

Corona Virus: A study on Mental Health Effects

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Abstract

Corona virus has become a deadly epidemic. Due to its outbreak, the health crisis is increasing. Thousands died because of its infection. Lakhs of people are infected and getting treatment. It is rising every day. Considering the toll, WHO has declared it an epidemic. Lockdown has controlled its spread to a large extent. People have assumed that the world will change entirely till this virus ends. This is leading them towards mental illness. The virus will remain a threat until its vaccine is developed. It can neither be fought nor be killed. But every one must follow the guideline to remove it. Instead of being afraid of the corona virus, one needs to fight it with mental balance.

Introduction

Corona virus is a group of many types of viruses that cause worldwide panic. It causes disease in mammals and birds. This causes respiratory tract infection in humans. This is a very subtle but effective virus. It is nine hundred times smaller than human hair but the infection of such subtle Corona virus is spreading rapidly all over the world. The enormous power of nature hidden in that subtle virus that suddenly put brakes in the running life, which shook the whole world.

The scientists call this "Novel Corona Virus", because the Health experts had no idea about this. Its new for them. The word corona has been taken from Latin which means the crown. Watching through a Microscope, it appears like a crown. The world Health organization has declared this disease Covid-19 on 12 Feb. 2020 which causes due to this deadly corona virus. It was first identified in China on 31 December 2019. The Chief of WHO Tedros Adhanom, in Geneva, explained it as 'Co' stands for corona, 'v' for virus & 'd' for disease.

In the era of corona virus infection, many types of confusions have occurred in people due to which psychological problems are being found in them. Its effect is visible in the life style of man and it is likely to remain for a long time which is going to take the form of a great problem.

Objects

- To study the effects of Corona virus.
- To study the reasons of mental health consequences.
- To study the effects of Lock down over general public.

Data Collection :-

Facts have been compiled using the secondary sources like internet, reference books, newspapers, tv news, seminar etc. for the research essay presented.

Defeating the corona virus is a challenge for the world. The strategy adopted for its rescue i.e. lock

down is proving effective. The medium of infection of the corona virus is the exposure of human beings through which it spreads from one person to another. Lockdown has controlled its spread to a great extent. The negative effect of Lockdown is visible on human mental health.

A wide variety of fears have arisen in people during the cross-country transmission of nationwide lockdown and corona virus, results into growing psychological problems. Due to unemployment annoyance, anger, depression and violence are taking place in society. Students are showing future anxiety and stress for employment. It seems that corona virus is inviting mental trauma. Man who is already overwhelmed by familiar, social, economical crisis, is moving towards mental Malaise.

The city of Wuhan in China put the world in a state of panic, anxiety, fear, grief and sadness. The sudden change in our lifestyle in lockdown has affected our mind badly. In this situation is equally important that we should keep ourselves healthy not only physically but also mentally to fight against corona epidemic.

Our body and mind are related. Today, in this epidemic, man is only worried about his physical health. But it is equally important to understand its root cause-human mind. The body is just a tool, but the brain is the director. A strong mind controls the body, which is just like a machine. When a person loses control over his mind, there are many disorders in his personality. The recent example we have seen in news 'Corona fear'. How people are treating their own guards badly. Our emotions such as anger, sorrow affect the body intensely. They later produce fatal results. If it is not stopped it takes vengeful form. In real, in the panic of this sudden epidemic, humans are unable to adjust themselves. According to psychologists, Mental health is a type of punctual behaviour that helps a person adjust himself in social educational, cultural, emotional areas successfully.

A healthy mind is the base of a healthy body. Constant tension causes psychiatric disorders. Anxiety is the soul disease of all mental health. The initial stage is tension, excess of tension results into stress people are locked in homes due to lockdown. Some are away from their home friends and relatives. Their mental problem is increasing by thinking about uncertain future as they are locked alone in their rooms. The whole world is facing tremendous economical loss but if you have life, you have the world. There is growing frustration in a specific class that is unemployed. There is another class which is under stress because of 'Work from home'.

People in Singapore are also working from their homes. The Malaysian government has launched several posters considering the mental health of the citizens. The posters appeal people to get ready themselves as if they are going to office. though they have to work from home.

