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PSYCHO-SOCIAL HEALTH AS AFFECTED BY COVID-19 PANDEMIC: A SURVEY

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ABSTRACT

Corona Virus is a growing pandemic and is very sensitively grappling the whole world. In the scenario of its widespread incidence, Covid appropriate behaviour like social distancing, monitoring and self-isolation for people who suspect they are infected are proven effective strategies to fight infection. However, these strategies during the prolonged lockdown period had adversely affected the Psycho-Social health of people. The present study was designed to assess the Psycho-social health of people as affected by COVID-19. Descriptive survey method has been used in the present study. A self-designed opinionnaire to study the Psycho-social health of people has been designed and used. For the present study, Google Survey form was developed and used for the collection of data. It was sent to 450 participants and the responses were received from 203 respondents. Results revealed that the Psycho-Socialhealth of subjects had been affected to some extent. The findings of this study can be used to motivate people to make use of yoga and meditation as an intervention strategy to maintain good Psycho-socialhealth.

KEYWORDS: COVID19, Pandemic, Psycho-Social Health, Yoga and Meditation

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INTRODUCTION

As the Coronavirus pandemic rapidly grapples the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions.

The Covid-19 pandemic has likely brought about many changes to how to live life and with it comes varying degree of uncertainty, altered daily routines, financial pressures and social isolation. One may worry about getting sick, how long the pandemic will last and what the future will bring. Information overload rumours and misinformation can make the life feel out of control and make it unclear what to do.

Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to the daily lives of the population as the movements are restricted in support of efforts to contain and slow down the spread of the virus. Accompanied with this are the new realities of working from home, temporary unemployment, online education of children and lack of physical contact with other family members, friends and colleagues, it is important that one looks after the Psycho-social health along with physical health.

In public mental health terms, the main psycho-social health impact of covid-19 is elevated rates of stress or anxiety. As the new measures and impacts are introduced, especially quarantine and its effects on many people's usual activities, routines or livelihoods, the levels of loneliness, depression, harmful alcohol and drug use and self-harm or suicidal behaviour are also expected to rise.

During the COVID-19 pandemic, one may experience stress, anxiety, fear, sadness and loneliness. Other mental health disorders, including anxiety and depression, can worsen. Many people may have mental health concerns, such as symptoms of anxiety and depression during this time. Sometimes, the feelings may change over time.

As self-isolation escalates and people find themselves working from home and unable to physically catch up with their friends and family, we're likely to see more people feel lonely and disconnected," Brinsley says.

The research, published in the British Journal of Sports Medicine, examined 19 studies (1080 participants) across six countries (US, India, Japan, China, Germany and Sweden), where individuals had a formal diagnosis of a mental disorder, including depression and anxiety.

Globally, around 450 million people suffer from mental health issues, with the World Health Organization reporting that one in four people will be affected by a mental health condition or a neurological disorder at some point in their lives. In Australia, almost half of adults (aged 18-85 years) will experience mental illness (WHO, 2020).

In populations already heavily affected, such as Lombardy in Italy, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern, along with the mental health and well-being of frontline workers.

Despite best efforts, one may find feeling of helpless, sad, angry, irritable, hopeless, anxious or afraid. One may find trouble in concentrating on typical tasks, changes in appetite, body aches and pains or difficulty in sleeping or may struggle to face routine chores. When these signs and symptoms last for several days in a row, make the person miserable and cause problems in the daily life so as to find it hard to carry out normal responsibilities.

OBJECTIVE

The present study was designed to assess impact of covid-19 pandemic on the psycho-social health.

HYPOTHESIS

There is no impact of Covid-19 pandemic on psycho-social health of population.

DESIGN OF THE STUDY

Descriptive survey method has been used in the present study.

SAMPLE

Random sampling method has been used to select the sample of 450 subjects for the present study.

TOOL USED

A self-designed opinionnaire to study the impact of Covid-19 pandemic on psycho-social health of population has been developed and used for the present study.

METHODOLOGY

Google Survey form was developed and used for the present study. It was mailed to 450 participants and the responses were received from 203 respondents. The responses had been analysed and presented in the following results.

RESULTS & DISCUSSION

Out of 450 participants of the study, 203 responses were received, thus making the response rate to be 45.4%. Out of the responses received, the results have been reported in the following Figures 1 to 10.

Figure 1 reveals the opinion of subjects regarding the impact of Covid-19 pandemic on psycho-social health of population. It was found that two-third of the subjects (67.9%) agreed that Coronavirus pandemic resulting in lockdown has affected the Psycho-Social health of people. However, 28.7% of the subjects disagreed with this statement and remaining were neutral.

