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Research Paper

Psychosocial effects on COVID-19 positive patients and communities

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ABSTRACT

COVID-19 is a type of virus that is found in mammals. Its first case was found in Wuhan city of China, while the first case came to India on 30 January2020, in Kerala. This infection is spreading very fast and at the same time, the situation of sudden lockdown is also being faced globally. A case study of the 100 COVID-19 infected patients in the Bhavnagar district so far has been carried out to find out the psychosocial effects on the infected patients and their surroundings. They were also analyzed based on information on their behaviour. The results found that 76 of the COVID-19 infected patients had A-Symptomatic symptoms, which led to their suspicion that they had been forcibly treated in hospital, as well as the behaviour of their community and people in the COVID-19 infected patients. They have to face many kinds of torture. Work will have to be done at every level of the community to prevent these effects of COVID-19.

Keywords: *COVID-19, Psychosocial effects, Coronavirus, Pandemic, Positive Patients*

The coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War Two. COVID-19 is much more than a health crisis -According to UNDP. By stressing every one of the countries it touches, it has the potential to create devastating social, economic and mental health crisis that will leave deep scars. Every day, people are losing jobs and income, with no way of knowing when normality will return. Small island nations, heavily dependent on tourism, have empty hotels and deserted beaches. The International Labour Organization estimates that 195 million jobs could be lost. The World Bank projects a US $110 billion decline in remittances this year, which could mean 800 million people will not be able to meet their basic needs.

The coronavirus was first detected in Wuhan city of China on 27th December 2019 and on 31st December china declare in the public domain. Gradually, it is spreading its foot all over the world. Scientists believe that the virus belongs to the family of viruses called Mars and SARS. According to BBC, till 20 August 2020, more than 2 crores 26 lakh people have been affected and around 7 lakh 94 thousand people have died in the world, while according to the Navbharat Times in India till 20 August, 28,35,822 people have been affected, 53,994

people have died and 20,96,068 have been cured by treatment. Thus, Now India ranks second in the world in terms of infection.

Rodriguez-Rey et al., 23 June 2020 said that in their research majority felt that the COVID-19 crisis had greatly impacted on their daily life, including changes in their daily routines and cancelation of important activities. those who that lost their job during the health crisis showed the strongest negative psychological symptoms. Varshney et al., 29 May 2020, found in their research that during the initial stages of COVID-19 in India, almost one-third respondents had a significant psychological impact. According to (American Psychological Association, 16 April 2020), "The coronavirus pandemic is an epidemiological and psychological crisis. The enormity of living in isolation, changes in our daily lives, job loss, financial hardship and grief over the death of loved ones has the potential to affect the mental health and well-being of many." "As a result of the emergence of coronavirus disease 2019 (COVID-19) outbreak caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection in the Chinese city of Wuhan, a situation of socio-economic crisis and profound psychological distress rapidly occurred worldwide. Various psychological problems and important consequences in terms of mental health including stress, anxiety, depression, frustration, uncertainty during COVID-19 outbreak emerged progressively." accordioning to (Serafini et al.,8 August 2020). (Kontoangelos et al., 17 June 2020) also said that "The COVID-19 pandemic is exceptional. Its effect will likely be imprinted on each individual involved. Extensive stressors will emerge or become worsened. Many medical staff workers will be harmfully psychologically affected."

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell or a rash on skin or discolouration of fingers or toes. According to WHO 80% of infected people easily recover from COVID-19, without the need for any specific treatment.

This can be found in the reply of Dr Randeep Guleria, Director of Delhi AIIMS. At a press conference, when asked how satisfied he was with the country's situation on Corona, he said, 'COVID-19 patients are recovering, it is a great pleasure. But the sad part is that the attitude of the people towards the people who are recovering is doubtful. Due to this, the disease is increasing and the mortality rate of patients also -according to Nav bharat times. According to a report published in BBC on 19 March 2020, a 63-year-old veteran died of COVID in Mumbai. People started speaking badly to him as soon as his test positive came. These included close relatives, people living in society, and people of life. People started messaging them and holding them responsible for the disease as if they had come ill at their own will. The extent was reached when he was alive, he was rumoured to have died on WhatsApp with his photo. This message also reached him. Such things broke his courage while he was living in this society for many years."

