



Effect on Mental Health Due to COVID 19

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ABSTRACT

Corona has been a major cause of psychological, mental health all over affecting billions of people affecting mental abilities creating panic all over the world. China suffered first than this virus spread to more than 180 countries. Although it's a new virus but has caused tremendous mortality, morbidity also affecting the mental health of a person and people are getting more panic which has shown to delay recovery also delay testing due to fear of corona increases the disease severity involving lungs which are a major concern for death among many. Mental health is wealth staying positive in any situation is the key to fight any illness. Moral of a person should be high to defeat such diseases. It has already affected thousands of civilians. Dealing with mental health is a major issue in today's date as recovery is getting delayed due to mental load taken all over. Happiness is key to tackle and fight any situation of life, be it infection or any other issues. Through this article aiming to tackle corona by creating positivity and spreading awareness that no need to panic but to stay happy taking precautions and keeping once own care. Life is precious and depression in life should have no role in it. Together we will win. Ray of hope ray of positivity is all needed in this time. More than 91 lakhs cases in India still chances the second wave may come many have been jobless, many lost their beloved ones all over negative energy is spreading proper concealing, awareness regarding mental health is a must.



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INTRODUCTION

After the start of infection, from CHINA Spreading all over the world has been observed to affect the emotional well-being of a person, panic is what is spread-

ing unusual doubts, self-stories increasing even further fear have been noticed. The mental health of a person due to this pandemic is still not given that much importance by any of the agencies, is a major reason to worry no one talks about the ill-health that has on the brain of a person. Even when a person stays quarantine, no one talks about the mental depression he is dealing with. That's the concern that mental health should be given equal importance along with the diseases in order to prevent long term complications.

The virus has been detached from patient since Jan 2020, genome sequence has been performed, Based on the arrangement of the virus, it is taken into notice that it can be diagnosed by PCR test. Corona has been now recognized as respiratory sickness. The main impact of this virus is on people having

comorbidities like hypertension, diabetes, other illness. Difficulty in patients includes fever, cough, breathlessness, loss of taste, smell, lethargy include severe respiratory troubles, heart injury, which is a major concern.

Corona its effect on mental health

Effect of this pandemic on mental health data is still not established, entitled, but there are data with past encounters with COVID-19. During the time of Mediterranean east respiratory syndrome patient were treated with hemodialysis observed diminish the quality of packed cell volume, calcium and other electrolytes. Similar data showed affecting psychophysical stress showed clinical disengagement in the above mentioned virus infection. Impact of lock down on the health, wealth has been a major concern all over the world was noticing lock down many people lost their jobs, business, economy ruined people if stays at home would die of hunger moves out would die of the corona was the mentality all over the nation among poor people hence they suffered both ways lost their jobs plus a pandemic and mentally depressed is what they feel and they just feel that everything has become useless and burden of the family their kids everything has increased tremendous mental stress on them because of this virus (Adhikari *et al.*, 2020).

Fit emotionally uphold development ought not to given even after 180 days after delivery from confinement for people who already were suffering from psychological illness. Proper mental guideless, food, money, mask precautionary should be made available.

Medical facilities provider may even have issues due to the burden they are facing from past 8 months as noted by SARS COV 2003 Infection had a lot of posts horrible pressure issues among health care provider's hence during such pandemic there is elevated levels of nervousness among the medical staff (Asmundson and Taylor, 2020).

Intense pressure was noted all over the world during lock down even more pressure was created by the media all over negative vibes were spreading many people didn't have an idea what to do where life will take them thousands and lakhs of people were feeling helpless only things was more panic was also being created by the media companies spoiling the life of people.

Also, medical doctors treating covid patient's, here all tension, stress of patient also they were away from their family as they were doing Nobel job but could not meet family members, wearing PPE kits whole day caused a feeling of depression, stress,

uneasiness, worry, panic, thinking of being alone. Hence, psychological issues is a dynamic, comprehensive, very crucial issue also among the health care providers. "DIMAG SE KHUSH RAHENGA TABHI THO LADENGA INDIA" (Wang *et al.*, 2020).

Bereavement, isolation, loss of income, fear all these factors have triggered mental health many people are facing problems of increased drug use alcohol, insomnia, anxiety. Also, corona virus itself can lead to neurological complications like delirium, agitations, stroke, which may lead to even death.

