

The Psychological Impact of COVID-19 Pandemics on Gujarati Adults

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ABSTRACT

The status of adult's psychology throughout the COVID-19 pandemic includes a comprehensive range of psychiatric morbidity. According to literature, emotional states like worry, anxiety, depression, decreased self-confidence, suicidal and homicidal thoughts, and criminal thoughts. This study is about the pandemic's influence on Gujarat's adult population (17 -45 yrs) during the pandemic period. A cross-sectional observational study was done on various adults of Gujarat using an anonymous online questionnaire Survey. The database for research was collected from a questionnaire Google form link shared on social media networking. The examination was conducted from 28th October 2020 to 5th February 2021 for the survey, including population among Gujarat adults. The samples of psychologically impacted adults (302) during the COVID-19 pandemics are in the study. In this study shows that age group 26-45 are more affected than 17-25 years of age group. Both genders suffered psychologically in COVID-19 pandemics.

Keywords: COVID 19, Gujarat, Psychological status, Adults, Crime, Criminology

In 2020 a significant threat to humankind, i.e., COVID-19 pandemic, by the coronavirus, which has a clinical impact on a severe acute respiratory syndrome (SARS-CoV-2). COVID-19 has affected around 108,822,960 confirmed cases and 2,403,641 human deaths till February 2021. (1) The recent spread of COVID-19 infection in the human population worldwide impacts the mental health and physical health of the human in all over the world. (2) This outbreak has led to additional health problems such as depression, phobia, anxiety, stress, anger, irritability, insomnia, delirium, fear, and many more mental disorders worldwide. (3) Due to mental health and physical health disorders, governments have to pay more attention to the population's mental health problems for better public health. (4)(5) The COVID-19 pandemic periods has changed our daily lives, career, and sense of safety, which has increased the stress and increased risk for COVID-19 complications in both mental health and physical health. (6)(7)

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This pandemic led to lockdown from March 2020, causing significant loss of the professional and financial conditions that affected people's psychological and physical health. It also affects the social life of the population. Restriction of physical movement to avoid the active transmission of the coronavirus impacts the economic crisis in Gujarat and other states. **(8)**

Lockdown in this pandemic has changed the population's life all over the world. **(9)** The effect of the COVID-19 period on mental health and physical wealth of women has a severe psychological disorder like anxiety, phobia, depression, irritabilities, psychological disorder increase in the lockdown period of pandemic disease because of the social isolation and breakdown of the economy of the family play a vital role. Many women have psychological disorders because of the increased burden of work and other factors like unemployment and poor economy; social media also affects women's mental health. **(10)**

The co-relation of a pandemic: crime needs an estimate of the crime rate expected to occur in the pandemic's absence. Therefore, various factors have an impact on crime during the COVID period. Some criminal cases increase during lockdown periods like homicides and aggravated assaults in commercial, transportation settings, public places, streets, theft from vehicles. **(11)(12)**

Social media and day to day news regarding COVID-19 and its effect on human beings, like a war on the population which affects the psychological health of the adult which leads to various mental conditions like depression, anxiety, irritabilities, fear, phobia, different criminal activities also seen during the COVID period. Preventive measures for COVID-19 infection also affect the population's mental status and various viewpoints regarding vaccination of coronavirus, which has excellent impressions on adults' minds. **(13)(14)**

Therefore, our present study aims to correlate the impact of the COVID-19 pandemic with mental health among Gujarat adults during the pandemic period to conserve the community's psychological wellbeing, particularly with its expansion Gujarat.

Study survey

The online questionnaire survey of the psychological status of adults of Gujarat, due to impact of the pandemic. It is a cross-sectional study to find out various factors which were responsible for various adverse psychological disorders. The Google online questionnaire was shared on social media platforms to collect the data. The data collection, conducted from 28th October 2020 to 05th February 2021.