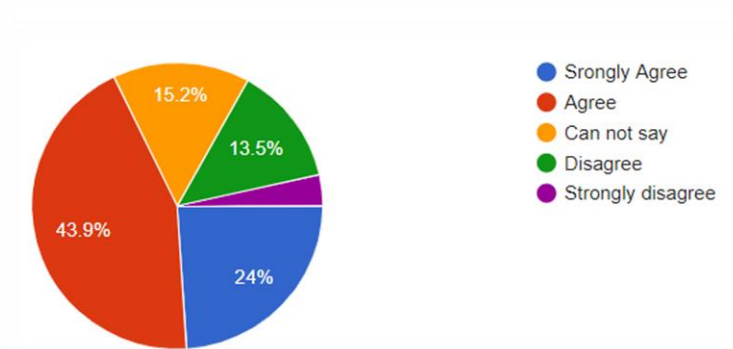


FIGURE 1

Figure 2 reveals the stress level of subjects in the wake of Covid-19. Almost half of the subjects (49.7%) felt stressed in the wake of Covid-19 pandemic whereas 40.9% disagreed to be stressed. Remaining 9.4% of subjects could not express their feelings.

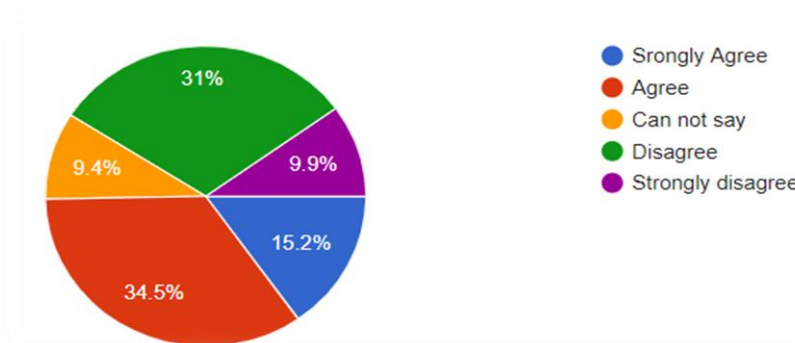


FIGURE 2

Figure 3 expresses the feelings of subjects in helping others. More than half of the subjects (52.3%) felt scared of helping others due to fear of infection whereas one-third of subjects (33%) disagreed to be scared of infection in helping others and rest 14.7% were neutral.

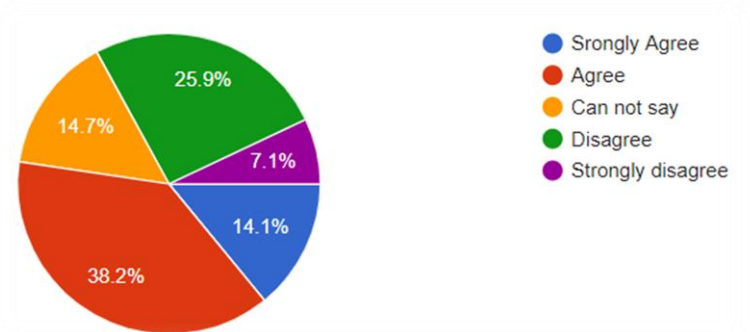


FIGURE 3

Figure 4 expresses the state of mind of subjects due to isolation in lockdown period. Results revealed that 41.8% of subjects felt bored, lonely and depressed due to being isolated during lockdown period whereas almost an equal percentage of subjects (46.5%) expressed contrarily and 11.8% were neutral.

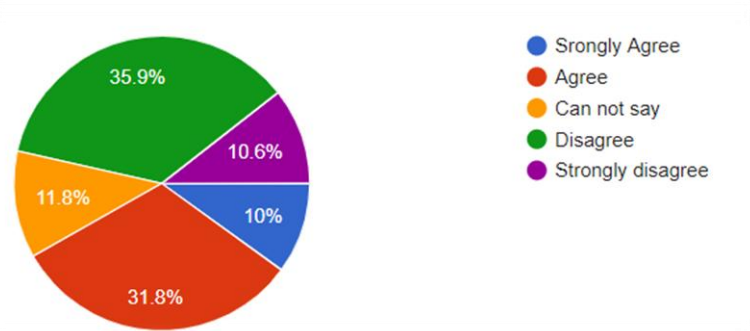


FIGURE 4

Figure 5 expresses the state of helplessness of subjects in protecting themselves and their loved ones from COVID 19. Almost one-third of subjects (32%) felt helpless, almost half of the subjects (49.1%) did not feel helpless and remaining 18.9% of subjects could not express their feelings.

