

Psychological Aspects in Terms of Physical, Mental and Sociological Factors During Worldwide Corona Crisis

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Abstract

Severe acute respiratory syndrome is a viral disease affecting the respiratory system, caused by coronavirus. The epidemic lasted for 2 years till May 2004 when WHO declared China to be free of new cases but stated that “ biosafety concerns remain” In 2019, SARS-CoV-2 was discovered which later in the present have caused the COVID-19 pandemic. The first case was identified in Wuhan, China and which later on turned to worldwide pandemic. The WHO had declared the outbreak a public health emergency of international concern on 30 January 2020 and a PANDEMIC on 11th March 2020.

Considering the present scenario, there are certain articles over the internet and journals which have given us a bunch of ideas over different aspects of life. Some of the long list of concepts are physical health, mental health, local market uprising, and concept of work from home.

Based on gathered information via discussions, surveys and personal interactions with thousands of individuals, differing in age, by gender and by occupations, these hereby key points and key lessons have come to light and here is a brief description in terms of physical health, mental health, effect of lockdown on local market and effect of work from home on people.

Keywords: *Pandemic, Corona, Psychological, Mental, Social, Physical.*

Introduction

Severe acute respiratory syndrome is a viral disease affecting the respiratory system, caused by coronavirus. SARS-CoV-1 being the first identified strain, causing the SARS outbreak in Foshan, Guangdong, China on 16th November 2002. The epidemic lasted for 2 years till May 2004 when WHO declared China to be free of new cases but stated that “ biosafety concerns remain”. In 2017, a group of scientists from China found traces of the virus in horseshoe bats in Yunnan. In 2019, SARS-CoV-2 was discovered which later in the present have caused the COVID-19 pandemic. It is called Covid-19 due to its beginning occurring in 2019 year. Its also called human coronavirus 19 or HCoV-19. The first case was identified in Wuhan, China and which later on turned to worldwide pandemic. The WHO had declared

the outbreak a public health emergency of international concern on 30 January 2020 and a PANDEMIC on 11th March 2020.

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“Millions of viruses, including coronaviruses, are circulating in wildlife and most of these have the potential to infect humans”^[1]. “ A need for undertaking joint surveillance by human health and animal health has also been expressed for early detection of zoonotic infections.”^[2]

As for India’s situation regarding the Covid pandemic, the first case was reported on 30th January, 2020. “ Indian government has some of legal acts in aspect of disease and disaster management, such as The

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Epidemic Disease Act of India, 1987^[3] and The Disaster Management Act, 2005^[4], allowing the legalities to apply pandemic control measures and providing a platform for the medical health care workers to inform regarding the positive cases and required management of cases and control of the spread of disease.

“Special efforts were undertaken in India to protect and treat elder citizens. As per age distribution of those positive of covid-19, 14 percent of 45 years olds, approximately 35 percent of aged between 45 and 60 years, approximately 51 percent of more than 60 years olds, 42 percent of 60-75 years old and approximately 9 percent of above 75 years category and ones with comorbidities hold a percentage of 78 percent.”^[5]

“Indian council of Medical Research (ICMR) and a wide network of around 65 Virus Research and Diagnostic Laboratories (VDRLs) have been a part of testing team. India, not having many laboratories for diagnosis during the start of pandemic. As from May 10, 2020 onwards, India had tested 1,609,037 samples for SARS-CoV-2 VIRUS, at a rate of approx.. 1200 tests per million people. Out of this, 62,937 tested positive.^[6] At the start of May 2020, reverse transcription-polymerase chain reaction (RT-PCR) test facility were available in 360 government and 112 private facilities across the country.^[6], with testing of around 90,000 per day.”

Materials and Methods

Based on clear and informative discussions among groups of people, divided on basis on gender, age and social status, key aspects were identified and purposeful lessons and ideas were gathered and correlated with each other in order to collectively suggest solutions different problems such as mental issues including depression, latent personality diseases, and other psychological factors that played crucial role in life. All these were highlighted after concerned group of people stayed at home in quarantine for about 3 months after lockdown had been initiated.