The population considered in the study

The present study was carried out for India's adults (Gujarat) to study various psychological status challenges before and during the COVID period. Due to the current pandemic, to maintain the protocol of COVID-19, the study was designed online-based survey by Google form in both languages is English and Gujarati, and Google meet/telephonic conversation for data collection. The main reason for online questionnaires in both languages, like English and Gujarati, for data collection is to know about the various challenges and factors faced by adults in the pandemic that affected the psychological conditions. The data obtained for the research study with written consent/permission from all participants by choosing the adults randomly.

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Sample collection

302(17-45 age) people in Gujarat were selected for the data collection to study the various psychological conditions, which affect adults' mental health during the pandemic. All the samples collected were with the consent of the subjects.

Questionnaire for the study

The semi-structured questionnaire consisted of six parts:

- **Background information:** In this section, basic information regarding the subject like name, age, sex, marital status, education, city, State.
- **Occupation details:** This section includes the data regarding occupation, working sector, job types, working hours per day, any other type of work, job status, and financial status before and during the pandemic.
- **Daily routine:** In this section, data collected regarding daily activities, sleeping patterns, and dreams with challenges that adults faced before and during the pandemic.
- **Dietary pattern:** In this section, data collected regarding their patterns of diet, drinking, any medicine/drug, and preventive medicine before and during the pandemic.
- **Physical condition:** In this section, data collected based on various physical activities and physical health. And the type of difficulties faced before and during the pandemic.
- **Mental condition:** In this section, data collected regarding stress, frustration, anxiety, family support, listen to a motivational speaker or not religious status, friendship relation, any habits, addiction status, types of thoughts, overthinking, data regarding criminal thoughts, precaution status, and the impact of COVID vaccination on mental status, impact of media/news before COVID-19 and during the COVID-19 period.

RESULTS

Socio-demographic characteristics of the sample (n=302)

