



Mental Health - Pre and Post Covid 19

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Introduction - Covid-19 appears to have had a devastating effect on human life, many lost their lives due to covid-19 in the world and in India, and also many people lose their close person, jobs and businesses. Covid-19 caused lockdowns all over the world and in India, So many people had to stay at home People who have covid-19 needed mental support but many people were not getting mental support because no one could contact the patient. Also in the house where there were covid patients they had to face many mental problems due to lack of bed and oxygen cylinder in the hospital. There was also a need to be careful not to get covid, such as frequent hand washing, social distancing and wearing the mask. Many people also had to face financial problems as they had to stay at home due to Lockdown, Some people did not even get two meals a day. Covid-19 and Lockdown also appear to cause a number of mental health problems such as a stress, PTSD anxiety, depression, loneliness, aggression, adjustment, mobile addiction, alcoholic and poor sleep quality etc.

COVID-19

The novel coronavirus, later designated as COVID-19, is an infectious disease that can spread among humans. It emerged at first in the city of Wuhan in China in December 2019, when cases of pneumonia of unrevealed etiology were reported. Following its emergence, in mid-March 2020 the World Health Organization (WHO) concerns it manifested as an outbreak that led to serious public health, the WHO announced a global pandemic due to the substantial global-wide spread of the disease affecting many countries. By 14 February 2021, over 108 million cases were confirmed worldwide, of which 5.99 million cases were reported in the Eastern Mediterranean region.

The COVID-19 pandemic in India is a part of the global pandemic of coronavirus disease 2019 (COVID-19) effected by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). As of 28 March 2022, according to official figures, after the United States of America, India has the second-highest number of confirmed cases in the world with 43,020,723 reported cases of COVID-19 infection and the third-highest number of COVID-19 deaths (after the United States and Brazil) at 521,035 deaths.

In India the first cases of COVID-19 were reported on 30 January 2020 in three towns of Kerala, among three Indian medical students who had returned from Wuhan, the epicenter of the COVID-19 pandemic. In Kerala lockdowns were announced on 23 March and in the rest of the country on 25 March. On 10 June, India's recoveries exceeded active cases for the first time. In September Infection rates started to drop, along with the number of new and active cases. Daily cases peaked September mid with over 90,000 cases reported per-day, dropping to under 15,000 in January 2021. A second wave beginning in March 2021 was much more restructuring than the first, with shortages of vaccines, oxygen cylinders, hospital beds and other medical supplies in parts of the country. Late April, India led the world in new and active cases. On 30 April 2021, it became the first country to announce over 400,000 new cases in a 24-hour period. Experts revealed that the virus may reach an endemic stage in India rather than completely disappear; in late August 2021, Soumya Swaminathan said India may be in some stage of endemicity where the country learns to live with the virus.

Mental Health

Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. It is a normal state of well-being, and in the words of Johns, Sutton and Webster, "is a positive but relative quality of life. It is a condition which is characteristic of the average person who meets the demands of life on the basis of his own capacities and limitations". By the word 'relative' we imply that the degree of mental health which an individual enjoys at a time is continuously changing. According to Hadfield 'mental health is the full and harmonious functioning of the whole personality. It is a positive, active quality of the individual's daily living. This quality of living is manifest in the behaviour of an individual whose body and mind are working together in the same direction. His thoughts, feelings and actions function harmoniously towards the common end. It means the ability to balance feelings, desires, ambitions and ideals in one's daily living as well as ability to face and accept the realities of life. It connotes such habits of work and attitudes towards people and things that bring maximum satisfaction and happiness to the individual. But the individual gets this satisfaction and happiness without any function with the social order or group to which he or she belongs.

From this one can conclude that mental health has two important aspects. It is both individual and social. The individual aspect connotes that the individual is internally adjusted. He is self-confident, adequate and free from internal conflicts and tensions or inconsistencies. He is able to adapt himself to the new situations. But he achieves these internal adjustments in a social set up. Society has certain value systems, customs and traditions by which it governs itself and promotes the general welfare of its members. It is within this social framework that the internal adjustment has to be built up. Only then, the individual becomes a person who is acceptable as a member of society. It is an undesirable fact that social forces are in a constant flux. They are constantly moving and changing. Similarly, our internal adjustment is also affected by various stresses. As such,



mental health is a process of adjustment which involves compromise and adaptation, growth and continuity. Because of the significance of individual and social aspects, some psychologists have defined mental health as the ability of the individual to make personal and social adjustments. It will be pertinent here to explain the word "adjustment". If one can establish a satisfactory relationship between himself and his environment, between his needs, desires and those of other people, or if one can meet the demands of a situation. He has achieved adjustment. Adjustment results in happiness because it implies that emotional conflicts and tensions have been resolved and relieved. Other definitions of mental health refer to such abilities as of making decisions of assuming responsibilities in accordance with one's capacities, of finding satisfaction, success and happiness in the accomplishment of everyday tasks, of living effectively with other and of showing considerate behaviour.