Some of the population were unaware about the spread of disease and they were concerned for the risk of staying at home for longer than they anticipated, children were among this population mostly and the issues parents had to face to keep their kids indoors. Such problems among the rest were addressed and certain health issues came to light and final solutions were suggested based of their needs.

Regarding physical health, concerns grew among middle aged people and mostly males who worked from home, mainly regarding weight gain and more chances of getting chronic diseases such as hypertension and diabetes.

Local market were surveyed and the benefit of lockdown were seen for such retailers since mostly shopping for medical purposes and groceries were done through local market rather than global markets. Basic interaction and other methods of approach to the considered group of people have helped in gathering useful and considerate material for discussion and concludes on basis of physical, mental and social factors happening around people during the time of crisis and how to be positive in this difficult time, on individual level and as a community.

Study Design:

Based on gathered information via discussions, surveys and personal interactions with thousands of individuals, differing in age, by gender and by occupations, these key points and key lessons have come to light and here is a brief description in terms of physical health, mental health, effect of lockdown on local market and effect of work from home on people.

Health

Physical health

Amid lockdown being declared at different times all over the world, people have been sitting at home and being unable to go out, have meant, to not be productive at home, which is wrong ideology. Being at home should ideally mean being at peace and the best possible way to rejuvenate from all the darkness that gets suppressed within us while we are out in the world.

Diet and exercise are two key ingredients for a healthy life. As per current guidelines, most common symptoms seen in a Covid positive patient are sore throat, cough and fever, which are also typical of flu or common cold. So at an individual level, taking care of our health and keeping a good immunity would help rule out diagnosis of Covid from other differential diagnosis. Working out by running, jogging, skipping or basic stretching exercises and yoga are some of proven effective ways to keep a healthy body and meditation as a whole works like magic when it comes to peace. Chronic stress can leave a drastic impact on health and

lower the immunity, making a person vulnerable to the disease and its speed of healing. At the end of the day we have to focus on soulful healing and it can be achieved with clear mind and a good sleep.

Mental Health

We have all been so affected by the current status of the world and for many reasons, whether it is from being at home for longer than we hope for or just with everything being good but still some of us feeling down. First of all we have to address the fact that it is normal to feel sad even if everything is good for you. Mental health and depression are underrated and have to be highlighted now. As many of us are in a similar situation, everyone is unique individual with different problems in life, no problem is small or big and even though we all know we will feel good in the future and it is about the present situation in which we feel bad.

“Depression—also called “clinical depression” or a “depressive disorder”—is a mood disorder that causes distressing symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, symptoms must be present most of the day, nearly every day for at least 2 weeks. Feelings of hopelessness, worthlessness, and helplessness are the three basic criteria for experiencing depression.”^[7]

“One shall be able to identify these symptoms and consult for help , either with a close friend or to a professional. One can refer to National Institute of Mental Health NIMH Help for Mental Illnesses webpage at www.nimh.nih.gov/findhelp. Another Federal health agency, the Substance

Abuse and Mental Health Services Administration (SAMHSA), maintains an online Behavioral Health Treatment Services Locator at <https://findtreatment.samhsa.gov/>. You can also check online for mental health professionals; contact your community health center, local mental health association, or insurance plan to find a mental health professional. Hospital doctors can help in an emergency.”^[7]

Effect of lockdown on local market

With global market loss, there has been beneficial growth of income for local markets due to easy access to necessary items and less human contact to local societies. Crisis has hit the world economy in a highly

fragile situation, persisting after the Great Financial Crisis & the Great Recession. High, persistent and partly rising inequality along with current account imbalances are some of the drawbacks to current situation along with weak recovery (secular stagnation), weak investment and low capital stock growth , low productivity growth.^[8]

With the fear in mind that there could be a 2nd wave of the pandemic coming ahead and with permanent disruption of supply chains, lasting effects on supply side (capital stock, human capital) , an amendment or a seclusion of solutions have to be applied in order to be prepared for upcoming future.^[9]

Pharmacies and grocery shops have been the most at gains during this lockdown for almost everyone have been compulsorily asked to keep a mask on at any time of the day that they are out. One drawback to this is shortage. Shortage of masks, gloves and sanitary products have been seen and people had found alternatives to that in forms of cloth masks, diluted disinfectant solutions and as such products made at home. One lesson we could learn are the talents of modifications at times of crisis by people in order to keep oneself and their families safe.

