

The Study of Consequences of Covid-19 on Mental Health

Anjali Singh^{1*}, Herendra Kumar²

ABSTRACT

Background: The COVID-19 came as a dangerous disease in 2019 and spread rapidly worldwide, which affected people not only physically but also had a deep impact on mental health. **Aim of this study:** The purpose of this study is to observe the impact of COVID-19 on mental health of educated people related to anxiety, stress, depression and aggression. **Method:** In this study, a self developed questionnaire was used for data collection. Data collection was completed through the online survey done by google form. A link of google form was generated for data collection and shared with people from Whatsapp, Facebook, others social sites etc. The 304 participants gave their responses. In this study we have tested anxiety, stress, depression and aggression through the frequencies and percentage. **Result:** The consequences show that a higher percentage of females feel aggression, anxiety and stress than male. Mostly rural people felt anxiety. Art stream students have a high percentage of aggression and stress but more students of science stream showed depression while other students showed anxiety. **Conclusion:** This study indicated that most of the people felt anxiety and stress during COVID-19 and should pay attention to the mental health of female, science stream students, and rural people.

Keywords: Anxiety, Stress, Depression, Aggression, COVID-19

In 2019, coronavirus had emerged as a dangerous disease and spread quickly to most countries worldwide. It started from Wuhan city of china. WHO (World Health Organization) declared it a pandemic on 11 March 2020 [1]. According to Indian government figures as of 23 May 2023, India has the second-highest number of confirmed cases in the world after the United States of America with 44,983,152 [2]. In October 2021, the World Health Organization estimated 4.7 million excess deaths, both directly and indirectly related to COVID- 19 to have taken place in India [3]. The first cases of COVID-19 in India were reported on 30 January 2020 in three towns of Kerala, among three Indian medical students who had returned from Wohan, the epicenter of the pandemic [4-6].

However, lock down may be an effective and significant strategy of social distancing to deal with the increasing spread of the highly infectious disease of COVID-19 virus, additionally, it can have some degree of psychological impact on the public. It is well known that any quarantine or isolation of any reason is associated with significant mental health problems such as anxiety, fear, depressive symptoms, feelings of loneliness, sleep disturbances, and

¹Guest Faculty, Department of Psychology, Shri Varshney College, Aligarh, U.P. India

²Assistant Professor, Department of Physics, BCAS, University of Delhi, Delhi, India

*Corresponding Author

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The Study of Consequences of Covid-19 on Mental Health

depression, anger etc.[7]. Killgore et al. (2021) found that during COVID-19 aggression was increased among people [8].

However many studies have been done on the psychological impact of lock down on the general public. Man is a social being, such restrictions on his free activities can lead to anger, frustration, loneliness and depressive symptoms. There may be fear/apprehension in the public due to lack of basic amenities such as supply of groceries and milk, medicines, care of unhealthy persons in the family due to other medical reasons, elderly persons living alone, restrictions on free movement, prevailing. The feeling of being imprisoned in one's own home or being "under house arrest", etc. Moreover, the lock-down may lead to a "panic" mode of stocking essentials without maintaining social distancing as advised by the government [9].

Mental health is an essential state of our well-being, which is the ability to think, feel, interact with each other, earn a living individually and collectively and enjoy life as human beings. Many social, psychological and biological factors determine the mental health of a person at any given time [10]. The consequences of COVID- 19 affected not only physical health and well-being but also mental health, which can have a devastating effect on the health system. Mental health concerns and treatment usually have a Backseat when limited resources are drawn to pan-demonic containment [1].

The lives of the global population have changed dramatically since the emergence of the corona virus disease 2019 (COVID-19) pandemic. These changes include their daily lifestyle practices as well as educational, professional and transportation systems. The World Health Organization (WHO) has announced several directives to contain the spread of the virus due to its life-threatening effects on the health of patients; The purpose of these instructions is to enforce physical distancing and social isolation like normal lockdown and quarantine [11-15]. With the significant impact of the pandemic on the physical health system of the population, many mental illnesses and mental health issues are detected around the world [16-17]. Moreover, the dynamics of household activities and household members' interpersonal relationships has been affected due to COVID-19 outbreak during the lockdown period [18-21].

