

Impact on Mental Health during Covid Times – A Review

Dr. M. Anuradha¹, Durga Yadav²

^{1,2}Nai Subah Khanaw, Varanasi, U.P.

Abstract - To review the recent articles on mental health during the Covid times.

Methods: -Search was done in important databases like Elsevier, Lancet, and Wiley to compile the type of research done to provide insight for the mental health professionals. Keywords used were psychological impact of Covid 19, impact on different sections, impact of social media.

Results: -Primarily the articles were suggestive of psychological impact like anxiety, depression, panic streaming people of all walks of life and all sections of life. Most of the articles concentrated on health workers. Lots of articles also discussed on the negative impact of social media. Recent articles were on institutional and personal resilience. A substantial number contributed on children and adolescents, and geriatric population.

Conclusions: -It was found that many sections of the society were not searched regarding impact and resilience, factors contributing to stress and resilience, vulnerable sections of the society and socio-economic level is also a neglected area. Only the negative impact was discussed more the psychological.

INTRODUCTION

When we remark (COVID-19) Corona virus malady, it's associate spreadable malady that is caused by a recently discovered corona virus. Most of the people UN agency fall sick with COVID-19 they expertise gentle to moderate symptoms and recover while not special treatment. The virus that causes COVID-19 is principally transmitted through droplets generated once associate infected person sneezes coughs, or exhales. These droplets square measure too significant to hold within the air, and quickly fall on floors or surfaces. you'll be infected by inhaling the virus if you're among shut proximity of somebody UN agency has COVID-19, or by touching a contaminated surface then your nose, eyes or mouth. Because the corona virus pandemic chop-chop sweeps across the planet, it's causing a substantial degree of concern, worry and concern within the population at massive and among sure teams specifically, like older adults, care suppliers and other people with underlying health

conditions. publicly mental state terms, the most psychological impact thus far is inflated rates of or anxiety or stress .However as new measures and impacts square measure introduced – particularly quarantine and its effects on several people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or dangerous behaviour also are expected to rise. Initial abundant are written concerning.

First much have been written regarding psychological impact of Covid 19 on Indian population and abroad. It opined that one third to two third of the population in India were undergoing anxiety and depression stress and poor quality of life. (Grover et al). It was basically discussed during the initial days of the pandemic. Many studies opined that females, geriatric population and young group were the most affected.

While searching the database articles on suicides in India and India could be elicited. Extreme psychological distress was mostly discussed as one of the major causes for these suicides. mainly due to fear of infection.

Impact on different sections of people like health care workers, migrant workers, adolescents, psychiatric population Covid19 on care givers. More articles discussed most articles on health care workers suggested that there was anxiety, depression, paranoia and insomnia(Sai Spoorty 2020)Asian journal of psychiatry .After consulting 8 articles it was inferred that the type of insecurities and stress like fear of infection, fear of household and family safety during lockdown were same all over along with exhaustion due to excessive work load, inadequate support and over enthusiastic media coverage(Cai et al, Tam et al 2020 Lee et al, Mohindra et al) all these studies elicited the psychological impact but critical appraisal has not been carried out. Few papers also discussed the coping skills adopted by health care workers. They were positive attitude, knowledge about the virus and modes for its prevention.

The gist regarding migrant workers was they were facing problem due to financial constraints, away from their home states, paucity of resources for adequate medical care. Reasons for the manifestations are susceptible to new infections, pre-existing occupational morbidities, lack of family support, limitations to follow rules.

The children and adolescents were also discussed in the wake of school and college closure, insecure future etc it was also discussed as to how to deal with the school disclosures and mental health of children. (Golberstein, Wen and Miller) but very little was discussed about the anxiety of the care givers and the family. (Heather, Wade, Browne 2020). It discussed the child adjustment in wake of systemic models. According to it the pandemic will have cascading effect on social disruption affecting caregiver mental health which will affect the child adjustment. The whole family resilience depended on the beliefs, organization, and communication pattern of the family influencing the child adjustments.it also discussed the parent child relationship characterised by nurturance guidance and protection. This pandemic has also reported to be having negative effect on parent child relationship. Handful of articles also discussed the mental health differently abled children like autistic children and intellectually disabled children who exhibited heightened emotions. Marital relationship due to pandemic has been discussed. Intimate partner violence and increased substance abuse has been reported (Usher, Bhullar, Durkin, Gyamfiand Jackson 2020). Sibling relationship is likely to suffer. Thus, family structure as a whole suffered due to rituals, rules, and routines.

Psychological impact on geriatric population on their confinement, fear of not reaching the medical services during emergencies, fear and anxiety being lonely, lack of domestic support or institutional support, fear of quarantine, anxiety about the significant family members were discussed. These psychological symptoms affected the physical state also like the neurocognitive condition, cardiac condition (Santini 2020) mainly the articles discussed were impact, management of the mental state in long term care centres as well as short term centres manifestation of psychological symptoms and guidance from these geriatric populations were also written.

Psychological impact of lockdown and quarantine were also discussed. The immediate impact of national

lockdown was heightened anxiety, fear, and anger (Yiqun Gan 2020). factors associated for this anxiety were younger age, less income, having chronic diseases, having family conflicts, staying alone. (Yan Guo 2020).

