



**A REVIEW OF CURRENT LITERATURE: COVID 19 AND MENTAL HEALTH
IN INDIA**

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Abstract:

Covid 19 pandemic badly impacted the whole world. The lockdown was implemented across the countries as a preventive measure. Lockdown for few months changed the lifestyle of common man even in india. All the family members were living together throughout the day. Continuous media reporting about novel corona virus to the common man created fear and stress of the infection. Even the social media exposure added adverse mental conditions of an individual in india. The usual reaction to stressful condition is anxiety. mental health of the individual was seen to get affected due to covid-19. The objective of the study was to assess current literature about mental health issues and problems in india. For this pubmed data base was surveyed and current literature available was analyzed. The study was based on secondary data and was descriptive in nature.

Key words: literature, covid-19, mental health, india, review.

Introduction:

Originating some mysterious pneumonia cases in wuhan, china novel corona virus was officially designated as covid-19 by world health organization. It soon reached to a pandemic level crossing the borders of china and reached across the countries. To counter act the spread strict norms of lockdown were implemented around the world. Lockdown restricted human activities, economic activities and work. It has resulted into enormous economic loss as a country. Due to this livelihood of people got affected. It was one of the reasons of mental disturbance across the globe. India as a country was no exception in this deteriorating situation. Along with the lockdown strict precautionary measures were the key to protect from the pandemic.

Aim of the study:

1. The aim of the study is to assess the impact of lockdown on mental health of indian population by means of current literature review.
2. To assess the effect of novel corona virus on mental health of general public, expecting mothers, elderly people, adults, children, migrating labors, women and quarantine children and adults.
3. To understand the different mental health disorders or diseases because of which people were suffering was another prime objective of the study.
4. To find out the relationship between the well being, age and fear of covid-19.

5. To explore the effect of covid-19 on the mental health of people who had scarce resources against people having adequate supplies.
6. To know the changes in behavior of the citizens due to covid-19.

Limitations of the study:

1. In this study only secondary data was used.
2. It was limited only to study the mental health problems associated with covid-19 in india only.
3. Selected research papers and articles which were closely relevant, were only used in the study for the evaluation of the mental health.

Method:

The study is purely based on secondary data and descriptive in nature. The methodology deployed in the current research was exploration and assessment of the current research papers available on pubmed online data base. Hundred papers were explored out of which selected 20 research papers were used for the review which was closely relevant to the topic and objectives of the study. Other papers were not considered since they were not closely matching with the objectives of the study.

Scope of the study:

Scope of the study covers the mental health condition of people in india during covid-19 pandemic time. Selected research papers were

used from pubmed data base which were matching the objective of the study.

Analytical aspects of the study:

Important literature was analyzed the details of which is as follows. In the broader discourse on public health discourse, both maternal health and maternal mental health are usually overlooked. Maternal mental health is a public health problem in india. It is estimated that 10–35% of women around the world including india suffer from depression during pregnancy and postpartum period. Pregnant women and new mothers are at an elevated risk of suffering from mental health problems. It was observed that the uncertainty surrounding covid-19 has led to higher levels of depression among women during and after pregnancy. Pregnant women felt socially isolated and had greater fear of infection for themselves, as well as their infants. Lack of health facilities and increasing number of home deliveries without the assistance of trained health workers increased the distress and depression in these women. Owing to lack of sufficient and reliable evidence on the risk of transmission of infection of covid-19 from mother to child, stress and depression among pregnant women and new mothers had increased. (sharma et al, 2020) it was seen that the novel corona virus badly impacted the elderly people. In many of the houses around 75 % of the population lives in two rooms or fewer. Three generations were living together. In such situation it was very difficult to be isolated for getting protection from covid 19. In many families in india one or more people are above 60 years of age and one below 18 years of age. In many houses the elderly people were living alone since their kids migrated to other places for earning livelihood. Indian elderly people already suffering from diseases were found to be highly susceptible for covid 19 attack. This increased the mental issues in such population like depression, anxiety and stress. (vahia et al, 2020) in an online survey conducted to assess initial online impact of covid 19, there were a total of 1106 responses from around 64 cities in the country. Out of these 453 responses had at least one item missing; and were excluded from the analysis. The mean age of the respondents was around 41 years with a male female ratio of 3:1 and around 22% respondents were health care professionals. Overall approximately one third of respondents had significant psychological impact (ies-r score > 24). Higher psychological impact was predicted with younger age, female gender and co-morbid physical illness. Presence of physical symptoms and contact history predicted higher