Recent study of WHO in 130 countries showed the devastating impact of the virus on mental health to access this underscores the urgent need of increasing funds." BIG EVENT FOR MENTAL HEALTH "survey was done published for a call for increased mental health investments. Prior to pandemic also, it has been noted LESS funding on mental health, health budgets on mental health are struggling to meet there population requirement (Maunder, 2009).

Good mental health is fundamental to overall health, well being, essential health care services for mental health is needed the most in the present day.

A survey by WHO from June to August had the following findings.

1. Sixty percent reported disruption of mental health in children, adolescents, older man, women's requiring antenatal services.
2. Sixty seven percent showed disruption to counselling, psychotherapy.
3. Forty five percent showed opioids dependence.
4. One third population showed disruptions to emergency interventions, including a person having prolong seizures, withdrawal symptoms.
5. Thirty percent showed an inability to access medications.

Life is just precious never let thoughts ruin it if any such thoughts arise than do call or council psychologist never feel low don't hide problems of mental illness as they are most ignored thing in our country.

Together with the government, medical staff, all people everyone will win let's fight corona with positivity lets stay calm in every situation boost our moral and you will surely fight very easily in every situation (Lima *et al.*, 2020).

"Let's INVEST MOVE ON MENTAL HEALTH" was the event launched on mental health day on 10th October it is an unprecedented online event that will call

for increased investments in mental health at all levels from individual to business to the country to civil. This event is free open to all the public let's make a change lets invest in mental health as no one talks about it everyone is afraid of talking about mental health, a person can handle all sought of physical stress in life but a mentally affected person its tough, difficult to cope up with the situations. Mentally affected person feels all left out alone, he is lost in his world, a world full of negativity with no hopes to rise such mental illness problems have taken a peak due to the pandemic.

With all the government agencies, health sector, media everyone should be talking about mental health and its importance during this time of corona as corona will go from our life's as soon as vaccines are available, but the mental torched which a person has suffered due to this pandemic no one knows how long will it be there. No study talks of how to deal with mental illness what after covid what about post covid mental stress what about stress suffered due to covid all this remains still an unsolved matter of discussion. Awareness camps, proper counselling, the advertisement should be done so that people don't go in depression or any other illness following corona (Ho *et al.*, 2020).

As it is a saying together we will win, we will surely win once we take all factors into consideration and deal with each step by step.

Observational Study on Covid

IT has been observed through an observational study that a high rate of mental health disorders in alcohol consuming people and also in the female gender, which is a major concern to worry about the mental illness (Table 1).

Table 1: Showing the effect of covid positive on mental health

Mental health	Yes	No
Covid Positive	495	506
Depression	593	408
Anxiety	642	359
Insomnia	570	431

Study shows that people have increased alcohol consumption in fear as their mental health is affected and after alcohols consumption, they feel relaxed and free of all sought of tension and worries, so they drink more of alcohol which study suggests (Table 2).

Also, the mental health of females is directly being affected a shows that female they get panic very

early in every situation and they think a lot disturbing their mental health leading to serious problems like depression. uneasiness, irregularity, loss of interest in work (Dong and Bouey, 2020).

Table 2: Showing alcohol consumption effect on mental health in covid

Mental health	Yes	No
Alcohol Consumption	251	750
Depression	591	410
Anxiety	632	369
Insomnia	550	451

DISCUSSION

It is must understand the seriousness of the pandemic, stop believing in false claims spread in society. When all over the world where panic is spread, it is very important to help the general population understand the working of newly emerged disease to make correct decisions concerning it. False myths that if the test is done, it comes positive only should be told people that early diagnosis and treatment is utmost important in the disease and need to be spread among every individual that if they have any symptoms no need to panic or go in mental stress but to act accordingly get tested early so that infection doesn't spread to lungs if it is diagnosed early stages.

Asymptomatic patients have advised home isolation and while in home isolation they should not panic nor take mental stress they should take it as a vacation of 14 days and try to evolve their skills, Even patient admitted in a hospital must also think that it's okay to be imperfect they will overcome with this virus soon and everything in life happens for a reason and the time is temporary and this temporary time will also pass by only thing is to stay calm, never let anything take your happiness also don't do anything at the expense of your happiness.

Life is just precious never let thoughts ruin it if any such thoughts arise than do call or councils psychologist never feel low don't hide problems of mental illness as they are most ignored thing in our country.

