

Psychological Impact (Suicide & Violence) of Covid-19 Pandemic Era by Electronic & Print Media

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ABSTRACT

The objective of the study was to find out the psychological impact in form of suicide & violence cases occurred in the lock down and covid-19 pandemic period by electronic & print media popular in Dehradun district. Total 200 cases of suicide and violence were taken from the newspaper Amar ujala, Dainik Jagaran and Novbharat Times. And news portal Uktez, Hindustan times and India Today by convenience sampling technique. The finding reveal that the covid-19 pandemic made huge impact on suicidal tendency and violence behavior. 22.5% of violence cases are of family conflict, 15% cases are of lost their job/economic tensions, 8.5% are of depression/frustration/mental illnesses, 12% cases are of love/vengeance and 42% cases are of unknown reasons. The reason behind 11% of suicidal cases were family conflict, 16% were lost their jobs/economic tensions, 9% were depression/frustration/mental illnesses, 11% were love/vengeances and 51% cases were by unknown reasons. 65% of total suicidal cases and 61% of total violence cases were male, 35% of total suicidal case and 39% of total violence cases were female. Suicidal cases were 70% and violence cases were 60% in age group of 20 to 40 years. By personal observation, discussion with experts and the past data reveal that the suicidal and violence cases were more in this meantime of covid-19 pandemic era and lockdown period.

Keywords: Covid-19 Pandemic, Suicide, Violence

Many health experts believe that the new strain of coronavirus likely originated in bats or pangolins. The first transmission to humans was in Wuhan, China. Since then, the virus has mostly spread through person-to-person contact. The new strain of coronavirus is called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The virus causes coronavirus disease 19 (COVID-19). Around 80% of people with COVID-19 recover without specialist treatment. These people may experience mild, flu-like symptoms. However, 1 in 6 people may experience severe symptoms, such as trouble breathing. The new coronavirus has spread rapidly in many parts of the world. On March 11, 2020, the World Health Organization (WHO) declared COVID-19 a pandemic. A pandemic occurs when a disease that people are not immune to spreads across large regions. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered

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coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. 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 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 hands or using an alcohol based rub frequently and not touching your face. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow). At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. Although most people with COVID-19 have mild to moderate symptoms, the disease can cause severe medical complications and lead to death in some people. Older adults or people with existing chronic medical conditions are at greater risk of becoming seriously ill with COVID-19.

For preventive measures and to control the spread of corona virus outbreak in India on 24th march 2020 the government of India ordered a nationwide lockdown for 21 days after a 14 hour voluntary public curfew on 22 march. The method of lockdown first was all services and shops closed closure of commercial and private establishments, suspension of all educational, training, research, institutions, closure of all places of worship, suspension of all non essential public and private transport, prohibition of all social, political, sports, entertainment, academics, cultural, religious activities.

After first phase of lockdown phase-2, 3, & 4 were also ordered by implementing partial to relaxation. After 31st may unlock phase was started.

The impact of lockdown thousands of people were migrated out of major Indian cities. They became jobless. Due to lockdown more than 350 deaths were reported from starvation, suicide, exhaustion, wound and rail accident, police hostility and denial of timely medical care.

The GDP growth rate of the nation has fallen from 8.2% in January- march 2018 to -23% in April- Jun 2020 which happened to be the worst ever in history.

Businesses are shut and companies are hitting the worst phase in their times, as the businesses are affected largely the economy of country is being affected. The sudden short term decline in the market has affected many small traders and business owners. Small industries and other startups have been adversely affected due to this lockdown. This has led to an overall impact on the economy of the country.

Issues faced by workers/labourers/employees. Daily wage workers who are earning on per day basis have been affected due to this lockdown as they used to earn on daily wages based on companies outcome. Their earnings have stopped as businesses are shut. This has affected a lot of workers and labourers very badly as their revenue and income are completely stopped and they do not have any other sources of income.

Students and their studies - the overall education sector has been hit due to the virus. Though students and teachers are connected through video conferencing, applications, lectures are going on. These online lectures are not very effective in terms of knowledge sharing and

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long term growth. Poor students suffer in different ways because they are not able to buy the instruments essential for online classes. Travel – public transport were stopped. A lot of people students, tourists, workers or other citizen of the country are stuck in other States or outside their families.

Women are dealing with a rise in domestic abuses and household work burden. The immense hardships faced by workers, daily wagers, health workers and people with disabilities. The most horrific and obvious impact has been – a rise in domestic and intimate partner violence as has been noted for the United States, the United Kingdom and China among other countries. A rise in domestic violence literally increases the risk to women's lives. Women are being battered by frustrated partners and being threatened to be kicked out of the house if they fell sick in India because this is seen as essentially. A problem of the poor, its not very high on policy priorities.