Review related Literature

Dhaheeri et al. (2021) Conducted study on mental health and quality of life in the MENA region due to the COVID-19 pandemic. The findings of this study indicate that the COVID-19 pandemic was associated with mild psychological impact among adults in the MENA region. However, it also encouraged some positive impacts on family support and mental health awareness. There is a need to increase the awareness among the various media platforms about psychological challenges during pandemics and highlight the importance of seeking help and engaging in physical activity for the management of mental health disorders. Furthermore, an increase in awareness among the health care professionals in identifying and targeting the high-risk groups of the population who are at risk in developing mental health problems is vitally important. Governments and policymakers must offer moral and financial support for low-income families and those who lost their jobs. Also, regulating working hours is needed to reduce the burden on individuals during the current pandemic. Future large-scale comparable studies among other age groups such as adolescents and children will help public health authorities shape their reactions and interventions in the future in response to similar crises.

Gloster et al. (2020) conducted study on Impact of COVID-19 pandemic on mental health: An international study. These results showed that on whole, respondents were moderately mentally healthy at the time of a population-wide lockdown. The highest level of mental health difficulties were found in approximately 10% of the population. Findings suggest that public health initiatives should target people without social support and those whose finances worsen as a result of the lockdown. Interventions that promote psychological flexibility may mitigate the impact of the pandemic.

Xionga and et.al (2020) conducted study on Impact of COVID-19 pandemic on mental health in the general population: A systematic review. This systematic review examined the psychological status of the general public during the COVID-19 pandemic and stressed the associated risk factors. A high prevalence of adverse psychiatric symptoms was reported in most studies. The COVID-19 pandemic represents an unprecedented threat to mental health in high, middle, and low-income countries. In addition to flattening the curve of viral transmission, priority needs to be given to the prevention of mental disorders (e.g. major depressive disorder, PTSD, as well as suicide). A combination of government policy that integrates viral risk mitigation with provisions to alleviate hazards to mental health is urgently needed.

Son C and et.al (2020) conducted study Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. Sample consisted on 195 students, 138 (71%) indicated increased stress and anxiety due to the COVID-19 outbreak. Multiple stressors were identified that contributed to the increased levels of stress, anxiety, and depressive thoughts among students. These included fear and worry about their own health and of their loved ones (177/195, 91% reported negative impacts of the pandemic), difficulty in concentrating (173/195, 89%), disruptions to sleeping patterns (168/195, 86%), decreased social interactions due to physical distancing (167/195, 86%), and increased concerns on academic performance (159/195, 82%). To cope with stress and anxiety, participants have sought support from others and helped themselves by adopting either negative or positive coping mechanisms. Due to the long-lasting pandemic situation and onerous measures such as lockdown and stay-at-home orders, the COVID-19 pandemic brings negative impacts on higher education. The findings of our study highlight the urgent need to develop interventions and preventive strategies to address the mental health of college students.

Effect of COVID- 19 on Metal Health

Covid-19 appears to have had a devastating effect on human life, many lost their lives due to covid-19 in the world and in India, and also many people lose their close person, jobs and businesses. Covid-19 caused lockdowns all over the world and in India, So many people had to stay at home People who have covid-19 needed mental support but many people were not getting mental support because no one could contact the patient. Also in the house where there were covid patients they had to face many mental problems due to lack of bed and oxygen cylinder in the hospital. There was also a need to be careful not to get covid, such as frequent hand washing, social distancing and wearing the mask. Many people also had to face financial problems as they had to stay at home due to Lockdown, Some people did not even get two meals a day. Covid-19 and Lockdown also appear to cause a number of mental health problems such as a stress, PTSD anxiety, depression, loneliness, aggression, adjustment, mobile addiction, alcoholic and poor sleep quality etc.

Conclusion

1. Covid-19 appears to have affected the entire world.
2. Covid-19 affected intrapersonal and interpersonal relationships.
3. Covid-19 caused a number of mental problems.
4. Covid 19 increases the level of stress, anxiety and depression.
5. The Covid-19 patient needs mental support and counseling.



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