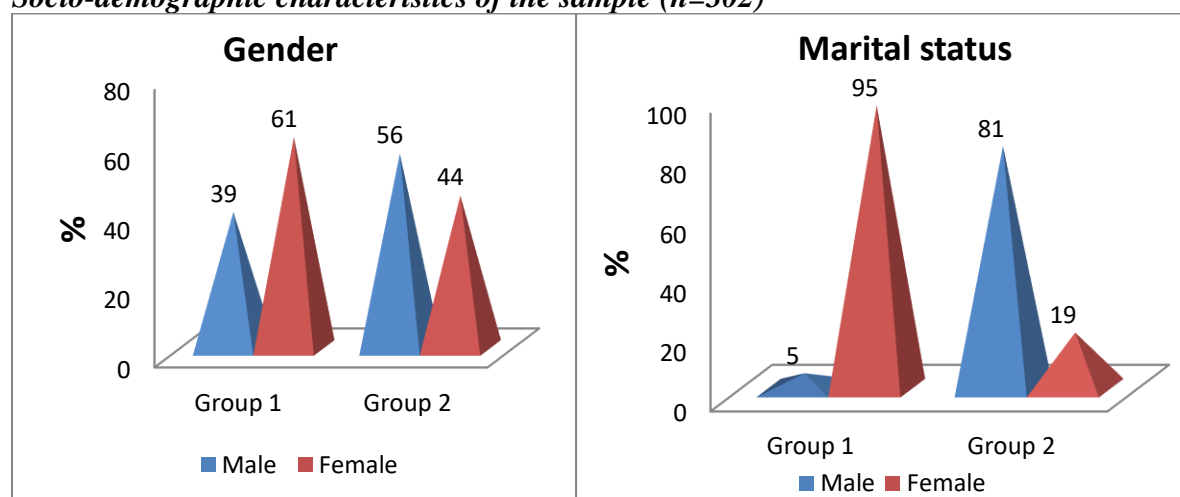
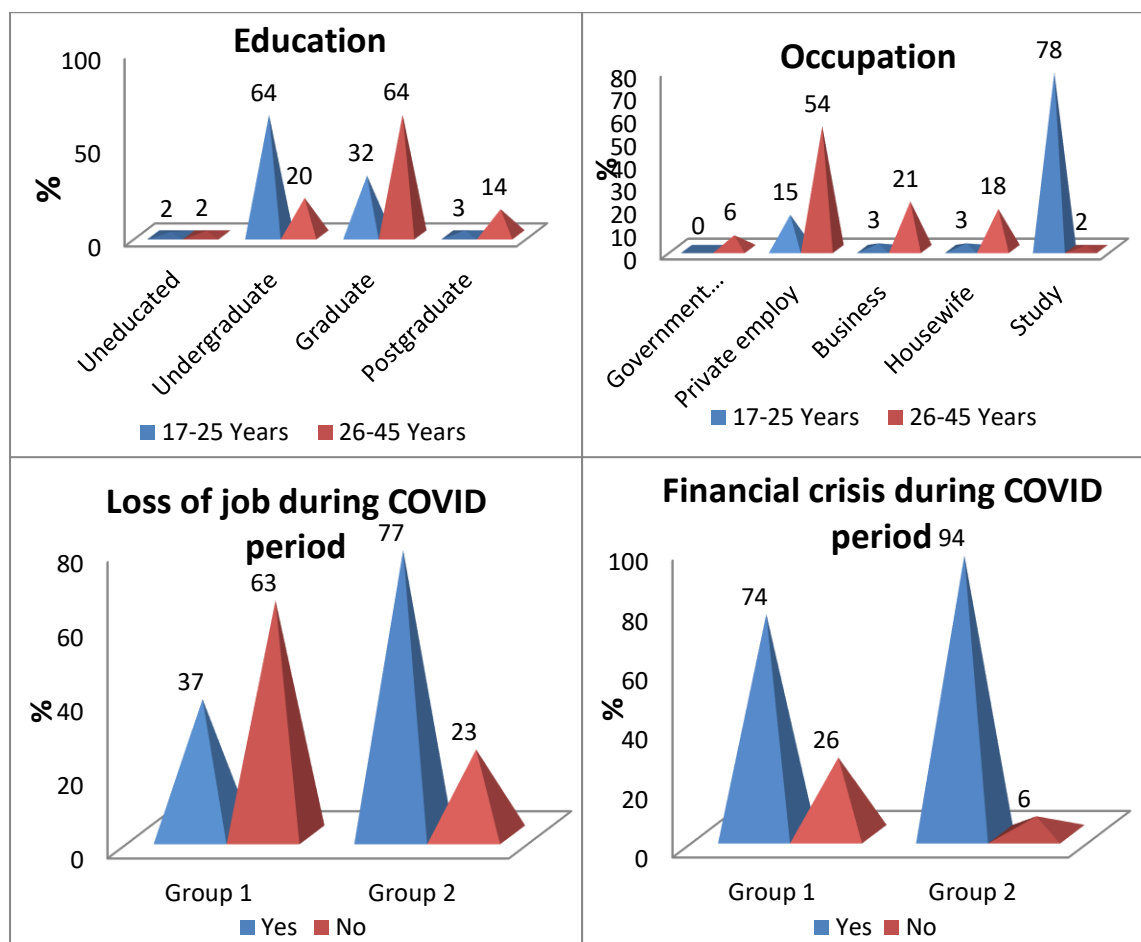