A lockdown increases burden of household work for all families. South Asia, particularly India and Pakistan has one of the highest ratios globally, of the time spent on unpaid care work by women relative to men.

Electronic media and print media highlighted very high the effect of lockdown. It has a very bad psychological effect on individuals. News of violence, suicide, rape and mental illness etc. became more visible in electronic and print media. The study included cases of suicide and violence prominently.

Violence –

Behavior which harms or damage somebody/ something physically. Violence is defined by the world health organization in the NRVH as, “the intentional use of physical force or power, threatened or action against oneself, another person or against a group community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation. Almost all type of violence, gender based violence, sexual violence, intimate partner violence, domestic violence, family violence etc. are involved.

Suicide -

Suicide means ending your own life. It is sometimes a way for people to escape pain or suffering. Social isolation, anxiety, fear of contagion, uncertainty, chronic stress and economic difficulties may lead to the development or exacerbation of stress- related disorders and suicidality in vulnerable populations including individuals with pre-existing psychiatric disorders, low-resilient persons, individuals who reside in high COVID-19 prevalence areas and people who have a family member or a friend who has died of COVID-19. Individuals with pre-existing psychiatric disorders include not only patients who are treated by mental health professionals but also a very large number of people with psychiatric conditions who do not receive psychiatric treatment. For example, an international study that included the data from countries in Europe, North and South America, Asia and Australia showed that the median untreated rates for schizophrenia, major depression and alcohol use disorder were 32.2%, 56.3% and 78.1%, respectively. Community epidemiological research in the USA shows that a majority of individuals with mood disorders are either untreated or undertreated. 39 people committed suicide along with 12 youngster in Uttarakhand on the month of Jun. 2020. From January 45 men and 34 women ended there lives till end of Jun. 2020. Amar ujala says.

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Need & significance- COVID-19 (Corona Virus Disease 2019) has significantly resulted in a large number of psychological consequences. The aim of this study is to explore the impacts of COVID-19 on people's mental health, to assist policy makers to develop actionable policies, and help clinical practitioners (e.g., social workers, psychiatrists, and psychologists) provide timely services to affected populations. The findings of this study will redound to the benefits of society considering that how Covid 19 can harm our mental health and how suicidal, domestic violence Cases occur in this pandemic era as well. The great demand For civilians with psychological understanding Justifies the need for more effective, life changing study. Thus, this study will be able to make a person understandable, reasonable and more mature towards suicidal and domestically violences. Also this study will give some extra facts about role of print and electronic media in this covid 19 pandemic era. The study of psychological impact of covid 19 can be a learning paradigm in the society to enhance the knowledge and preventing stigma as well. The project's goal is designed to study the suicidal and violence in this pandemic era of corona virus by electronic and print media. The results contribute to the knowledge gaps of short-term individual changes in psychological conditions after the outbreak. It may provide references for policy makers to plan and fight against COVID-19 effectively by improving stability of popular feelings and urgently prepare clinical practitioners to deliver corresponding therapy foundations for the risk groups and affected people.

METHODOLOGY

Objective- to study the suicidal tendency and violence behavior by electronic and print media.

Hypothesis- the covid-19 pandemic era and lockdown in society experienced psychological impact in terms of suicidal tendencies and violence behavior.

Sample- the sample collected for the study consisted of 200 cases of suicide and violence from the newspaper Amar Ujala, Dainik Jagaran, Nav Bharat Times and print media Uktez, Hindustan Times and India Today in dehradun district during lockdown phase 1 to phase 4 period by convenience sampling technique.

Tools-

- **Print media:** simply stated, print media is the printed version of telling news, primarily through newspapers and magazines. In present study the suicide an violence cases from the Hindi newspaper Amar Ujala, Nav Bharat Times, Dainik Jagran printed in dehradun district.
- **Electronic media:** electronic media is the media that one can share on any electronic device for the audiences viewing. Electronic media is broadcasted to the wider community. Electronic media is T.V., radio, Internet, smart phone. Present study includes websites or news portals. Uktez, India Today, Hindustan Times broadcasts in dehradun district.

RESULT

The result obtained are presented in three different tables. Result confirms the proposed hypothesis.

Table 1 shows the percentage of suicide and violence cases according the reasons like family conflict, lost their job/economic tensions, depression/frustration/mental illness, love/revenge and unknown cause.

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Percentage of total suicidal cases and violence cases according to gender is presented in table 2.

