

Research Article

## Impact of the Covid-19 Pandemic on Mental Health and Quality of Life the Employees of Government and Private Sector

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### ABSTRACT

The Covid-19 pandemic has had a profound impact on the quality of life and mental health of individuals worldwide. This study aimed to assess the effects of the pandemic on government and private sector employees. The sample comprised 80 employees from Ahmedabad city, with equal representation of males and females in both sectors. The mental health checklist developed by Dr. Pramod Kumar and the quality of life scale by Dr. Nakhat Nasreen and Sarika Sharma were used for data collection. Data analysis involved a "t" test, which revealed a significant difference between government and private sector employees in terms of the impact of the pandemic on their mental health and quality of life. However, no significant differences were observed between employee types or genders regarding the effects of Covid-19. In conclusion, this study highlights the distinct impact of the pandemic on mental health and quality of life for government and private sector employees. The findings suggest a need for targeted interventions and support systems to address the specific challenges faced by individuals in different work environments during the Covid-19 crisis.

**Keywords:** Covid-19, Mental Health And QUL, Employees

The Covid-19 pandemic has had a global impact, affecting nearly 180 countries since its initial detection in Wuhan, China, in December 2019. The World Health Organization (WHO) declared the outbreak a public health emergency of international concern on January 27, 2020.

In India, on January 27, 2020, a 20-year-old female presented at the emergency department of General Hospital Trissur, Kerala, with a one-day history of dry cough and sore throat. There was no record of fever, rhinitis, or shortness of breath. Following the first positive case reported in Trissur, two other students from Kerala who had returned from Wuhan, the epicenter of the virus, tested positive in Alopuzha and Kasaragod districts last year. The cumulative Covid-19 cases in India reached 4,366,614, with 461,043 deaths and 33,753,488 recoveries. Covid-19 is an infectious disease caused by the SARS-CoV-2 virus.

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Most individuals infected with the virus experience mild to moderate respiratory illness and recover without requiring specific treatment. However, some develop severe illness and necessitate medical attention. Older individuals and those with pre-existing medical conditions such as cardiovascular disease, diabetes, chronic respiratory disease, or cancer are at a higher risk of developing serious illness. It is important to note that anyone, regardless of age, can become seriously ill or die from Covid-19.

Coronaviruses are a large family of viruses known to cause a range of illnesses, from common colds to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Public health authorities continue to gather knowledge about Covid-19, and updates are provided as new information becomes available. Symptoms of Covid-19 can vary from mild to severe and may appear 2-14 days after exposure. Common symptoms include cough, fever, headache, new loss of taste or smell, repeated shaking with chills, sore throat, shortness of breath, and muscle pain.

### **MENTAL HEALTH**

The Covid-19 pandemic has had significant implications for mental health, highlighting the need for scholarly examination of this aspect. The global crisis has caused widespread distress, anxiety, and psychological burden among individuals worldwide. The restrictive measures such as lockdowns, social distancing, and isolation have further exacerbated the mental health challenges faced by the population.

Studies have indicated a rise in stress, anxiety, and depression levels during the pandemic. The uncertainty surrounding the virus, the fear of infection, and the social and economic consequences have contributed to increased psychological distress. Individuals have also experienced heightened levels of loneliness and isolation due to limited social interactions and reduced support systems.

The impact on mental health has been observed across various age groups, with specific vulnerabilities among certain populations. Frontline healthcare workers have faced immense pressure, witnessing the direct impact of the pandemic while dealing with resource limitations and increased workloads. Students and young adults have encountered disruptions to their education, career prospects, and social lives, leading to emotional distress and uncertainty about the future. The elderly population, already susceptible to loneliness and isolation, have experienced further challenges due to restrictions on social gatherings and visits.

It is crucial to address mental health concerns during and after the Covid-19 pandemic. Efforts should focus on increasing access to mental health services, promoting awareness and destigmatization, and implementing strategies for coping with stress and anxiety. Providing psychological support and counseling services is vital to mitigate the long-term impact on mental well-being.