Need for Study
The coronavirus is a health problem and is affecting physical health as well as mental health. Also, it is necessary to pay attention to both physical fitness and mental fitness. Therefore, it is important to know what psychosocial effects are having on the COVID-19 positive patient. It is also important to know, what the psychosocial impact on their community behaviour is.

Aims/Objectives of the Study
1. To know the psychosocial effects of this infection on COVID-19 patients
2. Knowing the change in psychosocial behaviour of the community of patients infected with COVID-19

METHODOLOGY

Sample & Area

100 corona virus-infected patients of Bhavnagar district of Gujarat have been taken as the sample.

Data compilation method

> **Telephonic counselling-**In this research, all patients were contacted through audio or video calling. Counselling was provided through video calling from patients who had smartphone availability and those who did not have video calling facility were provided counselling through audio call.

> **Case History -**Basic information such as name, address, age, education, occupation, number of family members, contact number, prior health problem and current health problem of all the participants involved in this research were obtained. Information on the psychosocial effects on them due to COVID-19 was obtained. Also, due to COVID, what psychosocial changes they had to feel in his neighborhoods, relatives and community was made known to him.

The news about them circulated in social media has been analyzed-Many rum ours were being spread about some patients involved in this research by putting their name and photo on social media. During counselling, those patients sent their screenshots.

Procedure

This data has been taken based on the counselling work done by joining as a member of the contact tracking team according to the order of the district collector. The data was collected through telephonic individual contact. A good rapport was established with the respondents, necessary instructions and guidelines were provided to them. The purpose of the study was explained and participants were assured that their responses will be the task (in 20-25 minutes), participants were thanked for their participation.
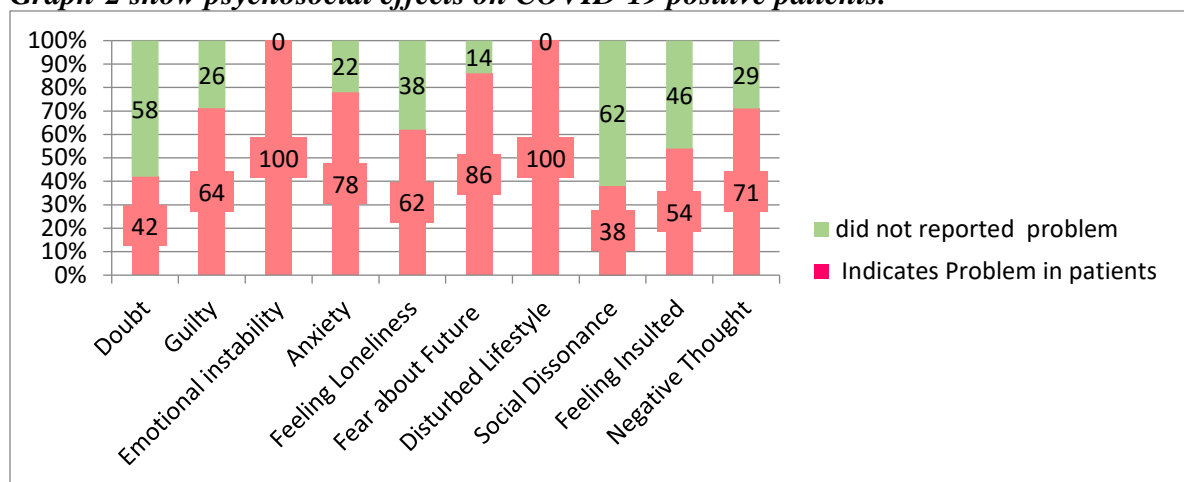
DATA ANALYSIS & RESULTS

