

MENTAL HEALTH ON PUBLIC IN INDIA ON COVID-19

Dr. Vitthal L. Mandulwar

Assistant Professor

Department Of Political Science

Smt. Shardchandra arts and commerce College,
Butibori.

Abstract: *The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths reported to date. Such widespread outbreaks are associated with adverse mental health consequences. Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.*

WHO, together with partners, is providing guidance and advice during the COVID-19 pandemic for health workers, managers of health facilities, people who are looking after children, older adults, people in isolation and members of the public more generally, to help us look after our mental health. This perspective article provides a detailed overview of the effects of the COVID-19 outbreak on the mental health of people.

Keywords: *Covid 19, pandemic, mental health, unemployment, physical health.*

Introduction:

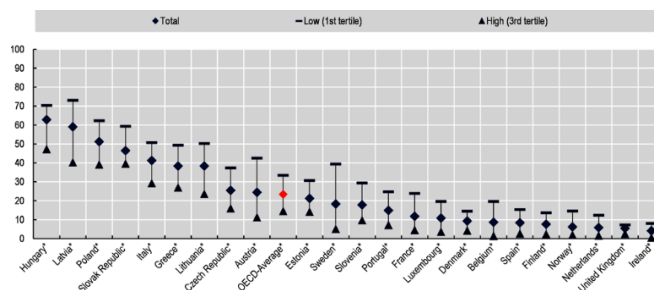
In March 2020, the outbreak of the coronavirus disease 2019 (COVID-19) reached all countries of the Western world. To reduce the speed of its spread, many countries slowed down their economies and enforced pronounced restrictions on public life. A pandemic is not just a medical phenomenon; it affects individuals and society and causes disruption, anxiety, stress, stigma, and xenophobia. The behaviour of an individual as a unit of society or a community has marked effects on the dynamics of a pandemic that involves the level of severity, degree of flow, and aftereffects. Rapid human-to-human transmission of the SARS-CoV-2 resulted in the enforcement of regional lockdowns to stem the further 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 break the chain of transmission. However, the restrictive measures undoubtedly have affected the social and mental health of individuals from across the board.

As more and more people are forced to stay at home in self-isolation to prevent the further flow of the pathogen at the societal level, governments must take the necessary measures to provide mental health support as prescribed by the experts. Professor Tiago Correia highlighted in his editorial as the health systems worldwide are assembling exclusively to fight the COVID-19 outbreak, which can drastically affect the management of other diseases including mental health, which usually exacerbates during the pandemic. The psychological state of an individual that contributes toward the community health varies from person-to-person and depends on his background and professional and social standings.

Quarantine and self-isolation can most likely cause a negative impact on one's mental health. A review published in *The Lancet* said that the separation from loved ones, loss of freedom, boredom, and uncertainty can cause a deterioration in an individual's mental health status. To overcome this, measures at the individual and societal levels are required. Under the current global situation, both children and adults are experiencing a mix of emotions. They can be placed in a situation or an environment that may be new and can be potentially damaging to their health.

Children and teens at risk:

Children, away from their school, friends, and colleagues, staying at home can have many questions about the outbreak and they look toward their parents or caregivers to get the answer. Not all children and parents respond to stress in the same way. Kids can experience anxiety, distress, social isolation, and an abusive environment that can have short- or long-term effects on their mental health. Some common changes in children's behaviour can be



- Excessive crying and annoying behaviour
- Increased sadness, depression, or worry
- Difficulties with concentration and attention
- Changes in, or avoiding, activities that they enjoyed in the past
- Unexpected headaches and pain throughout their bodies
- Changes in eating habits



To help offset negative behaviours, requires parents to remain calm, deal with the situation wisely, and answer all of the child's questions to the best of their abilities. Parents can take some time to talk to their children about the COVID-19 outbreak and share some positive facts, figures, and information. Parents can help to reassure them that they are safe at home and encourage them to engage in some healthy activities including indoor sports and some physical and mental exercises. Parents can also develop a home schedule that can help their children to keep up with their studies. Parents should show less stress or anxiety at their home as children perceive and feel negative

energy from their parents. The involvement of parents in healthy activities with their children can help to reduce stress and anxiety and bring relief to the overall situation.

Elders and the people with disabilities at risk:

Elderly people are more prone to the COVID-19 outbreak due to both clinical and social reasons such as having a weaker immune system or other underlying health conditions and distancing from their families and friends due to their busy schedules. According to medical experts, people aged 60 or above are more likely to get the SARS-CoV-2 and can develop a serious and life-threatening condition even if they are in good health.

Physical distancing due to the COVID-19 outbreak can have drastic negative effects on the mental health of the elderly and disabled individuals. Physical isolation at home among family members can put the elderly and disabled person at serious mental health risk. It can cause anxiety, distress, and induce a traumatic situation for them. Elderly people depend on young ones for their daily needs, and self-isolation can critically damage a family system. The elderly and disabled people living in nursing homes can face extreme mental health issues. However, something as simple as a phone call during the pandemic outbreak can help to console elderly people. COVID-19 can also result in increased stress, anxiety, and depression among elderly people already dealing with mental health issues.

Family members may witness any of the following changes to the behaviour of older relatives

- Irritating and shouting behaviour
- Change in their sleeping and eating habits
- Emotional outbursts

The World Health Organization suggests that family members should regularly check on older people living within their homes and at nursing facilities. Younger family members should take some time to talk to older members of the family and become involved in some of their daily routines if possible.

Health workers at risk:

Doctors, nurses, and paramedics working as a front-line force to fight the COVID-19 outbreak may be more susceptible to develop mental health symptoms. Fear of catching a disease, long working hours, unavailability of protective gear and supplies, patient load, unavailability of effective COVID-19 medication, death of their colleagues after exposure to COVID-19, social distancing and isolation from their family and friends, and the dire situation of their patients may take a negative toll on the mental health of health workers. The working efficiency of health professionals may decrease gradually as the pandemic prevails. Health workers should take short breaks between their working hours and deal with the situation calmly and in a relaxed manner.

Preventions:

Understanding the effects of the COVID-19 outbreak on the mental health of various populations are as important as.



understanding its clinical features, transmission patterns, and management.



Spending
members

time with family
including children and

elderly people, involvement in different healthy exercises and sports activities, following a schedule/routine, and taking a break from traditional and social media can all help to overcome mental health issues.

Public awareness campaigns focusing on the maintenance of mental health in the prevailing situation are urgently needed.

Conclusion:

From the above information and the data and the ratio of the patient and the people who got quarantine this paper tells about how covid 19 impacted the mental health of the people this paper suggest the preventive measures to avoid the mental illness.

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