In conclusion, the Covid-19 pandemic has had profound implications for mental health, necessitating scholarly attention. By recognizing the psychological impact, raising awareness, and implementing appropriate interventions, we can strive to support individuals and communities in navigating these unprecedented challenges and fostering mental well-being in the face of the pandemic.

## **QUALITY OF LIFE**

The Covid-19 pandemic has significantly influenced the quality of life of individuals globally, necessitating scholarly examination of this topic in the context of the crisis. The multifaceted impact of the pandemic on various dimensions of life has raised concerns about overall well-being and quality of life.

The restrictive measures implemented to curb the spread of the virus, such as lockdowns, social distancing, and travel restrictions, have had profound effects on daily life. These measures have disrupted routines, limited social interactions, and caused economic hardships, resulting in reduced overall life satisfaction and subjective well-being.

The pandemic has posed challenges to physical health, as individuals face increased risks of infection and complications. The fear of contracting the virus and the impact on personal health have led to heightened anxiety and concerns about physical well-being. Additionally, the disruption of healthcare services and delayed access to medical treatments for non-Covid-19 conditions have further affected the quality of life for individuals with chronic illnesses or other health concerns.

Social aspects of life have also been significantly affected. The limitations on gatherings, closure of social venues, and remote work arrangements have led to feelings of isolation and loneliness. The absence of face-to-face interactions with friends, family, and community members has impacted social connectedness and support systems, further influencing overall quality of life.

Economic implications stemming from the pandemic, such as job losses, reduced income, and financial insecurity, have placed significant strains on individuals and households. The financial stress and uncertainties about the future have negatively impacted quality of life, contributing to psychological distress and overall well-being. To address the challenges to quality of life during the Covid-19 pandemic, interventions should focus on multiple fronts. This includes ensuring access to healthcare services, providing economic support to affected individuals and businesses, promoting social connectedness through virtual platforms, and implementing strategies to alleviate psychological distress and enhance resilience.

The Covid-19 pandemic has had wide-ranging effects on the quality of life of individuals. By understanding the multidimensional impact and implementing targeted interventions, we can strive to mitigate the negative consequences on quality of life and foster well-being amidst the challenges posed by the ongoing crisis.

## **OBJECTIVES**

1. The Purpose of the study to know the any difference between government and private sector employees mental health and quality of life in time of covid-19 pandemic.
2. To know the difference between government sectors male and female employees mental health and quality of life in time of covid-19 pandemic.
3. To know the difference between private sectors male and female employees mental health and quality of life in time of covid-19 pandemic.

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## Hypothesis

1. There is no significant difference in between government and private employees mental health and quality of life in time of covid-19 pandemic.
2. There is no significant difference between government sectors male and female employees mental health and quality of life in time of covid-19 pandemic.
3. There is no significant difference between private sectors male and female employees mental health and quality of life in time of covid-19 pandemic.

## METHODOLOGY

### 1. Sample

*The sample of the present study consisted of 80 employees, 40 are government (20male 20 Female) 40 are private employees of Ahmedabad city.*

Variable	Government	Private	Total
Male	20	20	40
Female	20	20	40
Total	40	40	80

### 2. Research tools

No.	Aspect Studies	Test and Scale	Developed By
1.	Quality of life	Quality Of Life	S. Sharma And Nasreen
2.	Mental Health	Mental Health Check List	Pramod Kumar

### 3. Procedure

In the study conducted in Ahmedabad, both government and private employees were selected randomly to assess their mental health and quality of life. The participants were administered a mental health checklist and a quality of life scale, and data was collected for analysis.

The collected data was subjected to statistical analysis using measures such as mean, standard deviation (SD), and 't' value. The mean values were calculated to determine the average scores on the mental health checklist and quality of life scale for both government and private sector employees. Standard deviation was used to assess the variability or dispersion of the data points around the mean, providing insights into the level of agreement or divergence among the participants.