Effect of work from home on people

Work from home brought both drawbacks and benefits to individuals and the society. Drawbacks are procrastination, poor reports and performances by employees, success decline in some ways and benefits are ease of mind and no possible chance of burnout and no late hours of work.

Elaborating each point, due to no senior supervisor keeping an eye on employees and no 9 to 5 work hours rule applied, people have procrastinated over work and projects have been delayed leading to loss at company level. No second opinion and checks on work by another colleague, work quality had decreased and it can be solved at an individual level only for who is presenting with poor work can only solve their working efficiency.

New ideas are brought by inspiration but a mind block would lead to either no new ideas or poor ideas. Employees could be motivated by their seniors and regular call meetings may help as well.

Although being at home has relaxed minds and ease at home has helped in certain ways to bring about the best of potential in some people.

We have to understand that work is as important as keeping a successful carrier but it is not everything you seek for happiness and taking a break once in a while is crucial for basic health.

Work from home have helped in keeping family dynamite alive and spending quality time with family helps in more productive work outcomes.

Discussion

As there is no proper and confirming news as to when the pandemic would come to an end, all we can understand is that we are all involved in this together and maintaining a balance between our daily life and world economy along with keeping a sane mind and healthy body is in our hands only^[10].

With diseases that are deadly, pollution, corruption, disasters, and a lot more bad things happening that could not be stopped, all but hope can be in the mind for a better tomorrow. With recent and current affairs, one must understand the value of humanity and understanding and in my opinion, as a review to all the news, a lesson of kindness can be learnt and being kind to each other can solve even the biggest of world problems.

As a citizen of the world, it is our soulful responsibility to teach our newer generation better ways to live life and to learn from them the innocence that they hold as children. Healthy lifestyle is the best way prevent any disease and as it is said “prevention is better than cure”^[11,12,13].

Mental health, which cannot be covered in just a paragraph, holds one of the biggest problem in the world and it is a crucial lesson to be learnt that we all have some anxiety in our mind, with less or more, but it is important to accept that it is present in all of us and addressing our anxieties will have to reach to the bottom and get the reason for why would you have anxiety in the first place then only a solution can be framed. Remember, accepting you have a problem solves half of the problem. Having someone to talk to and also loving yourself can help deal with the biggest of issues. Self-awareness and self-dependence are two important concepts to be introduces in someone’s mind, helping in such a way that any problem in the future can also be dealt with without it growing inside, well enough, to cause mental issues.

Another concept that we have talked about in the article is “working from home”^[14] and in conclusion all that is needed to know is that whether work is done from an office or at home, the important thing is doing work and projects without any distraction and procrastination. Also it is a positive way since “burn out” is avoided which imposes a much bigger problem for those who have to go for long hours of work out of their comfort zone, home.

The last concept addressed is “local market rise” which is talked about in terms of economic growth and it should be supported even in the future. Helping small scale industries to grow will not only make a country developed and self-dependent but local talents are also highlighted and appreciated. For example, as India is an agricultural country, people with different capabilities and new ideas lie in every corner and as long as international brands are appreciated, not only will it cost more money to purchasers but the hidden talents will forever be hidden. It is very important and national brand and national workers are supported and allowed to bring out their potential, whether in terms of clothing, food and agricultural products, science and technology or discoveries and inventions.

Conclusion

In conclusion, we saw certain numbers of cases growing by day in the world and nationwide and with the current status, we also observed how the government and first line health care workers have been working on toes to keep us safe.

We also discussed the factors that are affecting our day to day life and how we can overcome our problems. Maybe not all the problems are discussed and not all the solutions are highlighted but the gist of the article is every problem can have a solution if its seen clearly. Psychology is a vast term and till date, we have only scratched the surface and it is obvious we have a long way to go. Whether this pandemic will end soon or later, we have to keep going on with our life, our work and our children and new generation will come but it is our moral responsibility that the new generation survives and then this responsibility is passed on so in simple words, be kind to one another. Be human.

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