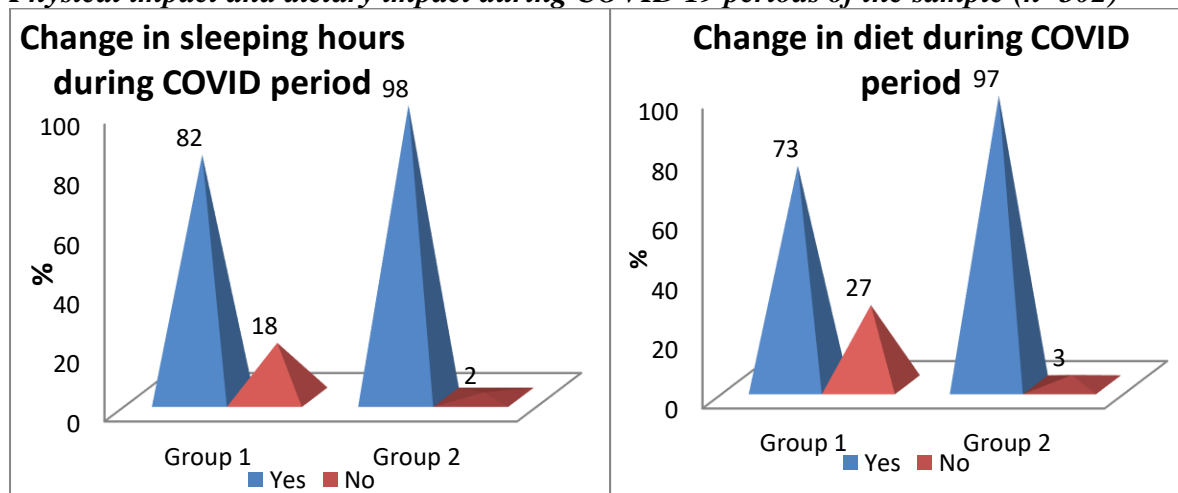
Figure 1.

