, can be found here.
- If you are in crisis, get immediate help:
The Union Social Justice and Empowerment Ministry launched a 24/7 toll-free helpline to provide support to people facing anxiety, stress, depression, suicidal thoughts and other mental health concerns.

The mental health rehabilitation helpline, KIRAN, can be called from landline and mobile phones across the country at the number 1800-599-0019, the Ministry announced. In a statement, the Ministry said the helpline had been launched “in view of the growing incidence of mental illness, particularly in the wake of the corona virus (COVID-19) pandemic.”

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