



Research paper

Impact of Coronavirus on Mental Stress and its Side Effects

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Abstract: Coronavirus is a well-known virus that has affected human health all over the world, causing a great impact in India. It has been observed that throughout the world, the affected population is made aware of the physical effects of the SARS-COV-2 infection. Therefore, various steps have been taken to prevent exposure to coronavirus, which has in turn helped to prevent the rise of COVID-19. The coronavirus pandemic has created a very critical situation all over the world and has caused great damage to the population of India. Nowadays, the outbreak of COVID-19 has disturbed the routine of people and has resulted in many unanticipated changes, leading to severe psychological responses, mental health issues, and various physiological disorders. In such a crisis, the response of the citizens may greatly affect the pandemic's dynamic by altering the severity, transmission, disease flow, and repercussions. This research paper aims to understand the impact of coronavirus and its effect on the mental health of people. Moreover, it will investigate various physiological changes due to increased mental stress. Therefore, this research will also provide pragmatic

implications for many psychological disorders at both macro and micro levels during such an epidemiological crisis, along with a detailed overview of the effects of coronavirus on the mental health of people around the world.

Keywords: Coronavirus, Covid19, Disease Flow, SARS COV2, Pandemic Dynamics, Mental Health

Introduction:

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-COV-2 virus. Most people infected with the virus experience mild to moderate respiratory illness and recover without requiring special treatment; however, some become seriously ill and require specific medical attention.

It is a well known fact that novel coronavirus was identified in 2019 at Wuhan in China. On 11th February 2020, the WHO gave the name of COVID-19 and SARS COV-2 on the basis of infectious symptoms. The COVID-19 pandemic has affected the population all over the world and has given signals and precautions for the prevention against the

coronavirus. At the time of infection, it was a very critical situation everywhere and it was very difficult to prevent the virus. The pandemic is not only a medical phenomenon, but it also affects individuals and society, and causes disruption, anxiety, stress and xenophobia.

The behaviour of a suffering individual as a unit of the society has marked effects on the dynamics of a pandemic, and it involves the level of severity, degree of flow and after effects (Moukaddam Nand Shah, 2020).

The disease also brought along several complications, which were very dangerous to the society because a new variant of the virus came along from time to time and left its impact all over the world.

Each and every variant had a very high mortality rate. This pandemic has severe physical, emotional and psychological ramifications all around us (Ruan, 2020).

According to statistical data provided by the WHO, in March, 2020, more than 3,35,000 people were infected and their survival was very difficult because it is an infectious disease and it has been very difficult to prevent against Coronavirus (WHO, 2020).

Globally, as of 4:54 pm CET, 23 December, 2022, there have been 662,445,150 confirmed cases of covid-19 including 6,704,827 deaths reported by W.H.O. In India, studies have been more conceptual and a paucity of empirical evidence assessing the psychological effects and response to COVID-19 has been observed in each and every part of India. (Roy et al. 2020, Iqbal and Das, 2020).

In many studies, the survey concluded that high distress and anxiety due to COVID-19 have been observed and resulted in psychological problems, which has increased suicidal tendencies and exasperated preexisting mental health conditions. (Dohrenwend and Dohrenward, 1982)

There are many observations taken and on the basis of these, it was concluded that the social dynamics and family relationships got damaged (Sher, 2020).

According to Saladino et al, 2020, in such a type of stressful condition, increased cases of domestic violence and intake of alcohol products increased, which directly damaged the social relationship against the society. Rapid human to human transmission of the SARS COV-2 resulted in the enforcement of regional lockdown, the future spread of the disease, isolation, social distancing and closure of educational institutes. Workplaces and entertainment venues consigned people to stay in their homes to help and very effectively break the chain of transmission (Javed et al, 2020). However, the restrictive measures undoubtedly have affected the social and mental health of individuals from all around the world. (WHO, 2020)

The psychological state of an individual that contributes towards the community and their health varies from person to person and totally depends on his background, and professional and social standings. (CDCP, 2020).