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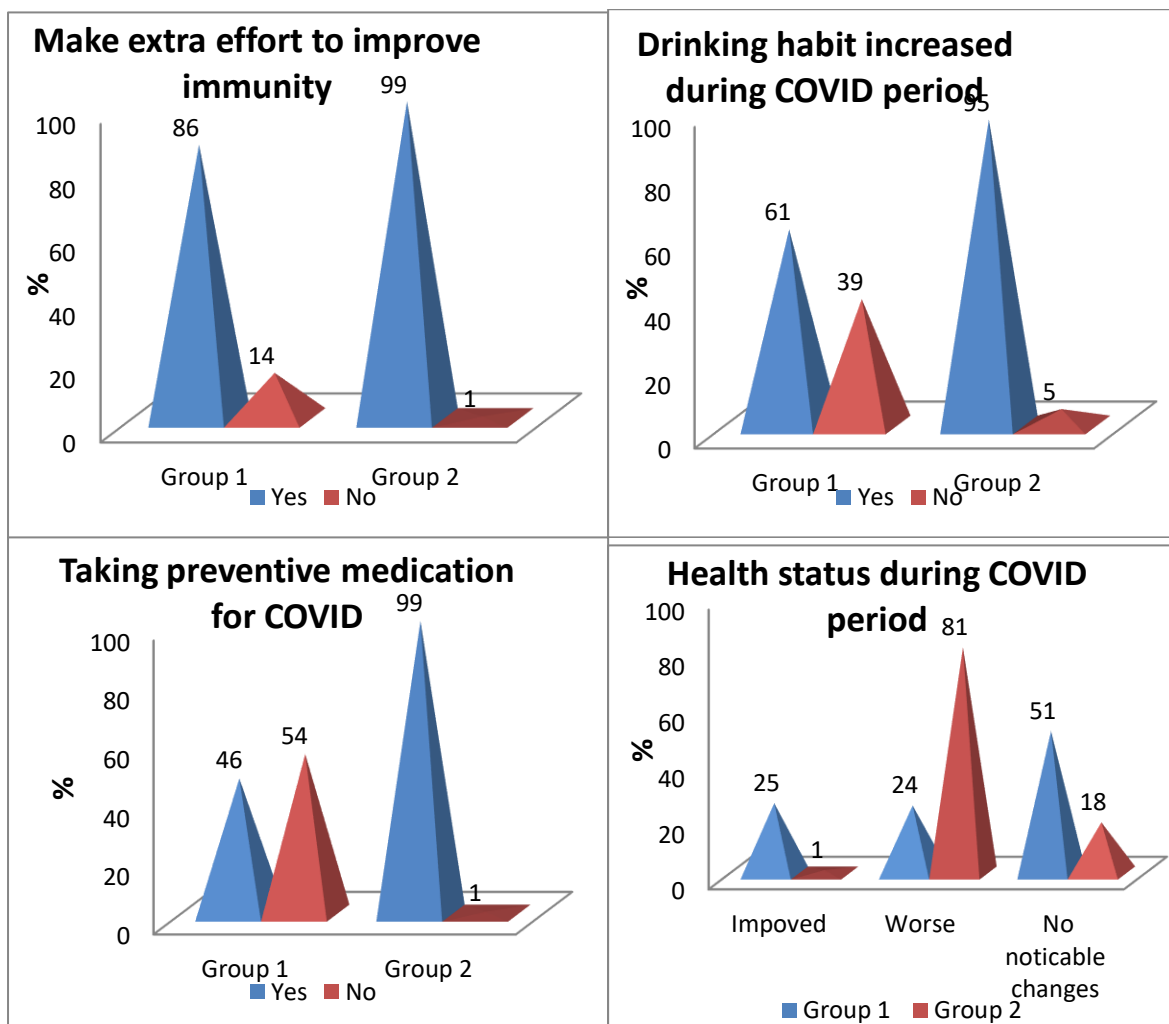


