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Research Paper

Mental Health Issues During Covid 19 Pandemic

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ABSTRACT

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus experience mild to moderate respiratory illness and recover without requiring special treatment. COVID 19 affects our mental health in different ways and the major mental health issues that have been reported during the pandemic are stress, anxiety, depression, insomnia, fear and frustration globally. Mental health issues have been reported from all over the world. The COVID-19 pandemic has a major effect on our lives.

COVID 19 is an illness which is caused by strain of coronavirus and it affects people with common symptoms such as fever, dry cough, sore throat, headache and losss of taste and smell. It spreads easily among people if a person touches objects which is touched by affected person. This illness can cause severe complications and may lead to death of person. Some people recover without hospitalization using ayurvedic and home remedies. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hand frequently and avoid touching your face. The pandemic Covid-19 has spread over whole world and compelled the human society to maintain social distancing and it has significantly disrupted our mental health.

Mental health includes emotional, psychological, and social well-being. It affects our thinking, feeling, and behaviour. Mental health is important at every stage of life, from childhood to adulthood. People are more likely to experience fear of getting sick or dying, feeling helpless, and being stereotyped by others during pandemic. The pandemic has harmful effect on our mental health which can even lead to psychological crises. In addition to the physical impacts, COVID-19 can have serious effects on public mental health. A wide range of psychological outcomes have been observed during this pandemic. Recent evidence suggests that people who are kept in isolation and quarantine experience significant levels of anxiety, anger, confusion, and stress. At large, all of the studies that have examined the psychological disorders during the COVID-19 pandemic have reported that the affected

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individuals show several symptoms of mental trauma, such as emotional distress, depression, stress, mood swings, irritability, insomnia, post-traumatic stress, anger and frustration. After observing the corona virus pandemic situation, the WHO advised to maintain social distancing as the first prevention step and every country started the action of lockdown to separate the contaminated people.

Objective
To highlight mental health issues during COVID-19 pandemic.

DISCUSSION

Our mental health has suffered a lot due to the outbreak of COVID-19. Mental health issues and other consequences such as depression, pervasive anxiety, frustration, anger, insomnia and emotional disturbance emerged during COVID 19 pandemic. Also fear related to infection, confusion, loneliness and vigilant handwashing have been identified. Social support, resilience and quality of life are protective factors to achieve mental health during this pandemic. It has created many mental health issues and some of them are as given below:

Anxiety
Restriction and lockdown during pandemic lead to feelings of nervousness, panic and pervasive feeling of apprehension among people. Pervasive anxiety during pandemic period may include lower social support, loneliness, separation from loved ones and feelings for uncertainty for the future. The uncertainty surrounding coronavirus is not easy to handle and we still don't know how long this will last. There are many things we can do even in the face of this unique crisis to manage anxiety and fear. It has also shown that frequent media exposure may cause anxiety.

1.Fear
Fear of infection and transmitting the virus results in homebound behaviour and low social exposure of individual. The inhibition from social activities enhances the risk of hopelessness and fear. COVID-19 is novel and unexplored, and its rapid transmission, its high mortality rate, and concerns about the future can be a cause of fear. Mental health issues weakens body's immune system and consequently increases the risk of getting the virus and when there is insufficient fear, this may also result in harm for individuals and society.

2.Frustration
Low social support and loneliness are directly related to frustration and it occurs due to interruption of daily activities, social necessities and hopelessness. The imposition of quarantine causes unbearable anger that may lead to negative outcomes and struggling with mental health issues associated with this pandemic including anxiety, depression, increased substance use and suicidal thoughts. It has changed a lot of people's routines, which has reduced access to our usual coping mechanisms such as going to the gym, out to dinner, shopping and other things.

3.Depression
Loneliness, social isolation and boredom affects both mental and physical health of individual. Pervasive loneliness may be associated with depression and suicidal behaviour. Depression during this pandemic affected everyone to a large extent. Recent evidence suggests that people who are kept in isolation and quarantine experience significant

levels of anxiety, anger, confusion, and stress. Research shows that people who follow news related to this pandemic, constantly exposed to COVID-19 news experience depression. Most of the news published on COVID-19 are distressing, and sometimes news are associated with rumors. Misinformation and fabricated reports about COVID-19 can increase depressive symptoms in the general population.

CONCLUSION

COVID-19 has impacted immensely the larger community of India and it has created many challenges. Social distancing presents the dangers of increasing social rejection, growing individualism, and the loss of a sense of community. It negatively affects learning and growth, and it prevents person from effectively socializing, which is a fundamental human need. It carries a strong psychological message, which is the fear of others, along with the idea that others are potential carriers of germs and life-threatening diseases. Mental health is more than the absence of mental disorders. Mental health is an integral part of health and there is no health without mental health**.** This contagious virus has not only raised concerns over general public health, but has also caused a number of psychological disorders. According to this analysis, it can be concluded that the COVID-19 pandemic can affect mental health in individuals and different communities. Therefore, with appropriate psychological strategies, techniques and interventions, the general population mental health can be preserved and improved.

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Conflict of Interest
The author(s) declared no conflict of interest.