A STUDY ON THE MENTAL HEALTH OF COVID-19 POSITIVE INDIVIDUALS

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ABSTRACT

COVID-19 has been a great crisis not only for India but also for the whole world. It started from Wuhan, China in December 2019 and subsequently spread worldwide. COVID-19 was a big challenge for everyone in case of lockdown but worse for the people who already had psychological problems. The pandemic greatly affected health, economy and education. It was observed that the coronavirus disease 2019 (COVID-19 pandemic) had affected the mental health of people negatively not only before but also after suffering from COVID-19 . For analyzing the impact on mental health of people who had recovered from COVID-19 illness, a survey was conducted through Google form. The survey was conducted for two weeks on various parameters. Within two weeks 74 responses were received. Out of 74 responses, the majority of the participants were male. It was found that after COVID-19 illness, recovered young respondents experienced more Stress, Depression, Loneliness, Lack of enthusiasm and Peevishness as compared to other age group respondents. The middle aged respondents felt more overprotected while older respondents felt more lack of enthusiasm and stress.

KEY WORDS: - Mental health, COVID-19, COVID-19 positive individuals.

INTRODUCTION

COVID-19 started from Wuhan, China in December2019. This was not only a matter of concern for the World but also for a common man. The WHO (World Health Organization) declared COVID-19 outbreak a Public Health Emergency of International Concern on January 30, 2020 and a pandemic on March 11, 2020. . In India the first case of COVId-19 was reported in Kerala on 27 January 2020. "This is not just a public health crisis, it is a crisis that will touch every sector" said Dr. TedrosAdhanomGhebreyesus, WHO director- general, at a media briefing. "so every sector and every individual must be involved in the fight"[1]. Corona virus is affecting 221 countries and Territories. Total confirmed cases of the coronavirus have reported 233,776,632 and deaths 4,782,667 around the world while in India total confirmed cases have reported 33,737,394 and deaths 448,074 on September29, 2021 [2]. Despite its small size, the impact of the corona virus is very huge on mental health. Almost all age group individuals were affected from Covid-19 like children, young and old people in terms of Stress, Depression, Anxiety, Peevishness, Lack of enthusiasm, Loneliness and Fear[3] [4] [5], also It was a big challenge for the doctors to deal with the patients without any direct treatment. Sudden outbreak of covid-19 not only made doctors' personal and professional life stressful but also took several doctors' lives too [6] [7]. Since it had become a matter of concern for public health, the Prime minister of India declared the first 21 days complete lockdown for the entire nation on March 24, 2020 to contain the COVID 19 pandemic [8]. "Social distancing is the only way to break the cycle of infection", he said. The lockdown was great enough to trigger various reactions like stress, depression, peevishness and anxiety among the people. Media news also created a fearful atmosphere [9]. Due to this elevated stress many suicide cases had been reported during COVID-19 [10]. Besides the health problems, COVID-19 pandemic greatly affected the Indian economy, Education sector and the life of migrant workers [11] [12] [13]. The aim of the present study was to analyze the Mental Health of different age group individuals who had recovered from COVID-19.

MATERIALS AND METHODS

A survey was carried out for two weeks in September 2021 to analyze the Mental Health of individuals who had recovered from COVID-19. The survey was carried out through Google forms and sent through whatsapp messages to the people who had suffered from COVID-19. Within two weeks 74 responses were received. There were eight questions in the questionnaire. The questions were based on various parameters to analyze the mental status. Individuals were divided into three groups according to their age i.e. 20-35, 35-50 and 50-65. The aim of this age division was to find out which age group people affected more in terms of mental health.