Purpose of the study:

- To examine the status of anxiety, stress, depression and aggression among different areas living people such as Rural, Semi Urban, and Urban.
- To examine the status of anxiety, stress, depression and aggression between male and females.
- To examine the status of anxiety, stress, depression and aggression among people of different educational streams such as Art, science, and other.
- To examine the status of anxiety, stress, depression and aggression among people of different designation such as Faculty, Research Scholar, and Students.

METHODOLOGY

A self designed questionnaire was used for data collection in this study. Data collection was completed through the online survey. A link was generated for data collection and shared with people by using social sites such as Whatsapp, Facebook etc. Total 304 participants gave their responses. This questionnaire has ten multiple choice questions. Questions are following as,

The Study of Consequences of Covid-19 on Mental Health

1. Have an impact on your physical health during COVID-19 ?
2. Have an impact on your mental health during COVID-19 ?
3. Have an impact on your social relationship during COVID-19 ?
4. Have an impact on your Economic condition during COVID-19 ?
5. Have an impact on your Employment during COVID-19 ?
6. Have an impact on your Business during COVID-19 ?
7. Have an impact on your Agriculture during COVID-19 ?
8. Have an impact on Education during COVID-19 ?
9. Have an impact on Student Future during COVID-19 ?
- 10. Have an impact on your Feeling during COVID-19 ?**

In this study we have evaluated the last question of this questionnaire. In this question we try to know the impact of Covid-19 on people's feelings (Anxiety, stress, Depression, Aggression and no feeling) and the first nine questions will be examined in the next series.

RESULTS AND DISCUSSIONS

The table of results show the frequencies and percentages of the psychological variables anxiety, stress, depression and aggression of subcategories of socio-demographic variables like residence, gender, educational stream and designation.

The results of table 1 show that the anxiety felt 37.25% in rural peoples while 35.55% in semi-urban and 32.69% in urban peoples during COVID-19. From this we can say that the rural peoples are more anxious than semi-urban and urban peoples which is similar to Singh, Kumar & Kumari (2020) and Zhou, Zhang, & Chen, (2020) found the same result, that rural people are more anxious than urban people due to different socio-demographic characteristics, different available opportunities such as education, employment, medical, awareness etc. [22- 23]. Higher frequencies of depression (9.61) and aggression (5.28) were felt among urban peoples than rural peoples. This finding is similar to Liu Liu et al. (2020) and Delamater P.L., (2019) who revealed that There may be some potentially unique reasons to explain the current findings on the higher prevalence of mental health problems in urban areas due to COVID-19. First, most COVID-19 cases were located in urban areas, which may result in higher sensitivity and vulnerability among urban residents to the psychosocial effects of the pandemic. Urban residents may experience more stress due to higher perceived risk of COVID-19 infection [24-25]. Social distancing strategies can increase the risk of loneliness and isolation, which can exacerbate depression and anxiety. Urban residents were usually isolated with family members in a relatively confined space, and their daily lives were greatly affected by restricted activities. In contrast, according to one study, aggression was prevalent among Chinese adolescents living in rural areas, in which interpersonal problems, difficulties with health adaptation and other difficulties could be considered potential independent risk factors for aggression [26].

The Study of Consequences of Covid-19 on Mental Health

Table 1: List of frequencies and percentage of different psychological feelings of socio-demographic variables (Residence, Gender, Educational Stream & Designation).

Psychological Feelings	(A) No. of Peoples with Residence			(B) No. of Peoples with Gender		
	Rural (%)	Semi-Urban (%)	Urban (%)	Male (%)	Female (%)	
Anxiety	19 (37.25)	16 (35.55)	68 (32.69)	62 (32.63)	41 (35.96)	
Stress	14 (27.45)	15 (33.33)	52 (25.0)	45 (23.68)	36 (31.57)	
Depression	3 (5.88)	4 (8.88)	20 (9.61)	21 (11.05)	6(5.26)	
Aggression	0 (0)	2 (4.44)	11 (5.28)	7 (3.68)	6(5.26)	
Psychological Feelings	(C) No. of Peoples with Educational Stream			(D) No. of Peoples with Designation		
	Arts (%)	Science (%)	Others (%)	Faculty (%)	R.Scholar (%)	Student (%)
Anxiety	6 (20.68)	77 (30.67)	20 (83.33)	19 (43.18)	16 (44.44)	68 (30.35)
Stress	14 (48.27)	65 (25.89)	2 (8.33)	11 (25.0)	11 (30.55)	59 (26.33)
Depression	1 (3.44)	25 (9.96)	1 (4.16)	1 (2.27)	3 (8.33)	23 (10.26)
Aggression	2 (6.89)	11 (4.38)	0 (0)	0 (0)	1 (2.77)	12 (5.35)