In this study total 302 participants of Gujarati adults involve, further divided into two age group i.e. 1st group (17-25 years age) and 2nd group (26-45 years age). In 1st group 64% adults are undergraduate and 32% adults become graduate because in this age group almost all participants become doing study while in 2nd group 64% participants become graduate and 14% become post graduate, in 2nd group 54% adults doing private job and 77% adults loss their job as well as 94% adults faced financial crisis during COVID period while in 1st group ration of loss of job become less than 2nd group because of in 1st group almost all adults doing study while in 2nd group almost all adults connected with any occupation.

Physical impact and dietary impact during COVID 19 periods of the sample (n=302)

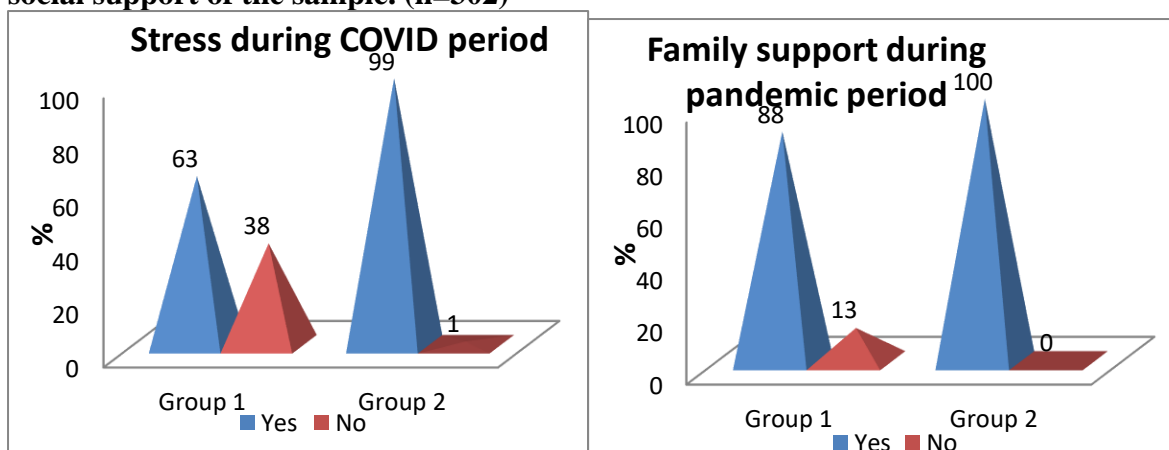


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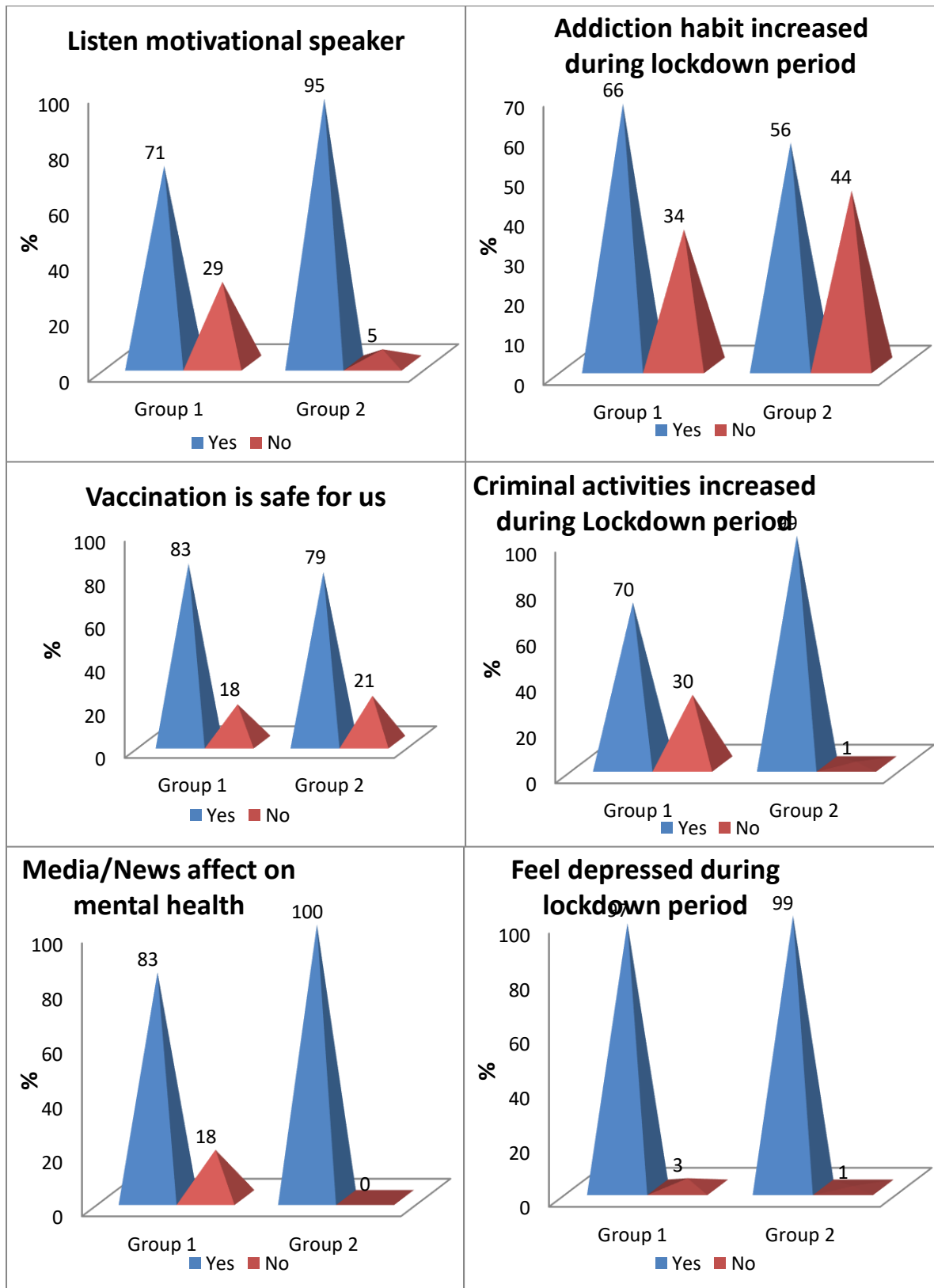


In this point we observed that almost all adults from both groups had a change in sleeping hours, i.e., 82% as well as 73% of adults have a change in dietary pattern, and almost all adults (86% from both groups) make extra effort to improve immunity during the COVID period. We observed that in the 2nd group, around 95% of adults have increased their drinking habit of tea, coffee, etc., and 81% of adults suffer from a worse health status during the pandemic period. This data is seen less in the 1st group, which may be due to the 2nd group almost all adults connected with different occupations and various responsibilities.