The 't' value, obtained through statistical tests, was employed to examine the significance of differences between government and private sector employees in terms of their mental health and quality of life. This analysis aimed to determine if there were any significant disparities between the two groups.

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The results obtained from the statistical analysis provide insights into the comparative mental health and quality of life outcomes for government and private sector employees in Ahmedabad. The mean scores, standard deviation, and 't' values help assess the magnitude and direction of the observed differences, contributing to a deeper understanding of the impact of Covid-19 on the well-being of individuals in different work environments.

By utilizing these analytical techniques, researchers can draw conclusions and make informed recommendations based on the findings. The scholarly approach employed in this study ensures a rigorous examination of the data, enhancing the reliability and validity of the results.

### RESULT & DISCUSSION

The statistical methods used to analyze obtained data are Mean, SD and 't' test.

**Table. 1**

Mean, Standard deviation and 't' test according to covid-19 pandemic on mental health and quality of life of government and private employees

Employees	N	Mean	SD	t	Significant
Government employees	40	48.80	4.80	14.27	0.01
Private employees	40	62.50	4.00		

Table 1 show that the mean of mental health and quality of life between government and private employees, government employees means 48.80 and private employees is 62.50 S.D. for government employees 4.80 and private employee 4.00 for both group t level value is 14.27 and its level of significant id 0.01.its indicate that there is significant difference between government and Private employees with their mental health and quality of life.

**Table. 2**

Mean, Standard deviation and 't' test according to covid-19 pandemic on mental health and quality of life of government employees for gender

Employees	N	Mean	SD	t	Significant
Government male	20	47.75	7.20	0.70	Non sig
Government female	20	49.15	6.40		

Table 2 show that the mean of mental health and quality of life of government male 47.75 and female 49.15 S.D. for male 7.20 and female 6.40 and both group t value is 0.07 its non significant at 0.01 level. its indicate that there is no significant difference between government male and female employees with their mental health and quality of life.

**Table 3**

Mean, Standard deviation and 't' test according to covid-19 pandemic on mental health and quality of life of Private employees for gender

Employees	N	Mean	SD	t	Significant
Private male employee	20	60.29	5.25	2.30	Non sig
Private female employee	20	63.62	4.40		

Table 3 show that the mean of mental health and quality of life of private male 60.29 and female 63.62 S.D. for male 5.25 and female 4.40 and both group t value is 2.30 its non

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significant at 0.01 level. its indicate that there is no significant difference between private male and female employees with their mental health and quality of life.

### CONCLUSION

In conclusion, the findings of the study indicate several important insights regarding the impact of the Covid-19 pandemic on the mental health and quality of life of government and private sector employees in Ahmedabad.

Firstly, a significant difference was observed between government and private sector employees in terms of their mental health and quality of life. The results suggest that government employees tend to experience higher levels of mental well-being and overall quality of life compared to their counterparts in the private sector. This may be attributed to various factors such as job security, access to healthcare benefits, and social support systems provided by the government sector.

Secondly, the study revealed no significant differences between male and female government employees in terms of their mental health and quality of life. This suggests that gender does not play a significant role in determining the impact of the pandemic on the well-being of government employees. Similarly, no significant differences were observed between male and female private sector employees, indicating that gender does not significantly influence the mental health and quality of life outcomes for individuals in the private sector.

These findings contribute to our understanding of the differential effects of the pandemic on mental health and quality of life across sectors and genders. The results highlight the need for targeted interventions and support mechanisms to address the unique challenges faced by employees in different work environments. By recognizing the variations and providing appropriate resources, policymakers and organizations can strive to enhance the well-being of their employees and promote a healthier workforce during and beyond the pandemic.

It is important to note that this study focused on a specific sample from Ahmedabad, and further research with larger and more diverse populations is warranted to validate and expand upon these findings. Nonetheless, the study provides valuable insights into the impact of the Covid-19 pandemic on mental health and quality of life, contributing to the existing literature and informing future interventions and policies aimed at supporting employee well-being in challenging times.

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

The author declared no conflict of interest.

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