

A STUDY ON MENTAL HEALTH OF PEOPLE IN INDIA DURING COVID-19 LOCKDOWN

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ABSTRACT

In the crisis of the pandemic COVID-19, PM Modi has declared the complete lockdown all over the nation. People of India are staying at their homes with limited services. Almost every second minute we hear the news of increased infection of corona virus among the people all over the world. Fear of losing jobs, financial crisis, to not meet their friends for a long, fear of being infected and quarantined for 14 days, fear of losing the loved ones are always in their mind. An online survey has been conducted for the study among 400 people of different states of India with the aim to assess the psychological stress among people of India during COVID-19 lockdown. The results find out that 73% people of India falls under the moderately perceived stress which confronts significant proportion of stress. We prescribe interventions for the people who are suffering with the psychological stress to help them coping-up with their stress.

Index Terms: COVID-19, Lockdown, Stress, Indian-People.

INTRODUCTION

COVID-19 are a group of diseases known for containing strains that cause potentially deadly ailments in animals as well as in birds. In people they're generally spread by methods for airborne droplets of fluid conveyed by infected people. Some exceptional anyway conspicuous strains, including SARS-CoV-2 (responsible for COVID-19), and those at risk for severe acute respiratory issue (SARS) and Middle East respiratory disorder (MERS), can cause deaths in human beings.

The most widely recognized symptoms of COVID-19 are fever, dry cough and tiredness. A couple of patients may have difficulty, nasal congestion, runny nose, diarrhoea and pharyngitis. These symptoms are generally mild and start progressively. Some people get contaminated anyway without building-up any symptoms or even without feeling unwell. WHO reports says numerous people (about 80%) recover from the pandemic without requiring any special treatment. Around 1 out of every 6 people who gets COVID-19 ends up being genuinely sick. Dynamically settled people, and those with key clinical issues like cardiac issues, hypertension or diabetes, will without a doubt make authentic ailment. People with fever, hack and inconvenience breathing should look for consultations of the clinical experts.

In the pandemic of COVID-19, Prime Minister of India announced a complete lockdown nationwide from the midnight of 25th March 2020 explaining this is the only way left to stop the chain of the infection to spread. People are stuck at their homes with limited services. The only availability they have, are the daily supplies. They can go outside for the essential and emergency services only. They cannot go anywhere they want, they cannot meet their friends, they cannot hangout with their families, they cannot order food from different restaurants, they are living with their family 24*7 and have to be available for them all the time, they have to do their household jobs by themselves only as no maids are allowed to come to the houses, they have to take care of their children and after these who are working, they are even managing their work from home. People started spending more time with social media, news channels or any source which can give them information about COVID-19 without knowing that the media is actually misleading them and affecting their mental health, the only thing which is showing by social media or any news channel is the negativity or the deaths of people caused by COVID-19, no media is focusing the recovery or the morbidity rate caused by corona virus of the people in India. The media is only highlighting the hotspot areas, it never mentions the corona virus free areas. These conditions is not like the summer vacations for all, as some are suffering with severe stress as lockdown are interrupting their lifestyles. The situation is harming the mental health of people as the lockdown is the newest thing they are facing in their lives.

Albeit each and every individual needs to add to this war against COVID-19 by playing out all the essential measures, particularly social distancing, the government of India has understood that it can't be battled alone. The government of India is performing on some fronts to safeguard the emotional wellness and resolve of the considerable number of individuals. The focal government has taken measures in such manner and has guaranteed the leakage of rules and measures to both state and local administration.

REVIEW OF LITERATURE-

The pandemic situation (2019-nCoV) has terrifically influenced the world that it turns out to be even difficult to breathe. The sharp ache of this pandemic (2019-nCoV) is exponentially clearing over the world and is producing stress, anxiety, nervousness and fear among the individuals (Montemurro, 2020). It might cause vindictive effects on cognitive functions and furthermore dispense broad neurological interruption (Wu et al. 2020). The greater part of the worldwide population has been discouraged and compromised because of the exponential development of disease and the expanding number of fatalities (COVID-19 coronavirus pandemic, 2020). To maintain a strategic distance from the mass spreading of this pandemic infection, the choice in regards to across the country lockdown has been taken. Presumably, this will spare the majority of life. In any case, this lockdown is likewise making chaos and gigantic troubles in the population. (Sharma et al., 2020).

Despite of different mental issues like depression, tension, maniac disorder, the COVID-19 pandemic has made extreme dangers the lives and physical wellbeing of individuals around the world. (Qiu et al., 2020). Because of the issues presented by the pandemic, different general wellbeing methodologies, for example, separation of contaminated or in danger people, decrease of social contact, and basic cleanliness like regular hand wash, have been instructed to reduce the cycle of the infection. In spite of the fact that seclusion helps in accomplishing the objective of reducing the infection, decreased access to family, companions, and other social emotionally supportive networks causes dejection expanding mental issues like nervousness and misery. (Zhou et al., 2020).