RESULTS

Out of 74 responses 51.4% respondents were male and 48.6% female. 43.2% respondents were 20-35 years old , 44.6% (35-50) years old and 12.2% (50-65) years old. Responses were received from different states i.e. U.P., Rajasthan, M.P., Gujarat, Bihar and Maharashtra.
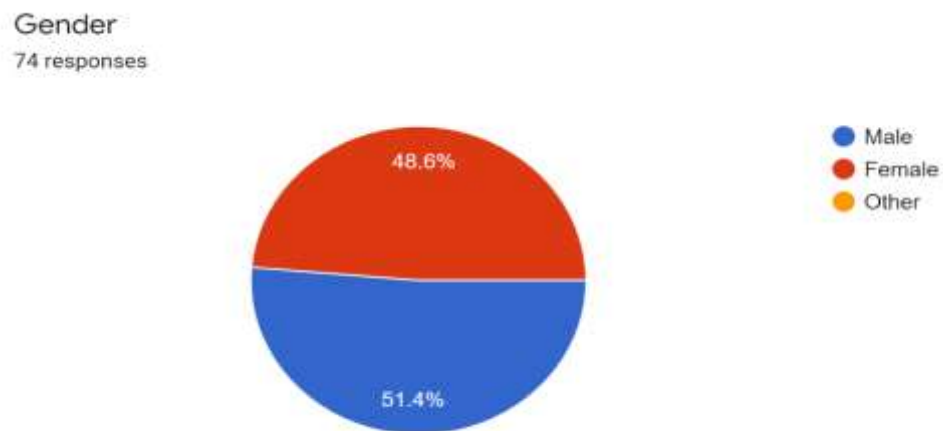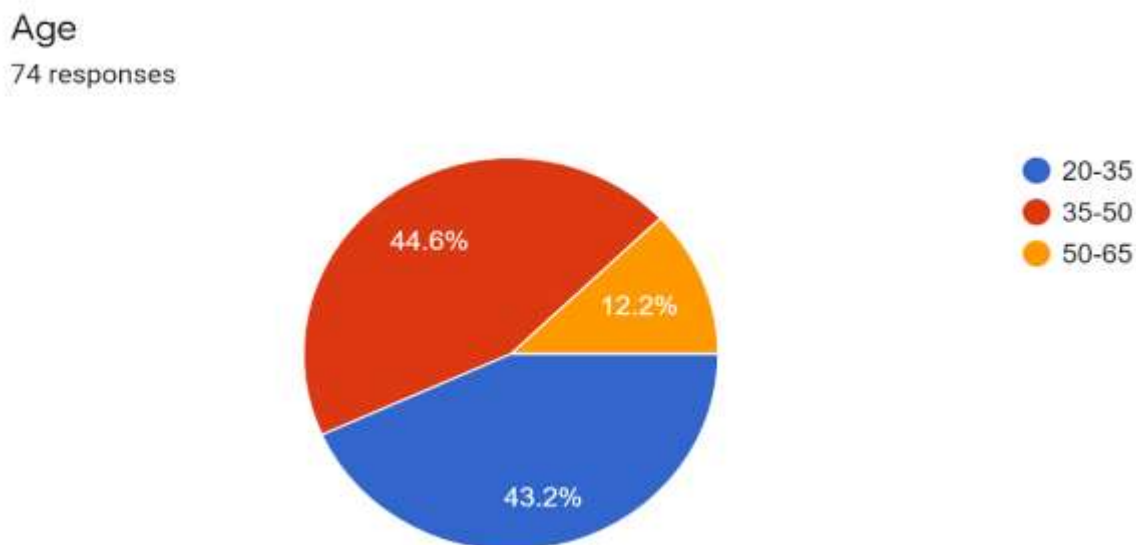

Figure 1:- Percentage of respondents

Figure 2:- Percentage of three different age group respondents

IMPACT ON MENTAL HEALTH

The questionnaire was developed to evaluate the mental stress of people after recovering from COVID-19. Regarding mental health, the stress level was found higher 22.97% in 20-35 years old respondents, 20.27% in 35-50 years old respondents and 6.75% in 50-65 years old respondents. Depression level was also found higher 14.86% in young respondents followed by 9.49% in 35-50 and 4.05% in 50-65 years old respondents . 16.21% (20-35), 17.56% (35-50) and 2.70% (50-65) respondents felt anxiety.