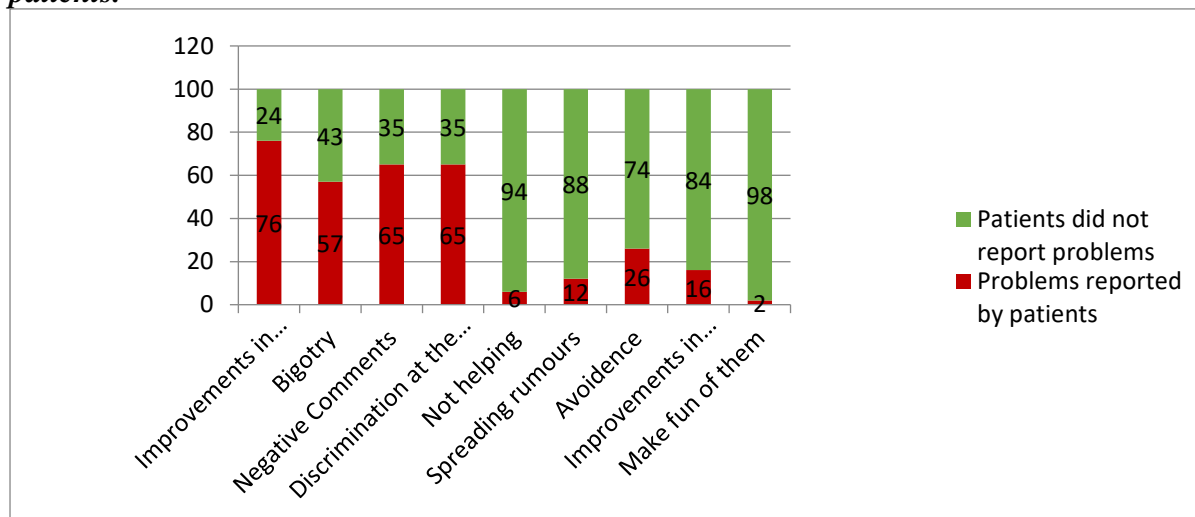*Graph-1 show that out of 100, 24 patients reported symptoms of Covid-19, others were asymptomatic*
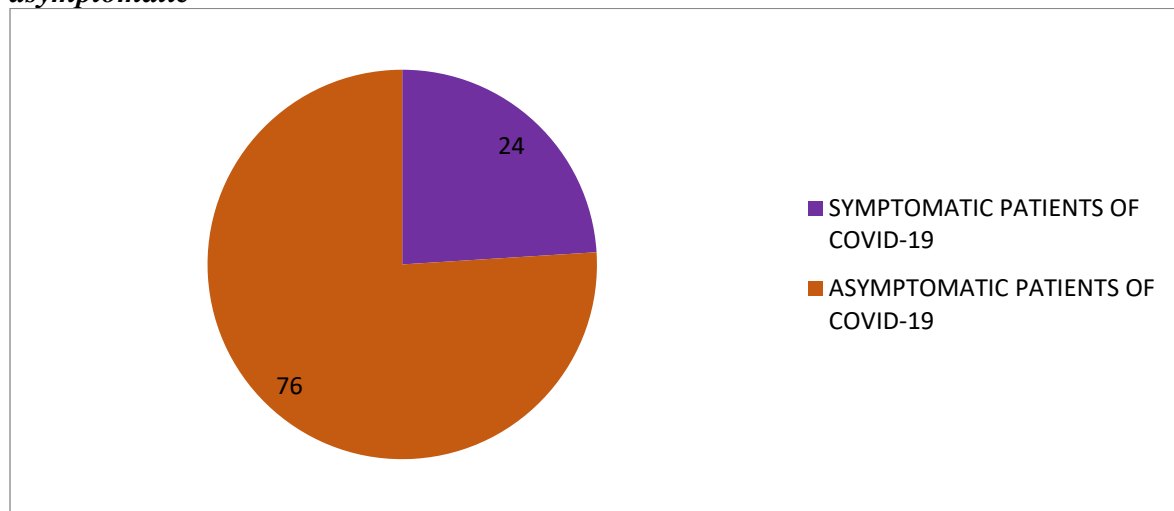
Graph-2 show psychosocial effects on COVID-19 positive patients.

Graph-3 show Psychosocial effects on community behaviour of COVID-19 positive patients.

DISCUSSIONS & CONCLUSION

Psychosocial effects on COVID-19 positive patients

1. **Doubt-**From the beginning, rum ours had spread about the spread of COVID-19 on a particular community in the country. Out of 100 patients, 76 patients showed no signs of infection. When they received COVID-19 positive reports, 42 of them felt that the administration was hospitalizing them in the name of COVID-19 patient on suspicion due to being from a particular community.

2. **Guilty-**64 patients said that they think they may have been a little negligent, due to which their family is also suffering due to their negligence, whereas 26 patients did not show any guilt feelings.