In Japan, people are advised to talk like Doreman at home to make the atmosphere entertaining while taking help from their family members as they may not get Domestic help due to lockdown. In France, it has taken seriously the issues of mutual injury emerging out of unemployment and tension. They have declared that the government will arrange their stay in a different hotel and pay till the case settled if people face domestic violence during lockdown.

Survey on mental health :-

- 1) An American social institute Kaiser Family Foundation has obtained a tracking poll between 25 to 30 March. 45% adults accepted that this epidemic has deeply affected their mental health. While 19% said that it has a wide impact. It is a psychological trauma among women. Hispanic adults and black adults.

This was revealed by voting that if you have fear, worries, sadness, you are surrounded by loneliness. The Kaiser Family Foundation poll put forward many of people's concerns. 57% respondents accepted that they fear they may be infected with Covid – 19.

- 2) Working on mental health psychologist, Parul Khanna says that normal stress is good for us it helps to move forward but over stress becomes distress. This happens when we see no way ahead. We panic. We feel ourselves unexcited. Currently, there is so much uncertainty about the epidemic that no one knows how long everything will be fine." Thinking that every one is under threat of stress which affects our body, mind, emotions and behaviour.

Effect of stress on human beings –

At present, people are afraid of the fear of being infected with the corona virus. They have uncertainty about their jobs and business as well as the stress of bread and butter for the family. People are getting stressed due to loneliness caused by lockdown. The effect of this varies from person to person.

1) Effect on body :-

The lockdown has reduced our physical movement. It affects our body badly, because of stress, we take imbalanced diet that results into decrease of immunity, mental exhaustion, ups and downs in blood pressure. All these are affecting the body.

2) Emotional effect :-

People are getting more affected emotionally due to sudden lockdown and corona virus. Mental disorder is emerging out of anger, fear, anxiety, sadness and confusion.

3) Effect on mind :-

With the increasing havoc of the corona virus, the future of many jobs is in danger. In such a situation bad thoughts take place in mind repeatedly such as if there is no job, if I get infected with covid-19, how will my family survive? etc. misunderstanding, lack of concentration, the stress of work from home affect the mind.

4) Effect on behaviour :-

Due to stress people tend to drinking, smoking and excess use of tobacco. Some increase the use of mobile, watching TV, Some start shouting at each other. Some observe silence. All these things also affect human behaviour.

Conclusion :-

Corona virus is world's long lasting problem which is affecting all the human kind. People are stunned with the continuous T.V. News, social media messages etc. This results into great mental health crises. The conclusions of study are as follows –

- 1) Many people have negative thoughts because of the concern of their jobs-business, mutual relation and sudden change in their daily habits.
- 2) The fear of living alone for fifteen days in quarantine, living with the suspected case, surrounded by them, are also increasing mental illness.
- 3) There is fear of this epidemic in children too. They also panic when they see the elders doing so. Elderly death in some houses is a shock for children.
- 4) The women having small kids at home are the worst sufferers of 'work from home'. It's really very difficult to work with them. There is unwanted stress in women.

In this way we see that the danger of getting tense is hovering over many people. It affects the mind, body, emotions & our behaviour. Its very essential to come out of this stress otherwise it is endless.

Suggestion :-

- 1) We must increase our immunity system to fight with corona virus. Hence be careful with your eating habits. Take protein and fiber foods.
- 2) Watch the news on social media for a limited time. Get the information from the reliable sources such as Govt. and NHS websites. Ignore the rumours. Read carefully the instructions issued by the government.
- 3) It is necessary to mentally prepare quarantine people by public awareness. Every one must boost them up.
- 4) Share your problems with your friends and relatives or through social media.
- 5) Though washing hands repeatedly is necessary because of Covid-19 but washing more than enough is also a mental disorder. So avoid washing hands unnecessarily.
- 6) Do your favorite work in lockdown. Which you couldn't do earlier due to lack of time. Surely it will fill you with pleasure. This mental happiness is a medicine for mental illness.
- 7) Spend your time in playing crosswords, puzzles and intellectual games, Antakshari, drawing, painting etc. with your family members and make the atmosphere healthy.

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