35.13% (20-35), 24.32% (35-50) and 4.05% (50-65) felt loneliness after losing someone due to COVID-19 while 18.91% (20-35), 28.37% (35-50) and 4.05% (50-65) respondents felt overprotected after suffering from COVID-19. 17.56% (20-35), 13.51% (35-50) and 6.75% (50-65) felt lack of enthusiasm. 21.62% (20-35), 17.56% (35-50) and 4.05% (50-65) often felt peevishness after having COVID-19 . 8.10% (20-35), 13.51% (35-50) and 2.70% (50-65) often felt afraid to go out. The results revealed that people not only experienced mental stress before having COVID-19 but also after suffering from COVID-19.
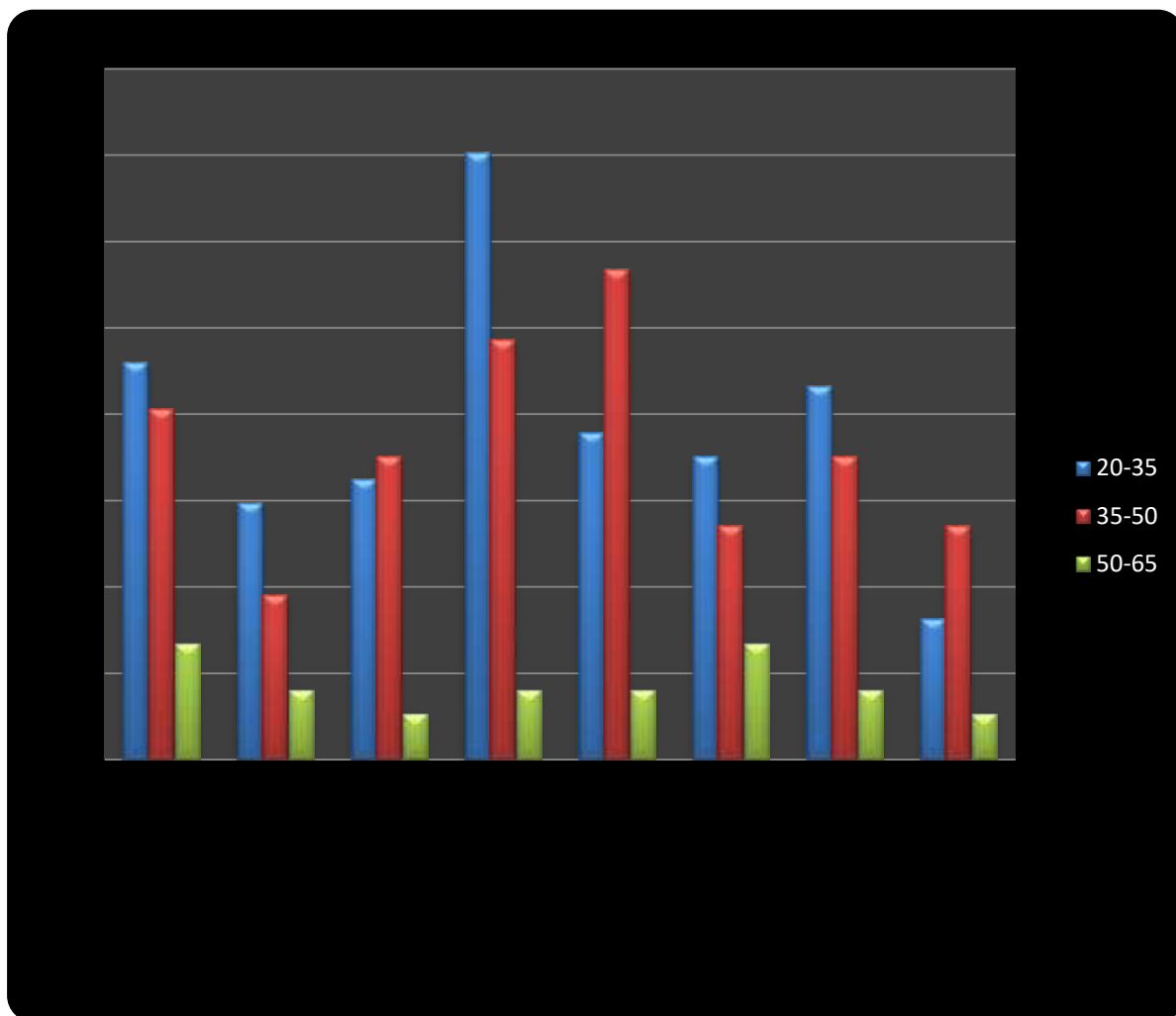

Figure 3:- Impact of COVID-19 on mental health

DISCUSSION

The result on the various emotional parameters indicates that the mental health of young respondents affected more in terms of stress, depression, lack of enthusiasm and peevishness as compared to other age group respondents. The reason behind the high stress level in young age respondents might be due to loneliness and peevishness. However young age respondents did not feel afraid to go out. Middle age respondents felt more overprotected after suffering from COVID-19, they also felt afraid to go out however their depression level is far lesser than other respondents. Old respondents neither felt afraid to go out nor anxiety but they felt more lack of enthusiasm and stress. The study revealed that all individuals experienced a negative impact on mental health during the pandemic. The improvement in mental condition can be achieved by having an interacting session with Psychologist, friends and relatives and by doing meditation and yoga.

CONCLUSION

Although COVID-19 was a big challenge for everyone, it was a nightmare for the people who lost their loved ones suddenly due to this pandemic. These people experienced sudden emotional breakdown and loneliness in life due to which they were affected mentally.

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