Our study found higher percentages of anxiety (35.96), stress (31.57) and aggression (5.26) are experienced among females than males. In the case of male, depression is more experienced during COVID-19. One study of Santamaría MD, et al., (2021) found that females indicated significantly more symptoms of anxiety and stress than males, those who have children have more symptoms of depression than those who do not have children. Stress, anxiety, and depression are more common in people with chronic pathology or living with others with chronic pathology [27]. In the current study there is a higher percentage of participants with anxious symptoms. However, Anxiety and stress has indeed been a well-studied pathology among females (Pappa et al. (2020), Liu et al. (2020) and during the pandemic it has been shown that this symptomatology is more severe [28-29]. Nino et al. (2021) findings suggest that females are more likely to fear COVID-19 than males [30]. Studies in Iran, Austria, and India also revealed that female and young adults are more anxious about COVID-19 and subject to higher levels of pandemic-related stress [31-33].

The finding of the present study that females reported more aggression than males which is dissimilar to Al- Sezari and Al-Maseb, (2022) findings that Males were more physically and verbally aggressive than females during the COVID-19 pandemic [34]. In spite of this, the findings of the present study are similar to those of Conversano et al. (2020) and Zhong et al. (2020) according to their findings, females were at higher risk of developing distressing psychological symptoms during stressful situations than males. These differences may be due to a number of factors that affect individuals' mental health, such as their knowledge, practices, and attitudes toward COVID-19 [35-36].

In the current study, art stream students have 48.27% stress and 6.89% aggression which is more compared to science stream students while science stream students show higher anxiety (30.67) and depression (9.96) in comparison to art stream students. so we can say that art stream students have higher stress than science stream students. This result is dissimilar to Prabhu (2015), Singh, et al. (2020) and Sharma, et al. (2021) studied on various social, financial, environmental factors that affect level of stress. They found that art stream students have less stress than science stream students [37-39]. While Deo & Basantia (2022) and Goel & Naaz (2021) explore that art stream students indicated more stress and aggression than science stream students [40-41]. In this study, researchers found higher anxiety and depression among science stream students which is similar to Deo & Basantia

The Study of Consequences of Covid-19 on Mental Health

(2022) and Wani et al. (2016) study who found that science stream students show high anxiety and depression in comparison to art students [40,42].