3. **Emotional instability-** All of the 100 patients involved in this research acknowledged emotional deviation. He believed that sometimes his / her mind gets distraught about going home, sometimes to meet the family, sometimes about the financial crisis in the family, then someone about the bad behaviour of people, etc.

4. **Anxiety-** Of the 100 patients involved in this research, 78 admitted symptoms of anxiety. He admitted that due to this sudden illness, thinking of many things, he had symptoms like nervousness, restlessness, sleep problems, sweating etc.

5. **Feeling loneliness**- Out of 100 patients, 62 said that due to this disease, they are feeling loneliness after thinking about many things, but they cannot share it with the family also, because they do not want to see them disturbed.
6. **Fear about future**- 86 out of 100 patients said that due to this disease, they are scared many times thinking about their future, how they will be dealing with them later, they will have trouble in jobs or will not get wages, and then their family will get a financial crisis. Have to face.
7. **Disturbed lifestyle**-All the patients involved in this research admitted that there is a difference in their home lifestyle and hospital routine. Also, due to no other work in the hospital, his lifestyle has been affected. Due to this disease, there has been a change in the routine and form of many tasks.
8. **Social dissonance**- In this research, it was found that 38 patients felt a change in their behaviour due to this disease that they are seeing social dissonance at the religious and economic level.
9. **Feeling insulted**-In this research, it was found that 54 patients felt insulted due to this disease.
10. **Negative thoughts**-In this research, it was found that 71 patients felt some kind of negative thinking inside themselves due to this disease - whether it is about job or wage waiver or change in people's behaviour or any other problem.

Psychosocial effects on community behaviour of COVID-19 positive patients
1. **Improvements in the social distance**-Out of 100 patients included in this research, 76 patients said that due to this disease many people at the community level have made physical distance as well as the social distance from their family. It may have been created due to illness, but this behaviour of the community towards them is giving them mental stress
2. **Bigotry**-Out of the patients involved in this research, 57 people believed that due to this disease religious and practical bigotry is coming out in the people in their community.
3. **Negative comments**- Out of the patients involved in this research, 65 people believed that the disease had caused negative comments to be heard by people in their community or their family, this has caused a psychosocial effect on the behaviour of their community due to COVID-19 disease.
4. **Discrimination at the social and cultural level**- Out of the patients involved in this research, 65 people admitted that due to this disease, people of their community are being socially and culturally discriminated against by them or their family. At the same time, he also believed that after the situation is normal, it may be better than before.
5. **Not helping**- Out of the patients involved in this research, 6 people admitted that due to this disease, there was a decrease in the feeling of cooperation by the people of their community towards them or their family. Somebody said that even after the illness is cured, pull amber is refusing to come to their house to repair their tap, then someone told that the barber refused to shave them. At the same time, a girl was refused to give books from her school.
6. **Spreading rumours**-Out of 100 patients included in this research, 12 patients said that rum ours were being spread about him that he was spreading the disease, some of them said that many rumours about him by putting his name and photo on social media. Was being spread. During counselling, those patients sent their screenshots

and they were observed, while some rum ours were being spread about them verbally.

7. **Avoidance**-Based on the data, it was found that 26 patients felt a sense of avoidance due to this disease among the people of their community. According to them, people are not behaving in the same spirit as before their family. In the way other diseases were treated, psychosocial changes are being seen due to COVID-19.

8. **Improvements in the emotional distance-** Based on the data of this research, it was seen that 16 patients felt emotional distress due to the disease among the people of their community. In COVID-19, the matter is only about physical distance, but people have become more prone to this disease than people suffering from this disease.

9. **Make fun of them**- In this research, 2 patients told that due to this disease, their acquaintances have made fun of them and are taking different kinds of things. From this, it can be said that the psychosocial effect of COVID-19 has negatively on the community of COVID-19 patients.

CONCLUSION

As a result of this research, it was found that the disease had a negative psychosocial effect on the early COVID-19 patients of Bhavnagar district and their community. This caused mental and social problems like anxiety, doubt etc. in the patients, their community, many psychosocial changes have also been observed in the behaviour of relatives - such as emotional distancing, social distance, lack of cooperation, negative comments, rum our blowing. People are more disgusted with the disease of COVID-19 towards the patients and their families infected by it.

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Conflict of Interest
The author declared no conflict of interest.