psychological impact, but did not reach statistical significance. In a study conducted to assess the psychological impact of covid-19 on quarantine children and adults, most of the children and adolescents were non-compliant as compliance with all requirements was low (7.43%), though compliance with community protective measures (17.35%) was better than compliance with household protective measures (10.71%). Quarantined children and adolescents experienced greater psychological distress than non-quarantined children and adolescents ($p < 0.001$). Worry (68.59%), helplessness (66.11%) and fear (61.98%) were the most common feelings experienced under quarantine. In a study conducted for migrant workers in india to explore their mental health during pandemic it was seen that they were the most neglected and had high risk of novel corona virus infection. It caused double psychological effects due to covid -19 and adverse occupational scenario. Permutations and combinations of the factors viz susceptibility for new viral infections, potential to act as vectors of transmission of infection, high prevalence of pre-existing physical health morbidities such as occupational pneumoconiosis, tuberculosis, hiv infections, pre-existing psychological morbidities, adverse psychosocial factors like absence of family support and caretaker during the crisis, their limitations to follow the rules and regulations of personal safety during the covid 19 crisis, social exclusion, and inability to timely access the psychiatric services; all had given rise to the peri-traumatic psychological distress to internal migrant workers. Super added, was the blow of financial constraints due to loss of work, absence or suspension of occupational safety and health-related basic laws with associated occupational hazards, which made this occupational group highly vulnerable for the development of psychological illnesses. Covid-19 pandemic has changed the circumstances in which people live and has led to increase in stress levels. There is reportedly a significant effect of covid-19 pandemic on mental health and vice versa ([tandon, 2020](#)). Preliminary data suggested that 18–28 % experienced anxiety and depression as a common reaction to the pandemic ([raj Kumar, 2020](#)). A recent survey in india reported that more than 80 % of participants experienced anxiety and preoccupation with contracting covid-19, 12.5 % sleep difficulties and 34.6 % distress related to social media. More than 80 % perceived a need for mental health care ([roy et al., 2020](#)). While a matter of concern, it represents a greater demand on the limited

mental health care resources, over and above the existing treatment gap. Though the lockdown was probably a requisite, even short term lockdowns, quarantine and social distancing resulted long term effects such as symptoms of mental stress and disorder, including insomnia, anxiety, depression, and post-traumatic stress symptoms ([wang et al., 2020](#); [brooks et al., 2020](#)). Although there is a deluge of studies published regarding covid-19, there is a paucity of published data regarding the mental health status of the general population. Therefore the survey was intended to assess the mental health impact of the current lockdown on the population of new delhi, india, a week after its imposition to assist the government agencies and healthcare professionals in safeguarding the mental health wellbeing of the community. It was concluded that stressors which included fear of infection, helplessness and boredom, scarce supplies, and post quarantine stressors related to work finances impacted the mental health badly. In a study conducted in india it was seen that stigma, xenophobia, mass hysteria and panic are the common offshoots amongst the indian population. As the global prevalence increases, people start hoarding medical supplies, isolate themselves physically, restrict social interaction and enter into a constant state of health-anxiety even over mild conditions that can mimic the illness, like common cold ([duan and zhu, 2020](#)). People with mental illness are especially vulnerable to these effects, as were the healthcare workers in hospitals and laboratories, the volunteers and social service personnel and those quarantined for prolonged duration. In a study namely fear, xenophobia and collectivism as predictors of well-being during coronavirus disease 2019: an empirical study from india, the findings showed that positively significant relationship exists between well-being and age as well as with collectivism, while an inversely significant relationship between well-being and fear of covid-19 was found. The results of the multiple regression analysis showed that fear of covid-19, age, collectivism and generalized xenophobia, in the order of their importance, together contributed to nearly 20% of variance in well-being. In a study of assessment of depression, anxiety and stress amongst indians the results indicated that people who do not have enough supplies to sustain the lockdown were most affected, and family affluence was found to be negatively correlated with stress, anxiety, and depression. Among different professions, students and healthcare professionals were found to experience stress, anxiety, and depression

