PSYCHOSOCIAL IMPACT OF COVID 19 PANDEMIC

Shubha Shah¹, Kamal Raj Mission²
Assistant Professor, Dnyan Ganga Education Trust’s Degree College of Arts, Commerce & Science.
¹Shubhardik1@gmail.com, ²kamalraj13@gmail.com

ABSTRACT

COVID-19 has been very unforgiving on individuals, society, business houses as well as nations. COVID-19 virus which started from Wuhan, China is now a threat to public health and society worldwide. The sudden onset of this monstrous virus has evoked a sense of anxiety and uncertainty in people all over the world. The virus has resulted in hazard to mental health all over the world.

The purpose of this research paper is to investigate & find out the psychosocial impact of this pandemic on people’s mental health and wellbeing. A simple random sampling technique has been used where a sample size of 187 odd respondents have been collected. The paper uses primary as well as secondary data and the findings are summarized through simple statistical tools & techniques. Overall, this study focuses on how this virus has adversely impacted people’s lives and their mental health.

KEYWORDS: COVID 19, mental health, anxiety

I. INTRODUCTION

The COVID-19 pandemic and the lockdown due to the current second wave are likely to trigger and increase the symptoms of mental illnesses due to job insecurity and constant fear of dodging death.

Covid imposed lockdown is a major stress factor endangering the daily routine of people and their social outings and gatherings thereby increasing stress levels by increase of cortisol level which result in depression.

Man is a social animal and for him not able to go to work or meet and mingle with people coupled with diminishing finances triggers anxiety and does affect mental health. Many people are living off their savings as they have to shut their businesses due to lockdown. Many salaried people have been laid off as even corporates are not getting enough business due to the pandemic situation. Financial insecurity is one of the major cause of stress and mental agony.

Everyone is striving to survive during this pandemic period and support their family mentally and financially. People like doctors, nurses, policemen, army men have served for the nation even during this pandemic time risking their lives to save the world. They must have definitely faced immense stress, insecurities, fear anxiousness of contracting the virus and falling ill.

Most people are working from home due to lockdown and the isolation and quarantine has definitely lead to different kinds of issues. Not able to meet people or go out and socialize has brought feelings of loneliness, fear, anger, anxiety, insomnia, irritability and panic about the future. In a person with a psychiatric disorder it might lead to suicidal tendencies.

OBJECTIVES

The purpose of the study is as follows:

1. To understand the effect of the pandemic on mental health of people.
2. To examine the adverse impact of Pandemic on the mental health of people from different walks of life and age groups.
II. RESEARCH METHODOLOGY

Focusing the topic of research study, a primary research was conducted by preparing a questionnaire on google forms and primary data was thus collected from sample respondents of age groups 20 and above who closely resemble the population using close ended question through Google forms. The random sampling technique was used and the sample size of this research was 200 odd respondents.

SIGNIFICANCE OF STUDY

The significance of the study is to highlight the impact of COVID 19 pandemic on the mental health and wellbeing of people. This study will help us in understanding how this pandemic has evoked a sense of social and financial insecurity, helplessness and anxiety among people due to job loss and being cut off from social circle due to social distancing and safety norms and how people from all strata’s are trying to cope up with their stress, fears, insecurities and anxieties.

RESULT AND ANALYSIS
Please indicate whether you are currently under state imposed curfew?
187 responses

- Yes: 83.4%
- No: 16.6%

Gender
187 responses

- Male: 50.8%
- Female: 49.2%

Are you currently employed
187 responses

- Yes: 69.5%
- No: 30.5%

Are you Working from home currently?
187 responses

- Yes: 58.8%
- No: 25.7%
- Partially: 15.5%
Has the pandemic, the fear of contracting the virus, fear of death, salary cut, job insecurity, decreased social gatherings and isolation evoked stress, anxiety and depression in you?
187 responses

How many hours per day did you typically spend outside before lockdown
187 responses

Has reduction of social gathering with friends and family affected your mental well-being of happiness
187 responses

How stressed do you feel during the current Pandemic time?
187 responses
RESULT ANALYSIS

A primary research was conducted from 187 respondents (both the genders) by sampling method who represented the population. The respondents were in the age group of 20 and above including senior citizens and included working people, students, housewives and senior citizens.

90% of the population also agreed that not able to meet people and go out has affected their mental wellbeing and happiness.

92% of the respondents said that the pandemic has got a lot of uncertainties, stress and anxiousness along with it due to financial instability and not able to socialize.

68% of them do not have a health cover with Covid coverage.

Below are the various measures that the respondents take to maintain mental wellbeing during this pandemic:

III. CONCLUSIONS AND SUGGESTIONS

This study indicated that majority of the respondents stated that this pandemic has caused high or moderate stress due to job loss, pay cut, not socializing and being isolated at home. The fear of contracting the virus and dodging death also spiked stress levels amongst people. Fear of being hospitalized and paying off huge medical and hospitalization bills freezes people with fear. Most of them do not have a health cover which includes cover for the pandemic which also results in anxiousness, insomnia, stress and adversely affects mental health.
From the primary research done by me which covers students, house wives, business men, salaried individuals and senior citizens it is clear that this pandemic has definitely made us more anxious, irritated, stressed and also feeling of helplessness does lead to mental agony.

Mitigation of the effect of this virus requires government intervention as well as individual efforts. The world is going to take time to recover from this virus and it is definitely going to take time to make things come back to normalcy like before. Till then people have to resort to yoga and meditation, pursue hobbies, keep themselves busy in work, keep trust in God and Nature, have a positive attitude and mind frame that this too shall pass away. We as a society have to fight this virus together. Not to forget to sanitize, keep safe distance, wear mask, help and cooperate with each other as a society and ward off this devilish Virus which in turn promote good health, mental balance and happiness.

Happiness is to see the world healthy, happy and glee

Happiness is the world being Covid Free.

REFERENCES:

1. Impact of Covid 19 Pandemic on mental health in general population: Science Direct (2020)
2. Impact of Covid 19 Pandemic on pre-existing mental problems - NCBI (2020)
4. https://blog.ourbetterworld.org/blog/coping-with-covid-19-when-you-have-a-mental-health-condition/?gclid=CjwKCAjwhYOFBbhBEiwASF3KGUGntPyxdoy7k6Dp4EgcfF12qyy2C69IKsa_7ZBMsfGUMH4T2QeXxoCKc9QABoD_BwE