



# Impact of social isolation due to Covid-19 infection on physical and mental health among the selected post Covid-19 patients.

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## ABSTRACT

**Background:** The worldwide corona virus disease (COVID-19) pandemic has affected people's livelihoods, economy, and physical and mental health. Lockdown have been imposed in some regions to halt the disease's spread since it spreads quickly from person to person.

**Objectives :** The objectives of the study is to assess the impact of social isolation due to Covid19 infection on physical health among the selected post Covid patients, to assess the impact of social isolation due to Covid 19 infection on mental health among the selected post Covid patients and to find out the association between the impact of social isolation due to Covid19 infection on physical and mental health among the selected post Covid patients with the selected demographic variables.

**Methods:** In the present study Quantitative Research Approach was selected, Descriptive Survey research design was adopted, the study was conducted in various States of North-east India. The sample size was 211 post covid-19 infected patients. The sample was selected by convenient sampling technique. The data was collected by using questionnaires based on modified WHOQOL-BREF tool from each patient through Google form and obtained data were analyzed and interpreted in the light of objectives, using both descriptive and inferential statistics.

**Results :**According to the frequency and percentage distribution on Impact of social isolation on physical and mental health among post covid-19 patients majority 113(54%) of them they had low impact , 78(37%) had moderate impact ,and 20(9%) had high impact .The mean score was 13.5.The association between the impact of social isolation due to Covid 19 infection on physical and mental health among the selected post Covid patients with the selected demographic variables was found to be not significant( $p < 0.05$ ).

**Conclusion:** The study conclude that majority of patients have low impact regarding social isolation due to Covid 19 infection on physical and mental health.

**Keywords:** Social isolation , Covid-19 infection ,Physical and mental health

## INTRODUCTION

As a pandemic, coronavirus disease 2019 (COVID-19) was deemed a Public Health Emergency of International Concern by the World Health Organization (WHO) on March 11, 2020. Globally, the disease had affected more than three million individuals by the end of April of that year. The last three years have seen a global public health disaster as the dangerous pandemic known as coronavirus disease 2019 (COVID-19) has surfaced. Apart from the growing number of illnesses and deaths resulting from this epidemic, there has also been significant effects on the economical, political, and psychological fronts. Many of people had been put under quarantine in their own homes as whole countries were put on lockdown to enforce social separation as a way to slow the spread of illness. Suspect cases as well as those who were affected were isolated. If this social isolation persists for a long enough period of time, it can have a negative impact on one's mental and physical well-being by causing chronic loneliness and boredom. When a generation or two is capable of handling nuclear fallout but cannot figure out how to spend time with themselves, it is a horrific fact. Ironically, though, it has left them trapped with their families—those unaffected by the illness—and is supposed to cement familial ties. A wide range of mental diseases, including depression, anxiety, adjustment disorder, chronic stress, insomnia, and even late-life dementia, are thought to be increased by loneliness, which is also seen as a dark and miserable feeling. Additionally, it has been demonstrated that loneliness poses a separate risk for sensory loss, autoimmune and connective tissue disorders, cardiovascular disease, and obesity. Prolonged self-isolation and lockdown will probably result in chronic loneliness and a decrease in physical activity, which will raise the risk of frailty and fractures. It is hypothesized that loneliness would shatter this fundamental idea, interfere with social integration, and increase feelings of isolation. Because of this vicious cycle, the lonely person feels even more isolated in his own "confined" space. Additionally, loneliness is a strong predictor of social wellbeing.

This article is an attempt to shed some light on the impact of social isolation on physical and mental health among post-COVID-19 patients.

## Material and Methods

For this study, Quantitative Research Approach was selected, Descriptive Survey research design was adopted the study was conducted in various States of North-east India. The sample size was 211 post covid-19 infected patients. The sample was selected by convenient sampling technique. The data was collected by using questionnaires based on modified WHOQOL-BREF tool from each patient through Google form among different States of North-East India. Questionnaires made based on modified WHO QOL-BREF tool comprising of three section (A) Demographic Performa, (B and C) Questionnaire based on modified WHO QOL-BREF . Under section-B, there are 10 questions based on physical health domain and in section-C, there are 10 questions based on psychological health, social relationships and environment.

## Results and Discussion

A total of 211 participants completed the online survey. Majority of respondents belong 21 to 30 year(91%), and 9% were belong 31years and above.78.7% participants were female and 21.3% were male, majority of the participants were single 92.4% and 7.6% were others. Majority of participants that is 54% belong to Assam, 15% belong from Manipur,5.2%from Tripura,8.1% from Meghalaya, 9% from Nagaland,4% from Mizoram and 11% belong from Arunachal Pradesh.79% of participants were unemployed and 21% were employed,53% working in different sector whereas 47.4% working in health sector.184% of participants not a history of co-morbidities,6.7% have the history of others disease,4.3% have the history of hypertension and 2% have the history of diabetes mellitus .According to the frequency and percentage distribution regarding impact of social isolation on physical and mental health among post covid-19 patients, majority 113(54%) of them had low impact , 78(37%) had moderate impact ,and 20(9%) had high impact of social isolation on physical and mental health. The calculated mean was found to be 13.5 and standard deviation was 9.1 . The association between

the impact of social isolation due to Covid-19 infection on physical and mental health among the selected post Covid-19 patients with the selected demographic variables, None of the demographic variables were significant and statistical significance was calculated using chi square test. In this study the impact of social isolation due to Covid-19 infection on physical and mental health among the selected post Covid-19 patients revealed that majority of the post covid-19 patients had low impact on social isolation with (113)54% and (20)9% had high impact on social isolation.

**Frequency and percentage distribution regarding Impact of social isolation on physical and mental health among post covid-19 patients** n=211

| Score                   | Frequency (f) | Percentage (%) | Mean | SD  | Range of score | Total score |
|-------------------------|---------------|----------------|------|-----|----------------|-------------|
| Low impact (0-13)       | 113           | 54             | 13.5 | 9.1 | 0-36           | 40          |
| Moderate impact (14-26) | 78            | 37             |      |     |                |             |
| High impact (27-40)     | 20            | 9              |      |     |                |             |

**Figure 1: Frequency and percentage distribution regarding Impact of social isolation on physical and mental health ( n=211)**

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