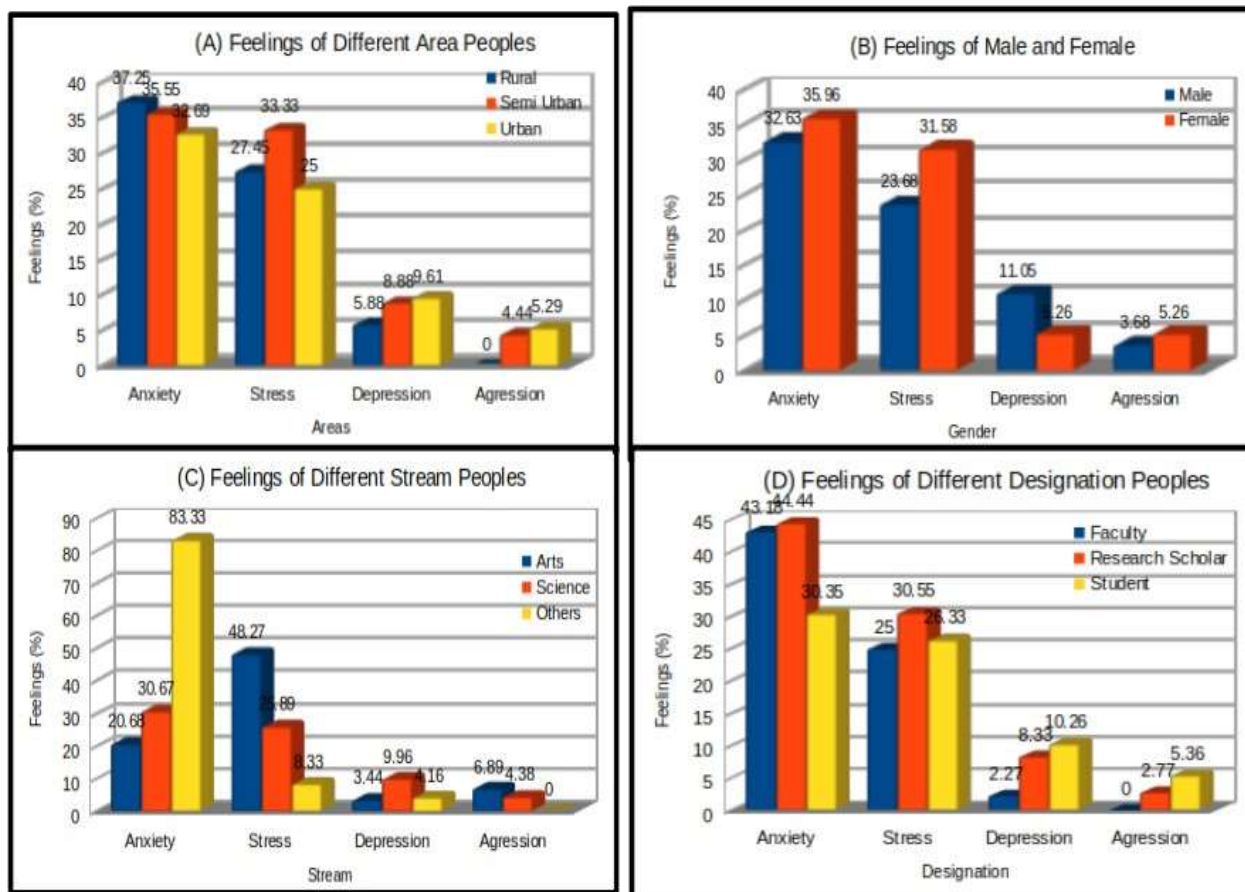


Fig 1: Show the Frequencies and percentage of different psychological feelings of socio-demographic variables (Residence, Gender, Educational Stream & Designation).

In this research, subcategories of designation like faculty, research scholar and students mostly felt anxiety more than other psychological feelings. According to the designation, research scholars have 44.44% anxiety and 30.55% stress, which is higher than faculty and students. Furthermore, depression and aggression are felt more by students than faculty and research scholars.

This result is similar to Batista et al. (2022), they found out Older researchers have lower values of stress, depression, anxiety and fears related to COVID-19 than younger researchers [43]. Other studies which were done on the general population support this result that people of the young age group showed more values of stress, depression, and anxiety. Some studies reported researchers were exposed to higher levels of stress just prior to COVID-19 [44]. This study indicated that this problem was seen before COVID-19 and needs to be considered.

Furthermore, depression and aggression are felt more by students than faculty and research scholars. Because Deng et al. (2022) and Hu Y. (2023) confirmed that educational and family stress significantly leads to depression among students, negatively affecting their academic performance and their results also revealed that people who were exposed to COVID-19 to showed greater anxiety and aggression [45-46].

The Study of Consequences of Covid-19 on Mental Health

We can see that in this study, mostly participants felt maximum anxiety, felt less stress than anxiety, felt less depression than stress and felt least one aggression, but only art stream students more experienced stress during COVID-19, it is seen in figure number 2.

CONCLUSIONS

Generally, most people have felt anxiety more than other psychological feelings during COVID-19. Rural peoples are more anxious than urban peoples because rural peoples have less safety awareness from COVID-19, few opportunities like as; less hospital availability, low education level, and cultural factors are playing a lead role to increase anxiety.

