

COVID -19 Pandemic: Immediate Psychological Impact During The 3rd Stage of Lockdown among General Population of Selected Areas of Vadodara City

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Abstract

The Covid -19 pandemic & lockdown has cause deliberate effect to human's physical & mental health & trigger many psychological problems like anxiety, loneliness, stress, depression & other panic disorder. The investigators interested to find out the psychological impact of lockdown among general population & correlation with different components of modified psychosocial impact event scale. Researchers have used non – experimental descriptive research deign with Non – randomized convenient sampling & 500sample recruited for the study. Researchers have used standardized modified impact event scale in the form of 5 point likert scale, they have identified that 366 sample(73.2%)have moderate stress,110 sample (22%) identified with severe stress & remaining 24 sample (4.8%) have mild stress. Another finding revel that each component having positive correlation with each other. The significant association of psychological impacts & selected demographic variables were found with use of modified impact event scale. Researcher have concluded that this type of event or diseases outbreak affect the mental health of the person , increased stress among individual & also affect the daily life of the person.

Key words: Covid -19 pandemic, immediate psychological impact, 3rd stage of lockdown, general population

Introduction

People are advanced to be social animals & are wired to live in groups like family & friends. Being detached from the society can affect our health & it can be caused mental as well as physical health problems. Some possible psychological effects like increased anxiety, tension, loneliness, depression, stress may cause due to isolation. Society always help us to face this type of situation but if we lose the personal connection so it gives huge emotional impact on average person & difficult to deal¹.

The first case of corona virus in India was reported on 30th January, 2020. At the point of time when Covid-19 was declared pandemic by WHO, it also promoted worldwide approaches like isolation, travel limitation, shut down of schools & colleges, no gate to gathers help to diminishing viral spread. This pandemic has sparked worldwide fear, anxiety, post traumatic stress disorder & other long term mental health problems². On 22nd march, our Prime Minister Narendra Modi declared voluntary public curfew after that government has lined up with it lockdown in 75 areas where Covid cases had happened. Furthermore, the leader requested an across country lockdown for 21 days influencing the whole 1.3 billion populace off India .On April 14th the lockdown has increased till 3rd may by our Prime Minister³.

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Lockdown has lead to unemployment & business loss which has driven individual to experience ill effect of post traumatic stress disorder (PTSD).Due to so many issues the government of Gujarat propelled out one helpline number -1100 to provide mental guidance

during lockdown. However similar findings given by the city, based psychologist that 30% increases cases of anxiety & stress disorder. In the present study researcher want to find out the stress among general population of the selected area of Vadodara city.

Objectives

1. To Determine the Immediate Psychological impact; **intrusion** during the 3rd Stage of lockdown COVID-19, pandemic among general population.
2. To Assess the Immediate Psychological impact; **Avoidance** during the 3rd Stage of lockdown COVID-19, pandemic among general population.
3. To Ascertain the Immediate Psychological impact; **hyperarousal** during the 3rd Stage of lockdown COVID-19, pandemic among general population.
4. To find out the Correlation between components of impact event scale.
5. To Find out association between psychological impact with selected demographic variables among general population.

Assumption:

1. Social isolation, loneliness & health related anxiety may affect human psychological health.
2. Increasing unemployment & financial insecurity also increased impact on mental health.

Methodology

Research design: Non – experimental descriptive research design

Research setting: Selected areas of Vadodara city. Following are the setting of my study:

1. Waghodia road, Vadodara
2. Karelilbag, Vadodara
3. Old Padra road, Vadodara

Subject: The samples in this study are general population residing in selected areas of vadodara city. Who has fulfilled in to inclusion criteria.

Sampling technique: Non – randomized convenient sampling

sample size: 500 sample

Variables: Demographic variables: age in years, gender, family monthly income, marital status, type of family, area of living, zone of your area, any family belongs to medical profession, major source of update during lockdown

Research variable: Immediate psychological impact during 3rd stage of lockdown

Explanation of tool:

Section 1: It includes 13 demographic variables.

Section 2: This is the modified impact event scale in the form of likert scale deals with 25 items to determine the stress after any traumatic event.

This scale is categorized in 3 components “Intrusion” , “Avoidance” , “Hyperarosal”

Pilot study: Pilot study was conducted in Ajwa Road of Vadodara city. After administering tool among 50 sample the reliability score was checked by using Spearman Brown Prophecy formula ($r=0.86$) reliability test. so it reveals that the tool is highly reliable.

Statistics: Descriptive statistics : Mean , Median , Standard Deviation & Frequency Distribution, Inferential statistics : Correlation & Chi-square .

Result

Analysis has been done in different phases which are given in sections.

Section: I Findings related demographic variables of general population.

Section: II Findings related modified impact event scale score

Section: III Correlations between various component of modified impact event scale

Section IV: Findings of association between impact event scale with selected demographic variables among general population.