On institutional resilience especially health care workers crisis management, communication, peer support was some of the areas dealt with. but very little has been attempted on software industry. One article on post-partum woman in Italy was also discussed.it discussed at length the mental state of quarantine woman, in postpartum state versus non quarantine woman post-partum state. (Zanardo 2020)

Secondly most discussed articles were regarding impact of social media on Covid 19 has been written for the last six months. When databases were searched more than 100 articles detailing regarding the impact of social media has been penned in India and abroad. When we chisel them broad areas which were mainly discussed were mainly the negative impact of social media on the pandemic.it encapsulated the accentuation of anxiety, depression, panic and hysteria among people which led to increase of panic buying of basic food stuffs, sanitizers, masks, many treatment modalities were circulated along with misinformation like presence of Covid in air, presence of Covid virus on the surfaces and its durability. Lot of research institutional as well as personal like mode of transmission and prevention from the virus. All these added further to the mental fabric of the people. another thing which was discussed like it increased the propensity of the people to do something wrong to cure and secondly to harm oneself.

Most of the articles discussed the need of the government curtailment on media to stop spreading the misinformation along with other measures of public adherence.(lancet 2020).along with it attitudes perceptions and behaviours regarding Covid 19 had to be evaluated. According to some articles the creation of public platforms was the need of the hour for dissemination of misinformation regarding Covid 19. As media is regarded as potent weapon positive information regarding the virus was the need of the hour. (2020). It was also discussed the digital media could be a powerful medium for exchanging positive information when there is movement, quarantine, and to enhance the creativity of the people. Certain articles also discussed that is can also be a platform for revival of old ties, increasing the spirituality among masses,

and how the feeling of brotherhood could be enhanced. It was also discussed that the risk of communication was also dependent on outrage which was in turn colored by temperament, culture education and intellectual capacity.

Articles on resilience which is defined as serious trajectory of mental health despite serious stressor after Covid opined that it depended on severity of exposure, individual differences like optimism, scene good accessibility, social cohesiveness (Heid, Christman, Pruchno 2016) played a social support, bonding and staying informed. Family too played an important part like socio economic status, communication pattern and problem-solving capacity. (Bonanno, Romero and Kiein, 2015) on community positive role in resilience.

Every article has also proved that during COVID-19 Pandemic not only one country is suffered but also, it's globally impacts on people's mental health. During Covid 19 Obsessive Compulsive Disorder, Panic Disorder, Post-traumatic stress disorder, fear and anxiety are common mental health issues which are affected globally people's mental health. (K.Hamza Shuja et al 2020)

The conclusion of this article they emphasize implementing community-based strategies to support resilience and psychologically vulnerable individuals during the COVID-19 crisis are fundamental for any community. They talked about the psychological impact of fear and anxiety induced by the rapid spread of pandemic needs to be clearly recognized as a public health priority for both authorities and policy makers who should rapidly adopt clear behavioral strategies to reduce the burden of disease and the dramatic mental health consequences of this outbreak. (G.Serafini and B.Parmigiani et. al 2020)

Lot of work on mental health has already been done where most of the articles discussed the negative impact of the Covid pandemic, it would have been commendable if positive aspects in this negative scenario would have been discussed.

REFERENCES

- [1] Armitage, R., & Nellums, L. B. (2020). COVID-19 and the consequences of isolating the elderly. *The Lancet Public Health*, 5(5), e256.
- [2] Banerjee, D. (2020). The Impact of Covid-19 Pandemic on Elderly Mental Health. *International Journal of Geriatric Psychiatry*.
- [3] Chen, S., & Bonanno, G. A. (2020). Psychological adjustment during the global outbreak of COVID-19: A resilience perspective. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S51.
- [4] D'Adamo, H., Yoshikawa, T., & Ouslander, J. G. (2020). Coronavirus disease 2019 in geriatrics and long-term care: the ABCDs of COVID-19. *Journal of the American Geriatrics Society*, 68(5), 912-917.
- [5] Guo, Y., Cheng, C., Zeng, Y., Li, Y., Zhu, M., Yang, W. & Wu, S. (2020). Mental Health Disorders and Associated Risk Factors in Quarantined Adults During the COVID-19 Outbreak in China: Cross-Sectional Study. *Journal of medical Internet research*, 22(8), e20328.
- [6] Hamza Shuja, K., Aqeel, M., Jaffar, A., & Ahmed, A. (2020). COVID-19 pandemic and impending global mental health implications. *Psychiatria Danubina*, 32(1), 32-35
- [7] Prime, H., Wade, M. & Browne, D. T. (2020). Risk and resilience in family well-being during the COVID-19 pandemic. *American Psychologist*.
- [8] Serafini, G., Parmigiani, B., Amerio, A., Aguglia, A., Sher, L., & Amore, M. (2020). The psychological impact of COVID-19 on the mental health in the general population.
- [9] Vahia, I. V., Blazer, D. G., Smith, G. S., Karp, J. F., Steffens, D. C., Forester, B. P. & Reynolds III, C. F. (2020). COVID-19, mental health and aging: A need for new knowledge to bridge science and service. *The American Journal of Geriatric Psychiatry*.