

## Emotional immunity and mental health for a better life

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### ABSTRACT

The world is facing exceptional health and economic shocks from COVID-19 outbreak. The COVID-19 outbreak disturbs all segments of the population and is particularly detrimental to members of those social groups in the most helpless conditions, continues to disturb populations, including people living in poverty conditions, older persons, persons with disabilities, youth and indigenous peoples. In this critical situation, mental health and emotional immunity can lead to success in work, relationships and health. According to the World Health Organization (WHO), Psychological state is “a state of well-being during which the individual realizes his or her own abilities, can deal with the traditional stresses of life, can work productively and fruitfully, and is in a position to form a contribution to his or her community.” Emotional immunity can cause success in work, relationships and health. In the past, researchers believe that success made people happy. Happy people are more likely to work towards aims.

**Keywords:** *Mental health, Emotional Immunity, Better Life*

According to the World Health Organization (WHO), psychological state is “a state of well-being during which the individual realizes his or her own abilities, can deal with the traditional stresses of life, can work productively and fruitfully, and is in a position to form a contribution to his or her community.” In human life, psychological state is most vital, because psychological state inspirations how you feel, think and perform in everyday life. It also affects your capability to cope with stress, overcome challenges, build relationships and recover from life's setbacks and adversities. Strong psychological state isn't just the absence of psychological state problems. Specifically, mental health affects the way individuals look at themselves, their lives and others in their lives. Approximating physical health, mental health is important at every stage of life. Mental health states to a person's emotional, psychological and social well-being.

### *Emotional Immunity*

Emotional immunity can lead to success in work, relationships and health. In the past, researchers believe that success made people happy. Happy people are more likely to work towards aims. Psychology is that the scientific study of mind and behavior. The first goal of psychology is simply to describe behavior. Through describing the behavior of humans and other animals, we are better ready to know it and gain a far better perspective on what's

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Received: June 08, 2020; Revision Received: June 16, 2020; Accepted: June 25, 2020

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considered normal and abnormal. Another goal of psychology is to make predictions about how we think and act. Once we understand, more about what happens and why it happens, we will use that information to form predictions about when, why, and the way it'd happen again within the future. Successfully predicting behavior is also one of the best ways to know if we understand the underlying causes of our actions. Most importantly, psychology strives to vary, influence or control behavior to form constructive and lasting changes in people's lives.

### **METHODS**

#### *Objectives*

To Study the Emotional Immunity and Mental health for a better life (Special Reference to COVID-19 outbreak)

#### *Hypotheses*

Emotional immunity is important for better life (Special Reference to COVID-19 outbreak)  
Mental health is important for better life (Special Reference to COVID-19 outbreak)

#### *Participants, Materials and Data Collection*

For this study, an incidental purposive sampling technique was used. The sample consists of total 120 subjects from Maharashtra State including three groups i.e. Adolescents (Ages 12-20) 40 Participants, Early Adulthood (Ages 20-35) 40 Participants and Midlife (Ages 35-50) 40 Participants. All participants were interviewed in the period of 1<sup>st</sup> to 30<sup>th</sup> April 2020 by the researcher through online/WhatsApp.

#### *Variables*

*Independent Variables:* – Adolescents, Early Adulthood and Midlife

*Dependent Variables:* – Emotional Immunity and Mental Health

### **RESULTS AND DISCUSSION**

Coronavirus outbreak was first reported in Wuhan, China on 31 December 2019. Before reading intimately about the impact, first, allow us to study about coronavirus.

Anxiety, fear, worry and stress are normal responses to perceived or real threats and sometimes once we are faced with uncertainty or the unknown. Therefore, it's normal and understandable that folks are experiencing fear within the context of the COVID-19 pandemic. Added to the fear of contracting the virus during a pandemic like COVID-19 are the main changes to our regular lives as our activities are restricted in support of efforts to contain and hamper the spread of the virus. Faced with new realities of performing from home, temporary unemployment, homeschooling of youngsters and lack of physical contact with other relations, friends and colleagues, it's important that we glance after our mental, also as our physical, health.

The COVID-19 pandemic is taken into account because the most vital global health calamity of the century and therefore the greatest challenge that the humankind faced since the Second war The outbreak of coronavirus disease 2019 (COVID-19) has created a worldwide health crisis that has had a deep impact on the way we perceive our world and our everyday lives. COVID-19 is that the biggest global event—and challenge—of our lifetimes. As such, it's changing human attitudes and behaviors today and forcing organizations to reply . However, the necessity to reply won't end when the virus's immediate threat eventually recedes.

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The COVID-19 outbreak affects all segments of the population and is especially detrimental to members of these social groups within the most vulnerable situations, continues to affect populations, including people living in poverty situations, older persons, persons with disabilities, youth, and indigenous peoples. Early evidence indicates that the health and economic impacts of the virus are being borne disproportionately by poor people. For instance, homeless people, because they'll be unable to securely shelter in situ, are highly exposed to the danger of the virus. People without access to running water, refugees, migrants, or displaced persons also stand to suffer disproportionately both from the pandemic and its aftermath – whether thanks to limited movement, fewer employment opportunities, increased xenophobia, etc. If not properly addressed through policy the social crisis created by the COVID-19 pandemic can also increase inequality, exclusion, discrimination and global unemployment within the medium and future. Comprehensive, universal social protection systems, when in situ, play a way durable role in protecting workers and in reducing the prevalence of poverty, since they act as automatic stabilizers. That is, they supply basic income security in the least times, thereby enhancing people's capacity to manage and overcome shocks.

Consistent with the survey, COVID-19 has a 'deep impact' on Indian businesses, over the approaching month's jobs are at high risk because firms are trying to find some reduction within the workforce. Further, it's added that already COVID-19 crisis has caused an unprecedented collapse in economic activities over the previous couple of weeks. This situation has a "high to very high" level impact on their business consistent with almost 72 percent of respondents. Further, 70 percent of the surveyed firms expect a DE growth sale within the final year 2020-21.

### CONCLUSION

According to the World Health Organization (WHO), psychological state is “a state of well-being during which the individual realizes his or her own abilities, can deal with the traditional stresses of life, can work productively and fruitfully, and is in a position to form a contribution to his or her community.” Emotional immunity can cause success in work, relationships and health. In the past, researchers believe that success made people happy. Happy people are more likely to work towards aims.

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### ***Acknowledgements***

The author appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author declared no conflict of interest.

**How to cite this article:** S B Gaikwad (2020). Emotional immunity and mental health for a better life. *International Journal of Indian Psychology*, 8(2), 1186-1189. DIP:18.01.136/20200802, DOI:10.25215/0802.136