Mental Stress and its Side Effects on Elders at Risk

The coronavirus pandemic has created a very critical health issue all around the world. In this situation, children away from their school, friends and colleagues staying at home, and others in similar situations have many questions about the out-break and they look towards their parents for their freedom.

Kids can experience anxiety, distress, social isolation and an abusive environment that can have long or short term effects on their mental health. Some common abnormal changes in children's behaviour observed at this stage like:

Increased sadness, worry or depression
Changes in or avoiding activities that they enjoyed in the past.

Difficulties with concentration and attention. Excessive crying and annoying behaviour. These situations can turn out to be very difficult. In such situations, parents can take some time to talk to their children about the COVID-19 outbreak and share some positive facts and information (Liu et al. 2020). Parents can help to reassure them that they are safe at home and encourage them to engage in some healthy indoor activities at home like sports and some physical and mental exercises. Parents should also be mindful of maintaining a stress-free or anxiety-free environment at their home as children can perceive and feel negative energy from their parents in cases otherwise.

The involvement of parents in healthy activities with their children can help to reduce mental stress and anxiety and bring relief to overall situations (European child and adolescent psychiatry, 2020).

Physical distancing due to COVID-19 outbreak can also have drastic negative effects due to mental health of the elderly and disabled people all around us. Physical isolation at home among family members can put the elderly and disabled persons at serious mental health issues due to stress at the time of COVID. It can cause distress, anxiety and traumatic situations among old people because these people depend on young ones for their daily needs, and isolation can critically damage a family system. (Armitage and Nellumns, 2020)

The World Health Organization suggests that family members should regularly check on senior citizens living within their homes and at nursing facilities and it is better the younger family members should take some time to talk to the older members of the family and should possibly be involved in the same daily routine which matches the routines of such elderly members.

Result and Discussion:

The major mental health issues that have been reported all over the world in the

patterns which have been related with COVID-19 pandemic are anxiety, stress, insomnia, depression, fear and anger (Thejesh, 2020). It is critical to note through studies that mental stress and depression is being transferred to one another during and because of COVID-19, and not only in one particular area, but globally. The effects of COVID-19 have shown the increasing prevalence of mental health disorders all around the world (Mohindra et. al. 2020).

The present study aimed at identifying the various psycho-social factors predicting psychological distress experienced amongst the general population in the world, specially in India during the time of COVID-19 pandemic.

The results of the study also indicate that the socio-demographic conditions, health-related risks, community roles, and interpersonal factors have a significant influence on mental health and distress.

It also concluded that within the socio-demographic factors, the respondents in the age group of 21-35 years were found to be more prone to distress as compared to other age groups that were considered for the study. The studies have also shown that older adults have increased resilience to psychopathologies such as post-traumatic stress disorders after sudden change due to natural disasters, indicating that the older population are better equipped to handle such situations. The result also concluded that younger generations experience higher anxiety due to proximity to contamination, information overload through social media and very poor tolerance of uncertainty which might explain clearly the findings of the present study. In accordance with other studies carried out in China during the COVID-19 pandemic, women and young adults were the ones that suffered the greater psychological impact.

At the time of COVID-19, it was also found that increased occurrences of

domestic violence against women were recorded during times of crisis and quarantines. The study also reported that the respondents who were working on-site were more distressed than those working from home or not working. Amongst the health-related risk factors evaluated in this study, all three sub-factors were also involved and significantly contributed to distress. At the time of COVID-19, the findings also revealed that people who had no health insurance were more stressed in comparison than the ones who were not sure if their insurance covered COVID-19 related expenses.

It was also reported that poor perception of physical health and a history of pre-existing medical conditions or illness could lead to higher stress.

The study confirms the prevalence of distress experienced by the citizens of India during the pandemic and provides pragmatic implications for stress management at macro-levels during an epidemiological crisis.

Finally, for the prevention, several initiatives are currently being undertaken by the government such as providing toll-free helplines and tele-counselling services for mental health assistance during the COVID-19 pandemic. Similarly, resources, materials and manuals on managing stress during the pandemic through yoga and meditation, etc. are also being widely circulated throughout the masses within the country.

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