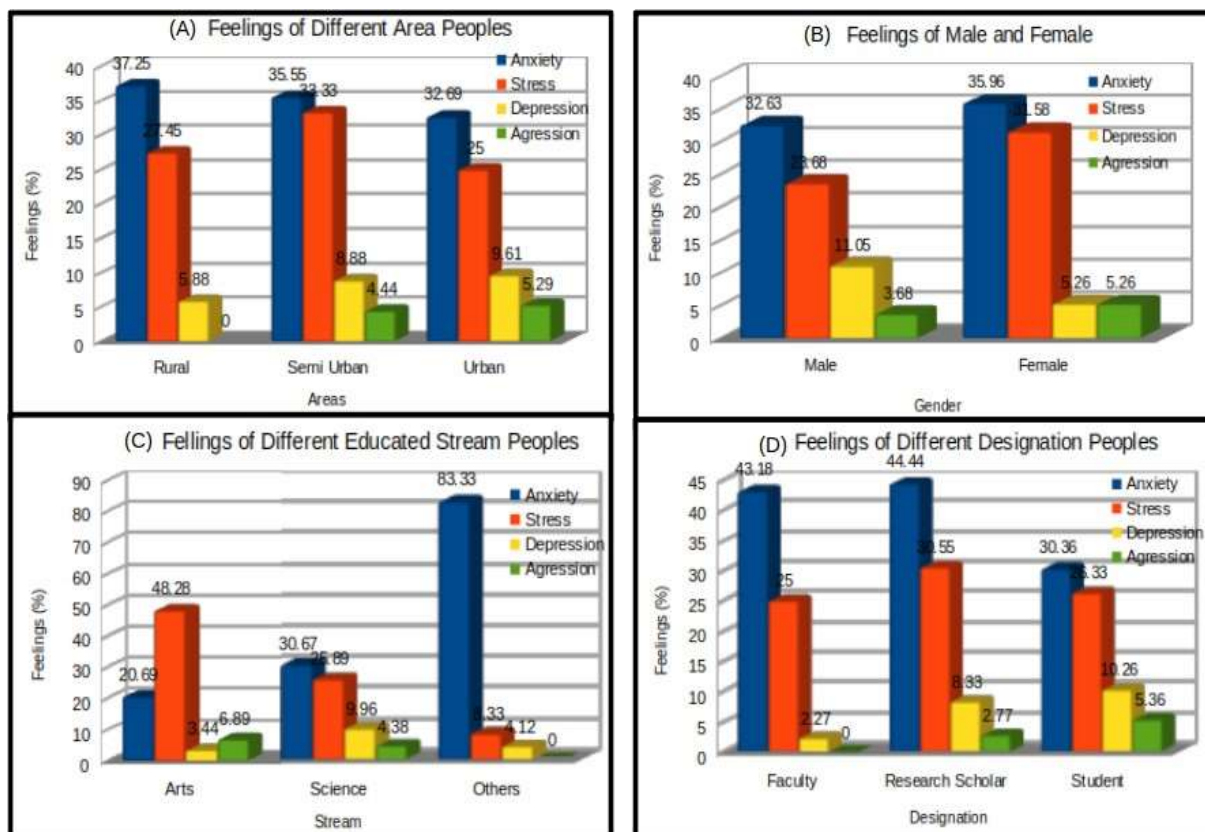


Fig 2: Show the Frequencies and percentage of different psychological feelings of socio-demographic variables (Residence, Gender, Educational Stream & Designation).

Females have more psychological disabilities than males during COVID-19 in this research. The study's findings suggest that health-related and psychological support services would be more effective if targeted to specific demographic groups during the pandemic. It is believed that psychological support programs specially designed for Females will provide positive improvements in terms of their stress and anxiety during the COVID-19 pandemic.

Art stream students have more stress than science and commerce. Art stream students have no importance according to the Indian society system, because only lower grade students take the arts stream, which is interpreted wrongly by parents, friends, neighbors, and relatives. it,s main cause of stress in arts students. Low job opportunities also affect the mental health of art stream students more than science and commerce stream students.

The present survey indicated that more than sixty percent of people have experienced anxiety and stress, due to lock-down and the prevailing COVID-19 pandemic. Outcome of

The Study of Consequences of Covid-19 on Mental Health

this study suggests that there is a need to increase the mental health program for everyone in our society during this COVID-19 pandemic situation. So, we suggest that the government should have more focus on rural areas, students & research scholars mental health, women psychological health, facilities of medical and counseling centers, employment, and education level with multidisciplinary implementation.

This study has some limitations. It is an online survey. Due to global lock-down of COVID-19 pandemic, researchers could not go to the field. Self developed online questionnaire was used for data collection. They used an electrical tool (google form) to collect data through whats-app, Facebook etc. it is a cross-sectional study. In this study non-random sampling was used and data was calculated by only frequencies and percentage.

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The Study of Consequences of Covid-19 on Mental Health

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Conflict of Interest

The authors declare no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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