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Covid 19's Effect on Mental Health

Raj Laddha[*]

Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India

ABSTRACT

At times when we are faced with uncertainty, fear of the unknown, anxiety about a new disease, and what could happen can be overwhelming and cause strong emotions, not just in adults but in children as well. Necessary government guidelines, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. Though these actions are necessary to reduce the spread of COVID-19, healthily coping with stress will make you, the people you care about, and your community stronger. This prospective study is aimed to assess the impact of the COVID-19 outbreak on mental health and to investigate how the community can remain happy. The one thing which is spreading faster than the infectious disease during the pandemic is the negative energy, with total confirmed cases touching 1 crore, millions of people losing their jobs, and many losing their beloved ones. Awareness regarding mental health is a must. During this phase, there is extremely minimal knowledge about the impact of such epidemics on community mental health. This gap in knowledge means we are less prepared, critically ill-equipped to support communities as we face unprecedented times. In situations like these, all of us have to come forward. It is our responsibility how we handle this, our include both the government and each and every citizen of the country.

[*]Corresponding Author

Name: Raj Laddha
Phone: 7249339000
Email: laddharaj9@gmail.com

INTRODUCTION

In a survey conducted by WHO it was revealed that the COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide hence the demand for mental health is increasing. This survey provided global data showing the devastating impact of COVID-19 on access to mental health services and highlights the urgent need for better resources. Death of loved ones, isolation, loss of income, not able to be with one's family, and fear are triggering mental health conditions or exacerbating existing ones. Fear, worry are common responses and many people are tackling these by increasing levels of alcohol and drug use, insomnia, and anxiety. Meanwhile, it has also been found that COVID-19 itself can lead to neurological and mental complications, such as agitation, delirium, and stroke. People with pre-existing mental, neurological, or substance use disorders are also more vulnerable to SARS-CoV-2 infection – they may stand a higher risk of severe outcomes and even death.

We simply lack the resource to tackle if the situation escalates to that level with our huge population density. As the country went into total shutdown, many people went short of essentials within a few days. Already Supermarkets are reducing the purchase limit. There might be plenty of hoardings in the near future. It's going to be Maelstrom and the situation might lead us to ANARCHY.

The economy faced serious fallout in the future. With massive layoffs in Airlines, Tourism, Hospitality, and several other industries as a cascade effect. Our beloved IT sector also took a hit in the forthcoming days. Though the government came up with a Stimulus Package to help multiple industries at one go, it was not sufficient as already many businesses went bankrupt and many lost their jobs. There are lots of questions going forward as the implication of this black swan event will be manifold across several sectors. We seriously do not know where it will lead us into. Measures taken by most governments against the virus are being increasingly flouted and mocked against is something that really scares me more than the virus itself. How can we get better if we don't want to as nations' people collectively get better by maintaining the simple rule of Social distancing? We tried the Lockdown for 21 days now increased it by 19 more days and if the way the people act goes by God knows how many more 21 days we'll have to increase to get rid of the virus completely (Dong *et al.*, 2020).

Effect on Mental Health

An outbreak of a global pandemic causes fear and concern among many and influences the cognitive well-being of all. The lives of infected individuals, family and friends, and society are at stake due to the perpetuated potential effects of the 2019 novel coronavirus (COVID-19). The chance of getting tainted with COVID-19, a sickness with no unmistakable characterized therapy conventions, and various side effects among various people have shaken the world. With the sickness presently spreading in various pieces of the nation, the current well-being office has fallen. Across the world, there has been expanding acknowledgement of the need to give emotional well-being backing to individuals not just in the cutting edge of the COVID-19 pandemic however to typical individuals too. Psychological well-being issues among the medical services workforce are all around perceived even before the COVID-19 pandemic. Different examinations have reliably announced higher paces of discouragement, tension, substance use, helpless life fulfillment, and self-destruction among provincial and wellbeing laborers when contrasted with everyone. Until this point, both the fundamental and individual reactions to address psychological well-being issues among them have been inconsistent. Nonstructured and non-classified emotional wellness administrations for wellbeing laborers exist in pretty much every setting, even in big-time salary nations. Everyone keeps on being driven by a culture of "presenteeism" with little "self-care". Along these lines, any arrangement of emotional well-being support or any important standard set up on the planet during COVID-19 will liable to stay lasting, even past this time (Steadman *et al.*, 2011).