SECTION: I FINDINGS RELATED DEMOGRAPHIC VARIABLES OF GENERAL POPULATION

Section 1: Frequency & Percentage Distribution of Demographic Variables

This section reveals data that 275 sample (55%) were having age while another 225 sample (45%) were female. 215 (43%) sample are having age group of 18 to 28 years, 98 (19.6%) sample are having age group of 29 to 39, 64 (24.6%) is in age group of 40 to 50 years, remaining 64 samples are in age group of 50-60. For marital status 190 sample (38%) are single, 305 sample (61%) are married, only 5 sample (1%) are widowed. For the family size 307 (61.4%) from joint family & remaining 184 (36.8%) from nuclear family & 9 samples (1.8%) from extended family. For employment status 55(11%) are no having any job

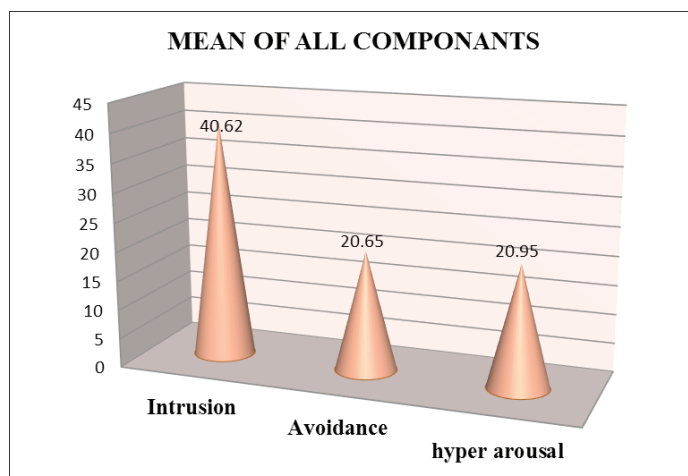
& majority of samples 365(73%) are employed. For monthly income of family 283 samples are having more than 30,000 income for month, another 146 samples are having salary between 20,000 to 30,000 per month. For area of living majority of samples 391(78%) come from urban area & remaining 109 (21.8%) come from rural area. for zone of areas majority of 186 samples from orange zone, another 169 from green zone & remaining 145 (29%) from red zone. 120 (24%) samples are living in hotspot area & remaining 380(76%) samples are living in non-hotspot area. 204 (40.8%) samples family member is going for work during lockdown & 160 (32%) samples family member belongs to medical profession. majority of the samples 267(53.4%) are using television for update during lockdown. none of them having experienced any pandemic & epidemic outbreak .

SECTION: II FINDINGS RELATED MODIFIED IMPACT EVENT SCALE SCORE

Table 1: Data frequency & percentage distribution of impact event scale score

Class interval		Frequency	Percentage
No stress	25	0	0
Mild stress	26-59	24	4.8%
Moderate stress	60-93	366	73.2%
Severe stress	94-125	110	22%

Interpretation: Above table shows that 366 sample(73.2%)have moderate stress,110 sample (22%) identified with severe stress & remaining 24 sample (4.8%) have mild stress



Graph 1: Mean of all component of modified impact event scale

Interpretation: Above graph reveals that that among all the components intrusion means score is (40.62), Avoidance mean is (20.65) & hyperarousal mean is (20.95).

SECTION –III CORRELEATION AMONG THE VARIOUS COMPONENTS OF IMPACT EVENT SCALE

Table 2: Correlation among the various Components of impact event scale

Components		r value	significance
Intrusion	Avoidance	0.29	Weak positive correlation
Avoidance	Hyper arousal	0.17	Weak positive correlation
Hyperarousal	intrusion	0.77	Strong positive correlation

Interpretation: Above table revels that each component is having positive correlation with each other.

SECTION IV: FINDINGS OF ASSOCIATION BETWEEN IMPACT EVENT SCALE WITH SELECTED DEMOGRAPHIC VARIABLES.

Above section revels that selected demographic variables are associate with impact event scale gender of the general population with x2 value 10.41(1df=3.84),age of the population x2 value 51.69 (3df=7.82),marital status x2 value is 9.84 (3df=7.82), area of living x2 value is 10.16(1df=3.84), zone of area x2 value is 23.44 (2df=5.99) , living in hotspot area x2 value is 26.88 (1df=3.84), family going out for work during lockdown period x2 value is 8.4 (1df=3.84) , any family member belongs to medical profession 23.5 (1df =3.84), Major source of update during lockdown related to Covid -19 30.60 (3df=7.82).

Discussion

The study revealed that lockdown during Covid -19 causing physical & mental stress. Moreover work from home, restriction on travelling that factors may cause individual crisis. Fear of infection is increasing panic situation among all. Researcher have identify that 366 sample (73.2%)have moderate stress,110 sample (22%) identified with severe stress & remaining 24 sample (4.8%) have mild stress & all the components of modified impact event scale have a positive correlation with each other. all the selected demographic variables are associated with modified impact event scale.

Conclusion

With specific review with all other studies, we conclude that we have to give more attention towards

women, youngsters, peoples with responsibilities & concern for others. According to this study researcher find out that this type of event or diseases outbreak affect the mental health of the person. Majority of the samples are identified with moderate & severe stress.

Recommendation

The researcher recommends that government should plan for tele-counseling, encouraging people for meditation, conducting research on psychological consequences & develop helpful information for public.

Ethical Consideration:

Inform consent was obtained from the sample who has participated in study by electronic form. All the data of the sample kept confidential.

Conflict of Interest: There is no any means of conflict of interest within the researchers.

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