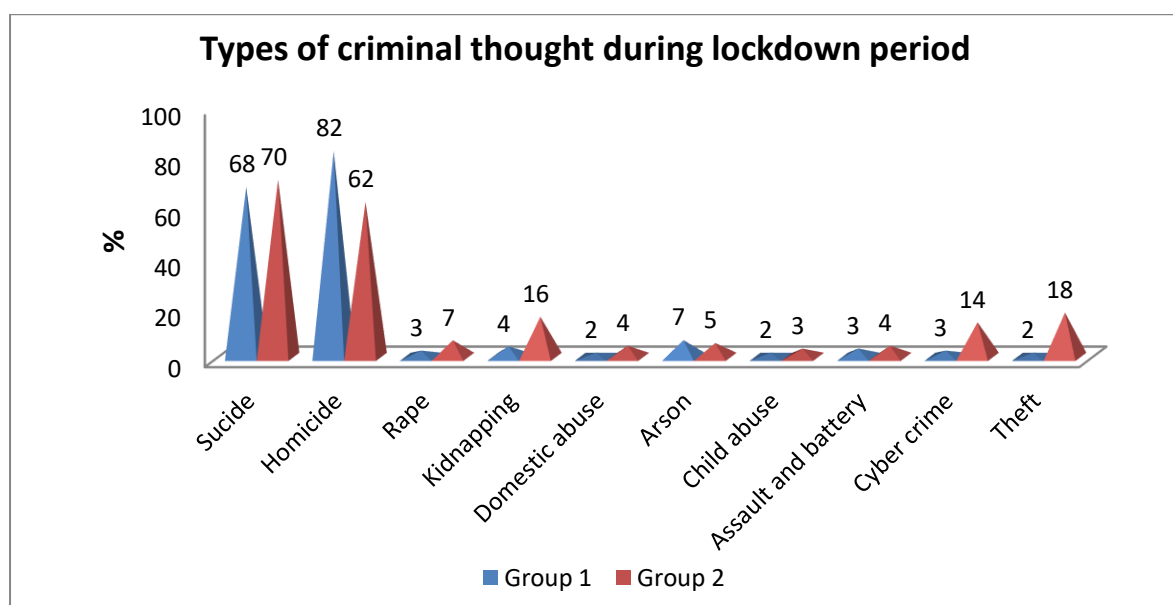
The Criminal and Psychological impacts due to COVID-19 and effect on family and social support of the sample. (n=302)



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Data regarding mental impact and criminal impact during COVID periods reveals that from 1st group 63% adults facing stress/frustration while in 2nd group almost all 99% adults facing stress/frustration and overthinking/thoughts comes during pandemic period. From 2nd group mostly 95% adults listen motivational speaker but only 74% adults have effect of motivational speaker. Majority of adults from both groups got support from family member but only 70% adults got friends moral support. Data shows that criminal thoughts increased during lockdown period 68% adults from 1st group suffered from suicidal thoughts and 82% adults suffered from homicidal thoughts while 70% adults from 2nd group have suicidal thoughts and 62% have homicidal thoughts. News related to COVID pandemic and impact of vaccination news also effect on mental status of adults. All 100% adults have mental stress due to media /news. In 1st group data shows that 80% adults feel depress during lockdown period may be due to younger age, study related or personal issues.

CONCLUSION

The impact of pandemic on the psychological status of adults in Gujarat was a unique study as per our knowledge. Coronavirus originated from Wuhan, China, and spread all over the globe, and affects millions of human beings. This pandemic causing deep impact on physical health as well as psychological health. The negative psychological impact which causing various mental disorders in adults during the COVID period and day by day increases the mental disorder like depression, anxiety, stress, criminal activities, various abuses, phobia, etc. In above study showed an increase in the various psychological disorder among the adults 17-45 years of age group. Increase the financial crisis also found out during COVID-19 in Gujarat. The impact on mental health and wellbeing of adults have a noticeable psychological disorder like anxiety, phobia, depression, irritabilities, etc. psychological disorder increase in lockdown period of the COVID pandemic disease because of the social isolation and breakdown of the economy of the family play a vital role. Many adults are suffering from psychological disorders because of the double burden of the work as well as other factors like unemployment, poor economy; social media also affect the mental health of adults. Various criminal activities also increase during a COVID period like suicidal, homicidal, kidnapping, rape, various abuses, theft, cybercrime, etc.

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Conflict of Interest

The author(s) declared no conflict of interest.

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