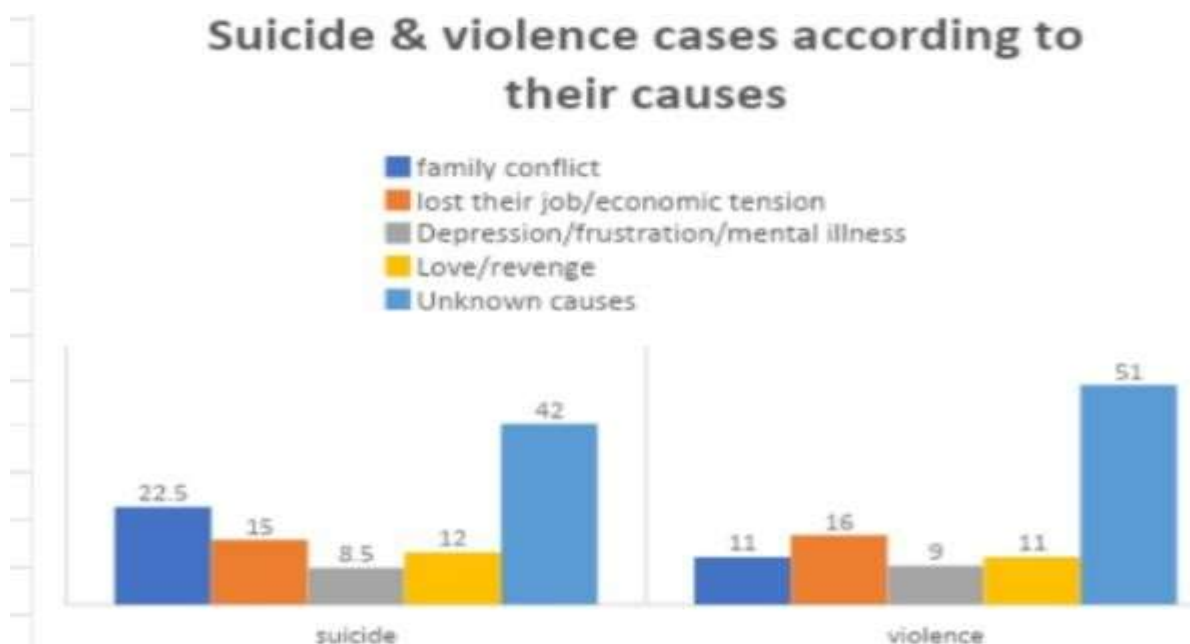
Table 3 shows the suicide and violence percentage according to age group.

DISCUSSION

it can be noted from table 1 that the causes or reasons behind suicide and violence are different. 22.5% of violence cases are of family conflict, 15% cases are of lost their job/economic tensions, 8.5% are of depression/frustration/mental illnesses, 12% cases are of love/revenge and 42% cases are of unknown cause. The reason behind 11% suicide cases are family conflict, 16% are lost their job/economic tensions, 9% are depression/frustration/mental illnesses, 11% are love/revenge and 51% cases are of unknown reasons.

Table-1 Percentage table of suicide & violence cases according to their causes

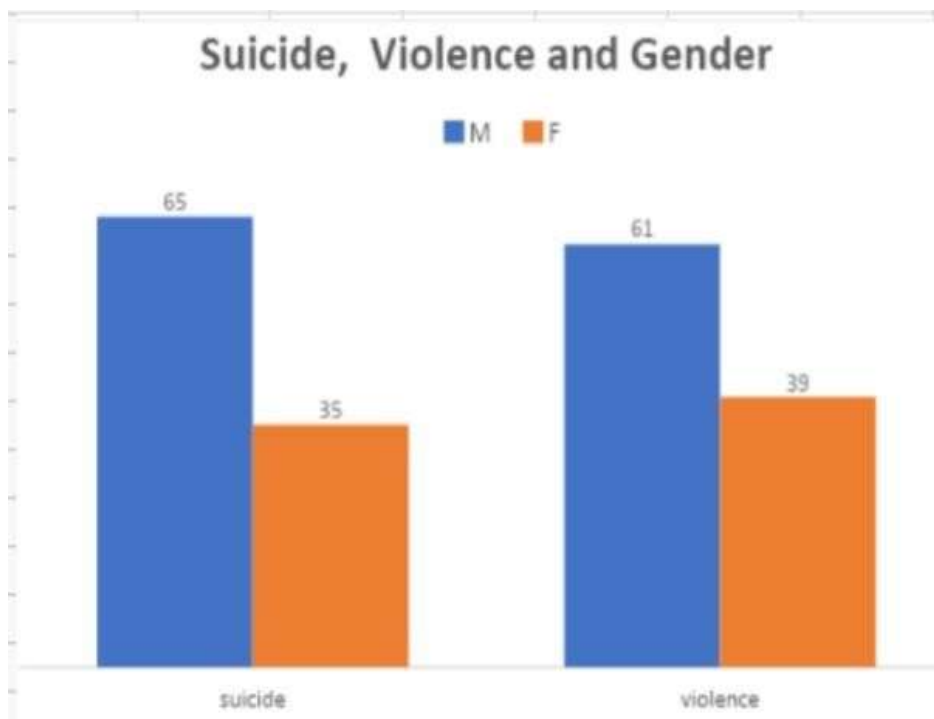
Causes	Family conflict	Lost their job/economic tension	Depression/frustration/mental illness	Love/revenge	Unknown causes
Suicide	22.5	15	8.5	12	42
Violence	11	16	9	11	51