more than others. Despite the current situation, stress, anxiety, and depression were found to be in normal ranges for mental health professionals highlighting their capabilities to remain normal in times of distress. In a study namely covid 19: impact of lock-down on mental health and tips to overcome, some mental effects were explored due to covid 19 as anxiety, fear, stress, depression, apprehension about future, panic, fear, financial strain, desperation, negative emotions spiral, difficulty in concentrating, low motivation and state of distraction and loneliness. Various measures to take care of these mental health threats were also recommended. In a study done by shankey verma namely depression, anxiety, and stress and socio-demographic correlates among general indian public during covid-19, it was concluded that depression, anxiety and stress among indian population during the lockdown were prevalent. Along with other measures to contain the spread of covid-19, mental health of citizens needs the urgent attention of the indian government and mental health experts. Further large-scale studies should be conducted on different professions and communities such as health care professionals and migrant workers and incorporate other mental health indicators. In a research namely, covid-19 pandemic: mental health and beyond - the indian perspective, mental health problems were intricately related to an increase in stress. Anxiety, fear, panic, and sleep disturbance observed to be the predominant manifestations. Irritability, anger, aggression and psychosis are other significant externalizing behaviour manifestations ([chatterjee et al. 2020B](#)). Even a simple cough or fever is construed as having covid-19, more so in the elderly, who fear more severe affliction with the virus, even to the extent of fearing death. Contamination and washing obsessions increased in these vulnerable sections of the population. Hoarding of essential items, panic buying, and financial insecurities were other common behaviours that were noted. Maintaining a normal indoor routine and structure, social interactions and quality time with family members was essential.

The recent survey by the indian psychiatric society shows a twenty percent increase in mental illnesses since the corona virus outbreak in india ([loiwal, 2020](#)). Psychologists and mental health professionals speculate that the pandemic is going to impact on the mental health of the population globally with the increase in cases of depression, suicide, and self-harm, apart from other symptoms reported

globally due to covid 2019 (li et al., [2020](#); moukaddam & shah, [2020](#); yao et al., [2020](#)).

Findings:

The aim of the study is to assess the impact of covid-19 and lockdown on mental health of indian population by means of current literature review. It was seen that covid-19 and lockdown impacted the mental health in a very adverse manner. People were found to suffer from various psychological disorders and diseases. To assess the effect of novel corona virus on mental health of general public, expecting mothers, elderly people, adults, children, migrating labors, women and quarantine children and adults. General public was found to suffer from anxiety, stress, fear, xenophobia, social distress and obsessed with preventive measures. In expecting mothers stress, depression, fear of infection and social isolation levels were found very high. Elderly people were seen to suffer from loneliness, depression, anxiety and stress. Children and adults who were quarantined were found to affect more as compared to non quarantined individuals. Quarantined children and adults were found to suffer from worry, helplessness and fear. Migrant workers were found to suffer from peri-traumatic psychological distress, social exclusion, absence of family support, fear of transmission and working as carrier of the infection. Blow of financial constraints due to loss of work, absence or suspension of occupational safety and health-related basic laws with associated occupational hazards, which made this occupational group highly vulnerable for the development of psychological illnesses. Among different professions, students and healthcare professionals were found to experience stress, anxiety, and depression more than others.

To understand the different mental health disorders or diseases because of which people were suffering was another prime objective of the study. People were found to suffer from xenophobia, fear of infection, anxiety, fear, stress, depression, apprehension about future, panic state, financial strain, desperation, negative emotions spiral, difficulty in concentrating, low motivation, state of distraction, stigma, mass hysteria and loneliness, traumatic psychological distress, irritability, anger, aggression, psychosis, insomnia, suicidal tendency (suicide), boredom, sleep disturbance, helplessness, fear of death, self-harm and social isolation.

To find out the relationship between the well being, age and fear of covid-19.

The findings showed that positively significant relationship exists between well-being and age,

while an inversely significant relationship between well-being and fear of covid-19 was found.

To explore the effect of covid-19 on the mental health of people who had scarce resources against people having adequate supplies.

In a study of assessment of depression, anxiety and stress amongst indians the results indicated that people who do not have enough supplies to sustain the lockdown were most affected, and family affluence was found to be negatively correlated with stress, anxiety, and depression.

To know the changes in behavior of the citizens due to covid-19.

Contamination and washing obsessions increased in indian population. Hoarding of essential items, panic buying, and financial insecurities were other common behaviors that were noted.

Conclusion:

Indian population was found to suffer adversely with deteriorating mental health. Many of the sections of the population and almost all the age groups were found to suffer from psychological distress and trauma. Well being state of mind was also found impacted and changing mental status lead to panic buying, hoarding of essential items and feeling of financial insecurities. There is a need of taking more active steps from individual, family, local, state and central level to take care of this mental instability.

Scope for future study:

1. A specific study can be done about any of the psychological disorder separately to know the in-depth impact.
2. Primary data can be used to have better clarity.
3. More number of literature databases can be explored to get better idea.
4. Urban, rural, segment wise study of the population can be done.

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