The 2019-nCoV has broken the way of life, day by day schedule, business, financial exchange and even the educational system of the globe. The Indian scholarly fraternity has been seriously influenced by this pandemic. Because of careful isolation measures and closedown of colleges and schools, scholastic fraternity is feeling the squeeze which is raising the predominance and pace of pressure, nervousness and depression among them (Charnsil and Chailangkarn, 2020).

Essentially, there is an incredible danger of being infected. The stress of loved ones is likewise heightening the stress rate. Besides, because of the situation of lockdown and to keep up the social distancing, the specialists have educated the instructing society to take their classes online (Choudhury et al., 2020).

During such upsetting circumstances, the concerned government, clinics, instructive foundations, associations, and even people need to investigate mental intercession and embrace important measures. Additionally instructing people to remain segregated, it is essential to teach and set them up to confront the psychological well-being issues they may suffer during the period. (Banerjee, 2020; Dickerson, 2020; Zandifar and Badrfam, 2020).

Total cases as on 22/07//2020

India

Total cases

Confirmed	Recovered	Deaths
1.19M +37,148	753K	28,732 +587

OBJECTIVE

- To assess the psychological stress level among people of India during COVID-19 lockdown.

HYPOTHESIS

- There will be high level of psychological stress among people of India during COVID-19 lockdown.

RESEARCH METHODOLOGY

SAMPLE- 400 people of various states of India were selected using purposive sampling (Pie chart: 1) based on some following inclusion and exclusion criteria-

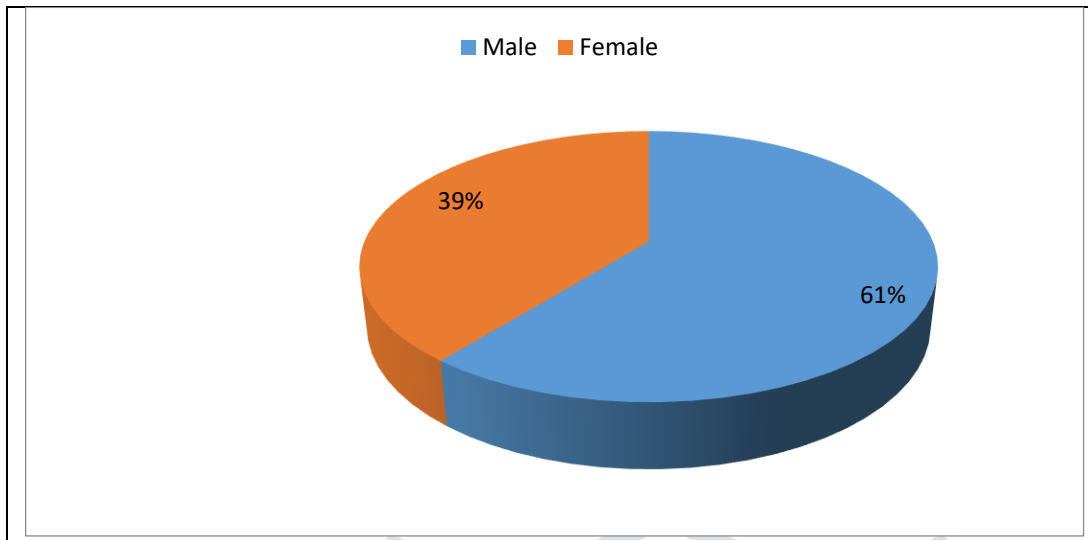
Inclusion Criteria-

- People belong to urban areas of different states of India.
- People not less than 18 years of age.
- People who are willing to cooperate.
- People who are not affected with any kind of physical or mental illness.

Exclusion Criteria-

- People belong to rural areas of India.
- People less than 18 years of age.
- People who are not willing to cooperate.
- People who are affected with any kind of physical or mental illness.

Pie chart: 1, profile of respondents on the basis of gender



Measures-

PERCEIVED STRESS SCALE (PSS)- The Perceived Stress Scale (PSS) is developed by Sheldon Cohen in 1983. It is a standardized stress evaluation tool. It is the most utilized psychological instrument for evaluating the level of stress and for helping us to perceive how different conditions impact our feelings and our perceived stress. It is a degree of how much conditions for an extraordinary circumstance are surveyed as psychological stress. The 10 items in this scale present about your opinions and thoughts during the latest month. The scale involves 10 items and respondents rate each thing on a 5-point scale:

0 - never 1 - almost never 2 – sometimes 3 - fairly often 4 - very often

Procedures-

The present study was conducted on the sample size of 400 people from urban areas of various states of India during COVID-19 lockdown. The participants were duly informed about the study. The research has administered by measures in the following order- Personal consent, Perceived Stress Scale (PSS) measures showed up in a similar way for all the participants. All members were duly informed about the reason of the study. At the point when these Participants finished the completion of the questionnaires they were said thanks and excused. After the benchmark evaluation, the members were screened on low, moderate and severe scorer.