Suicidal tendency, Violence behavior and gender- male, female percentage of suicide and violence cases can be observed from table 2. 65% of total suicide cases and 61% of total violence cases are male, 35% of total suicide cases and 39% of total violence cases are female. Result reveals that male members of society experienced more psychological impact with comparison to their counterparts.

Table-2 Suicide & violence percentage according gender

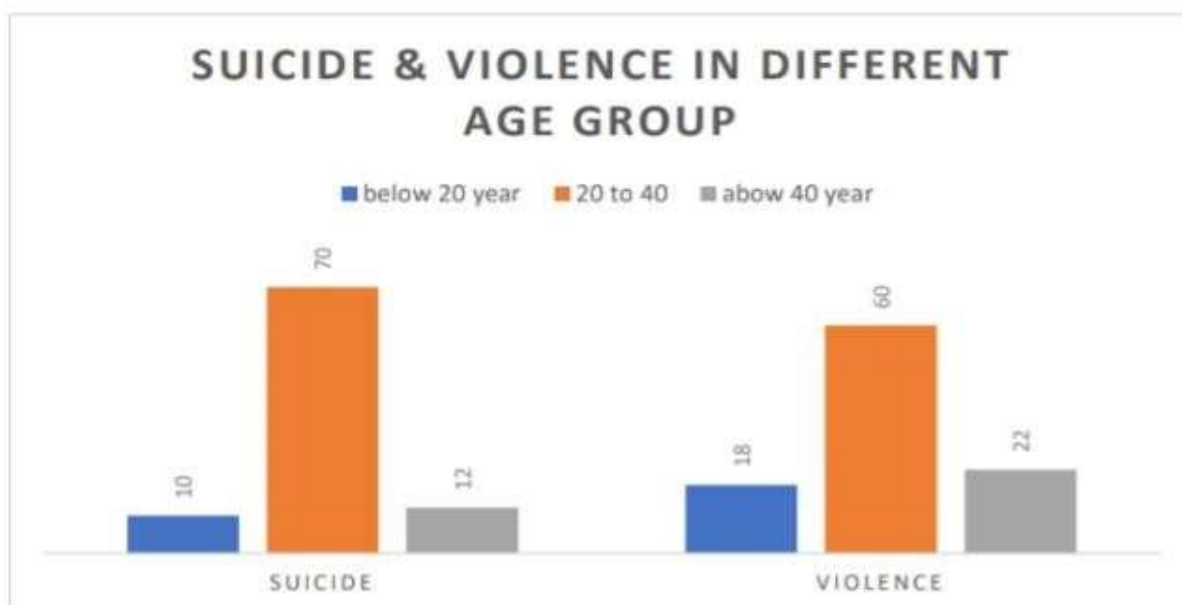
S.No.	Gender	Suicide	Violence
1	M	65	61
2	F	35	39



Suicide, violence and age- it can be noted in table-3 that 60% violence cases and 70% suicide cases are reported in 20 to 40 year of age group. Below 20 year suicide cases are 18% and above 40 year suicide rate is 12%. violence cases are 18% in below 20 year of age group and 22% of violence cases are above 40 year of age group. The result shows that adults are more prone to bad psychological effects than younger age group and older because they have more family responsibilities.

Table-3 Percentage of suicide & violence in different age group

Age group	Suicide	Violence
Below 20 year	10	18
20 to 40	70	60
Above 40 year	12	22



CONCLUSION

The findings of the study show revealed that suicidal tendency and violence behavior were existing in society. At the time of lockdown, the causes of these psychological disorders are different like job loss, economic stress, depression, mental illness, love/revenge and many other unknown causes. Male member of the society and the adult people of community are facing more bad psychological impact. May be this because of the responsibilities they feel for their families.

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Conflict of Interest

The author(s) declared no conflict of interest.

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