The Covid illness (COVID-19) pandemic has upset the lives of individuals across the world by its fast spread and high mortality. With more than 80 million cases around the world, it has disturbed the social texture, the cost for individuals' lives, and decimating financial effect. The dread of individual contamination or disease of loved ones is normal among individuals presented to any irresistible infection flare-up. On edge, individuals may likewise have highlights of gloom and drink liquor to feel much improved (Rajkumar, 2020).

The consistent sight of exactly the same dividers around us and individuals constructs two distinct brain sciences. Discussing the positive side, the recurrence of correspondence and straightforwardness in a family has expanded and on the opposite side of the coin," such a large number of vessels bring about more clamor". The youngsters who get preparing, treatment, and different medicines are in high danger of being crashed from treatment and uncommon training. Financially oppressed kids are especially inclined to misuse and manhandle. Kids isolated are at high danger for building up a higher danger for psychological well-being connected difficulties.

Some of the effects of the various stakeholders are listed below.

Effect on Frontline Personnel Combating Covid-19

Medical care laborers (HCWs), police, and government authorities make the cutting edge of a fight against COVID-19. Since they are human as well, they additionally stress over getting tainted, taking contaminations to their families, sufficiency of security, admittance to food, fluids, and rest, and partition from families. The inescapable social and financial disturbance has additionally affected most HCWs. What's more, day by day articles is being distributed in the paper where we see that these individuals are not welcomed appropriately and a few people of their territory attempt to avoid them as though they are untouchables. This has made a pattern of concern, stress, and trouble. On the off chance that this wheel isn't broken, this can change into more serious pain, in any event, prompting self-destructive musings and emotions. It is thus a matter of national concern to address the problems faced by the corona warriors to ensure better treatment and prosperous living of all the citizens of the country. Many healthcare workers are socially isolating themselves from both public places as well

as loved ones to reduce the risk of infecting others. This isolation can take a significant toll on their mental health. Social support is an essential aspect of anyone's mental health, so this prolonged isolation creates a lot of loneliness. It makes it even worse for them to not be able to be with their family, not being able to support their partner, not able to love their children in these difficult times (Vindegaard and Benros, 2020).

Coronavirus and Domestic Violence

In the approach to the declaration of the cross country lockdown on March 24th, 2020, the public authority neglected to create methodologies to address conceivable aftermath in a few zones. One such region that went unaddressed was aggressive behavior at home. One thing that set of experiences has instructed us that it is consistently ladies who face more serious dangers during crises, including wellbeing fiascos, for example, pandemics. During the hour of a monetary emergency and monetary pain, there is an expansion in brutality both imprudent and impulsive, and controlling conduct and animosity towards their female accomplice. With a cross country lockdown, ladies are being caught in a space with men who take out their outrage, their disappointment on them. What disheartens me is that the quantity of genuine cases is underreported, which implies the number of cases detailed is not exactly the real ascent in aggressive behavior at home. This is on the grounds that individuals secured with their victimizers will most likely be unable to gain admittance to a cell phone, nor existence to call for help. These practices regularly effects affect individuals, and can altogether influence emotional well-being and prosperity (Huang and Zhao, 2020).

Effect on Students and Teachers

However the advantages like online classes saved time, students can spend more time with their loved ones but there are significant disadvantages because there is a huge loss in jobs, lives, and the economy of the Country. India is not a developed country, rather it is a developing country, in a country where the adoption rate of the classroom is a little over 3 quarters, the rate of adopting online classes are way less. Online classes affect the eyes of the students due to long hours in front of the blue screen. In a country where more than 70% of the population lives in rural areas, where there is a lack of electricity, laptops, good internet connectivity, we cant expect them to be at par with folks living in cities. Not just in schools, but the sudden shift to online classes resulted in passing students based on their internals. This remains true for the universities as well, as most of them passing all the students (Schildkraut and Nickerson, 2020). Classroom teaching had incentives for parents as some provided midday meals to students which were also missed in the online teaching for people living in backward areas of the society.

For teachers, It was a Herculean challenge that I had to overcome to be a part of this new normal living. In the COVID-19 situation, it was a very unique challenge. The challenge demanded that I should go through a digital transformation overnight. They have to accept the challenge and left behind all their tech fears. Suppressing their inhibition and opening their house for public viewing. The challenge demanded that they had to accomplish all these tasks with limited or no resources.

Effect on Rural People

The lockdown has affected broadly these activities in rural areas — 1. Agriculture and allied activities, 2. Local non-farm sectors and 3. rural-urban migration — it is a migration that has been severely affected. More than a quarter of the working population are migrants, and most of them hail from socially and economically backward areas. People migrate from rural parts to urban in search of income and employment, the loss of livelihood due to lockdown had a severe impact on each of their lives. This pandemic saw reverse migration where migrant people traveling thousands of kilometers barefoot, some on their bicycles to be in their homes, with their families as they couldn't find work, nor did they had money to live in the city (Gordon and Borja, 2020).