Together with the government, medical staff, all people everyone will win let's fight corona with positivity let's stay calm in every situation boost our moral and you will surely fight very easily in every situation (Shigemura *et al.*, 2020). Never let yourself down always stay happy. WHO says health promoting policies are required in health care so that we could fight from such pandemics easily there is a

need to improve health care infrastructure. So that a positive impact on the health of a person where their is a will there is a way lets improve health equality. Lots of initiative can promote mental health than only we can progress to a happy world.

All the agencies government support staff all can work together to promote the health care system. It has been found that people are showing CT involvements that is an infection spreading in lungs than they are more prone to major depressives illness as they are affected a lot by the disease.

The CT findings which tell infection is severe are

1. Ground glass opacities
2. Consolidation
3. Reticular opacity
4. Vacuolar sign
5. Fibrotic streaks

This patients feel that they are going to die of illness and there moral gets very weak and affecting their recovery.

The long-term mental health impact of COVID-19 may take weeks or months to become fully apparent, and managing this impact requires constant effort not just from psychiatrists but from the health care system at large. There is a need for further research, even in the form of preliminary, to assess the scope of this pandemic in other countries, particularly in those where mental health infrastructure is less developed and the impact is likely to be more severe Researchers should also attempt to assess the impact of COVID-19 on other vulnerable populations, such as children and adolescents, those in remote or rural areas who face barriers in accessing health care, and those belonging to lower socio-economic status. Further, there is a need to develop mental health interventions which are time-limited, culturally sensitive, and can be taught to healthcare workers and volunteers. Once developed, such interventions should be tested, so that information regarding effective therapeutic strategies can be widely disseminated among those working in this field.

The current spotlight on the transmission of COVID-19 disease everywhere on the world may most likely divert public consideration from psychosocial results of the episode in the influenced people and in everybody. The arising emotional well-ness issues identified with this worldwide function

may advance into dependable medical issues, segregation and shame. Worldwide well being measures ought to be utilized to address psychosocial stressors, especially identified with the utilization of confinement/isolate, dread and weakness among everybody.

Ways to stay happy in corona

Twofold down on actual self-care — particularly work out. A study says that the initial phase in boosting joy is to deal with your body. "Your actual experience will consistently impact your enthusiastic experience "What's more, practice is the supernatural remedy of life." Even little yoga or going for a speedy stroll can work, "Exploration shows that a simple brief walk is adequate to make a playful, glad disposition." Physical work boosts your mental state. "Reflection builds feel-great neurochemicals, as it decreases pressure hormones, for example, adrenaline and cortisol."

Improve rest cleanliness. A decent night's sleep is difficult to find when you're self-isolated in a worldwide pandemic, however, rest is essential to both physical and mental well being. Take additional measures to at any rate attempt to manage your rest. Sleep is a must to stabilize your brain cells.

Interaction with others. "Old thinkers say that interactions are genuinely significant," regardless of whether only we're in isolate, we mustn't deny ourselves of social communication. "We're lucky that we have so much innovation we can use to interface with individuals who aren't close by. Presently likewise an opportunity to pay special mind to our friends and family who may not realize how to utilize these innovations. Ensure they're not forgotten about or detached."

Experience nature — regardless of whether that is simply taking a gander at a photograph. We may need to work somewhat harder to get to nature at this moment, with numerous area and state parks shut, yet on the off chance that you can invest that additional energy in, you'll probably be glad you did. "Introduction to indigenous habitats has been connected with better broad well being and less pressure. Studies have indicated that common habitats are related with lower cerebrum movement in the frontal flaps and low recurrence brainwaves. All in all, our minds loosen up additional.

State bless your heart. "As opposed to seeing what you don't have, delay to give appreciation for what you do have, For instance, in the event that you can't take your standard yoga class, center rather around the opportunity you need to appreciate the heap classes [online]." The stunt here is to truly inundate

yourself in appreciation not just by state, recording a rundown of things you're appreciative for, yet by expressing gratitude toward every individual who crosses your way, including yourself. "Regardless of whether you thank the conveyance individual for the heap of boxed food supplies, your accomplice for presenting to you some tea or yourself for completing a work venture, your joy level will increment when appreciation streams," Masculine says.

CONCLUSION

An overall comprehensive reaction ought to remember a concentration for psychological well-being effect of patients and all inclusive community. The data from media and interpersonal organization ought to be firmly controlled and network strong mental mediations around the world advanced. Hence there is a long way to go even after getting big vaccine challenges to overcome the mental sufferings that people have faced still remains major concerns even when we are almost 1 year in this pandemic.

Conflict of Interest

The authors declare that they have no conflict of interest for this study.

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