Statistical Analysis Used-

Statistical analysis was completed by collected data were coded, classified, and analysed by using Z-test on MS Excel sheet and were interpreted by inferential and descriptive analysis on the basis of the objectives and the hypothesis of the study.

RESULTS-

The current study finds out that people of India who are staying at their homes during complete lockdown in the nation, are facing mental pressure (Table no. 1). The mean estimation of 18.417 for complete PSS score is high.

Table no. 1, PSS score of people in India on the basis of gender

Variables	Mean	SD	Low Stress (0-13) (%)	Moderate Stress (14-26) (%)	High Perceived Stress (27-40) (%)
Male (243)	17.814	7.008	25.102	69.547	5.349
Female (157)	19.343	5.594	10.828	78.343	10.828
Total (400)	18.417	6.526	19.5	73	7.5
Z-Test	0.5 (significant)				
P-Value	0.5				

The mean estimations of total PSS scores of male population is 17.814, while concerning female population, it is 19.343; exhibiting how female population are more worried than male population during COVID-19 lockdown in India. The score presents in 3 areas low stress (0-13), moderate stress (14-26) and high perceived stress (27-40), Table: 1, shows that 5.349% male understanding and female experiences 10.828% of high perceived stress, 69.547% male populations and 78.343% female population experiences moderate sentiment of stress during COVID-19 lockdown, 25.102% male population experiences low stress and 10.828% females population fall under low tension social affair.

When we look at the standard deviation (SD) scores of both the gatherings independently, it might be raised that SD score among female population (5.594) is to some degree lower than the male population (7.008). SD scores among female Indian population have an increasingly broad spread; while as in male Indian population PSS scores will when all is said in done gathering around the mean.

Table no.2, total PSS score of people in India

Variables	Mean	SD	Z-Test
Population(n=400)	18.417	6.526	0.5 (significant)
P-Value	0.5		

The mean estimations of complete scores of PSS for the population of India is 18.417 (Table no.2) indicating that people staying at their homes in India during COVID-19 lockdown are modestly stressed. The high and moderate score of PSS in the Indian population may be due the financial crisis. The people in India are staying at their homes with limited and essential services, they are managing their household works as no maids are allowed in the society, entertaining their kids and have to be available for the elder ones are the essential things for the people, can't meet their loved ones and the fear of being infected and isolated for 14 days are always there in their minds, fear of losing jobs are one of the main cause of the stress in the population of India.

DISCUSSIONS

The lives of people in India during COVID-19 lockdown become very distressing. The study shows that staying home with restrictions that none can go out even for a walk in the nearby parks, there is no assurance of the jobs for them who are working in private sectors are the major causes of the stress among Indian people. A report of economic times says that suicide is the second leading cause of deaths after COVID-19, some people are the victim of starvation, loneliness, financial crisis or they are far away from their family, and some are actually under the fear of being infected of COVID-19 and this report belong from TV on-screen characters to farmers. The researcher has chosen the perceived stress scale (PSS-10) for evaluating the stress among Indian people, since this is the most standardized scale. PSS – 10 has a potential scope of scores from 0 to 40. The extent of PSS scores were moreover partitioned into quartiles. The upper two and lower two quartiles were joined (20 being the operational removed a motivating force for the upper bound) and were set apart as stress and not stressed respectively.

The mean estimation of PSS score is 18.417 which shows moderate worry among people in India during COVID-19 lockdown. In the present study male population were high, as male members were 243 (61%) and rest are female population 157 (39%) so the outcome can't be comparable.

CONCLUSION

The present study find out that Indian people have moderately stress during COVID-19 lockdown as lockdown is the most newest thing ever happened in their lives. Staying at homes all the time with the limited availability, cannot meet their loved ones, fear of being infected all the time, being available for the elders in the homes, entertaining children and managing their work from home are the main stressors of the people in India during lockdown. We prescribe intercessions for them to help them coping with the stress.

STRENGTH OF THE STUDY

One of the most standardized Psychological instruments (for e.g. Perceived Stress Scale-10) has been utilized for evaluating the level of psychological stress in this study. The present study was conducted on different states of Indian people during lockdown as WHO declared the situation as pandemic and lockdown is the newest thing for all of them.

LIMITATIONS OF THE STUDY

The study was completed on a small sample. As complete lockdown is in all over the nation, the researcher cannot take the data personally so google docs and typeform has been created for conducting the study. That is why the study consequently cannot give the clear idea of the stress among Indian people.

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