Ways to stay happy in corona

Indeed, even in the haziest of times, we should attempt to discover a glimmer of promising end to current circumstances. However, how can one really help satisfaction during a worldwide pandemic? It's unquestionably not as straightforward or material as washing one's hands, wearing covers, and keeping up social removing. In any case, there are moves we can make to show satisfaction.

Double down on physical self-care — especially exercise

It is often said that your physical experience will always influence your emotional experience." and that exercise is the magical elixir of life.

Some of the workouts are easy to do at home and do not take much time.

It is observed that even light yoga or walking 10 minutes barefoot in grass elevates the mood and is responsible for a happy, upbeat mind.

Meditate

Meditation fosters inner joy by slowing to meditate for even five minutes at a time. Meditation is a centuries back cure responsible for making one feel good. It reduces the level of adrenaline and cortisol in the body (Gyatso, 2009).

Improve sleep hygiene

A decent night's rest is difficult to arrive in a worldwide pandemic, however, specialists have given most extreme significance to taking rest, as it is urgent to both physical and mental wellbeing. Take additional measures to in any event attempt to direct your rest. Specialists prescribe setting an alert to head to sleep, similarly as you set one to get up in the first part of the day.

Connect with other people

Ancient philosophers and contemporary scientists agree that connecting with people is truly important. It is a fact that humans need someone with whom they can talk, they can share their feelings. Living in a world full of technological innovation makes us fortunate that we can connect with people who aren't nearby. Now is the best time to meet our relatives, call them but we weren't able to due to work pressure (Fava and Bech, 2015).

Experience nature

How regularly it is said that a greener climate, cleaner air, life in the mountains are related to a decent and sound life. Indeed, even logical examinations demonstrate that common habitats are related to lower cerebrum action in the frontal flaps and low-recurrence brainwaves. All in all, our minds loosen up additional. For the individuals who can't get outside, there's additionally some exploration showing that taking a gander at photos of regular habitats, similar to photos of the beaches or the mountains can have comparative impacts.

Plan and Prioritise

Invest some energy toward the start of the day to sort out the thing you'll be doing and the things that are a need. Because of this work from home, there has been a dainty limit between public activity and work life. However, it is similarly imperative to give individual time or personal time. Or, more than likely it might feel that you are continually working day in and day out. To help this pick a chance to "look at" of work. Regardless of whether it is a psychological checkout, this will assist with isolating work and individual life, keeping a work-life balance.

Business Activities

This is a tough situation for all of us. All human beings are different, some may time months while some can adjust to any situation right from the word go, hence be patient. The business takes a back seat for some time until it is essential to work. Always be thankful, be it your colleague, your underling, and be thankful because even a small gesture can do wonders. There goes the saying that one for all and all for one. Be clear, write down plans, write down the expectations that we have from our people. Writing stuff down helps in proper implementation and better execution of those plans.

Innovate

With regular work schedules always taking our mind space, we never get a chance to think. Now since we have time, we can take this time and do things which we always wanted to do but were not able to due to some of the other reasons (Mukhtar, 2020).

CONCLUSION

These Public health actions were taken by the government, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. And also people are facing issues such as changes in daily lives, few losing jobs leading to the financial crisis or fear of getting corona or already having it or they were being ostracised by their families and neighbors for having COVID-19 when they didn't have it, all of which affected the mental well-being of many. In human beings, the primitive instinct to counter a crisis is by going into our survival mode. Human beings are known to take extreme steps just to ensure their loved ones are safe. But COVID-19 is devastating because it leaves us to do nothing. We're required to isolate ourselves, sit still in our homes while our finances crumple. Our lack of control is causing us anxiety, sleepless nights, and damaging our mental health day by day. The thing is in our civilized worlds, the virus isn't our only enemy. Our survival is also threatened by the disruption in our finances and the everyday functioning of the business. Through these measures, we can ensure the safety of our community but necessary steps such as nationwide lockdown and movement of no economic activities, we are not able to provide safety of the things which keep our livelihood up and running. To counter helplessness, we end up overworking, making poor rash decisions, and leading to disheartening outcomes. We fall into vicious cycles of exhausting ourselves, further weakening our mental well-being. In the end, it seems a long way to go even after getting the vaccine big challenges to overcome the mental sufferings that people have faced still remain major concerns even when we are almost 1 year into this pan-

demic.

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