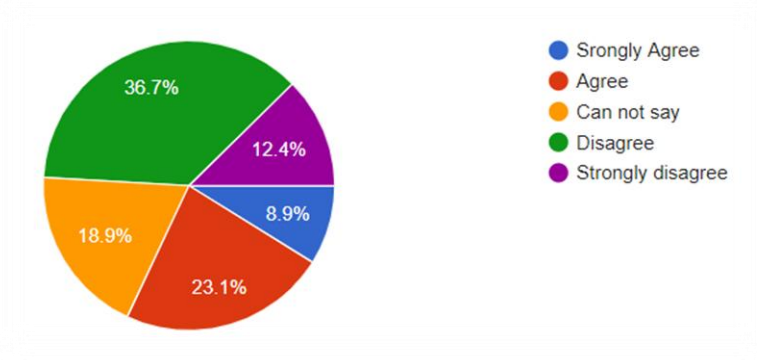


FIGURE 5

As seen in Figure 6, majority of the subjects (82.3%) were quite anxious and keep watching news to check the updates of COVID 19 and remaining 17.7% of subjects either disagreed or were neutral.

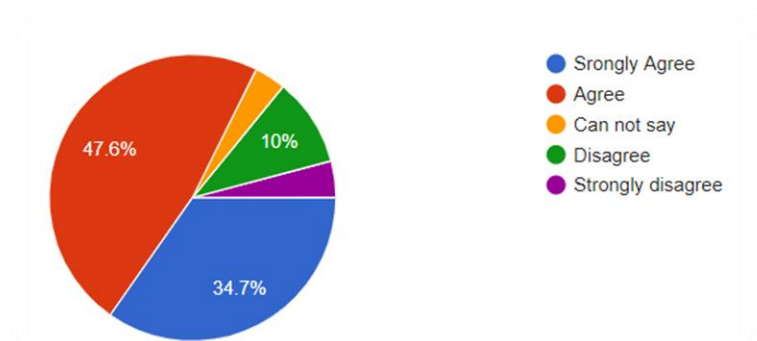


FIGURE 6

As depicted in Figure 7, four-fifth of the subjects (80.5%) provided emotional support to those who felt anxious and insecure whereas 11.2% could not express. Remaining (8.3%) subjects disagreed to provide emotional support to anxious and insecure persons.

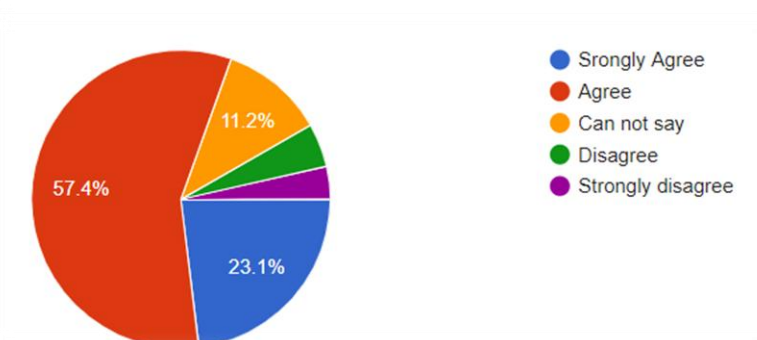


FIGURE 7

Figure 8 shows the attitude of subjects towards COVID 19 related rumours. Two- third of subjects (67.3%) agreed to avoid listening to COVID 19 related rumours that make them uncomfortable whereas 23.2% of subjects disagreed and 9.5% of subjects were neutral.

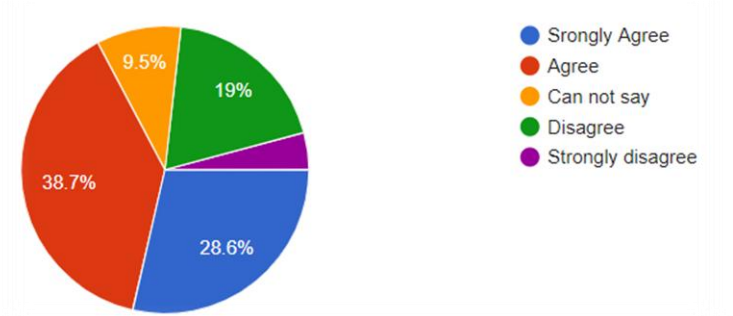


FIGURE 8

As seen in Figure 9, avast majority of the subjects (86.9%) agreed that they engage themselves in creative activities like Yoga and Meditation that are relaxing during the lockdown period. A small number of subjects either disagreed or were neutral on this aspect.

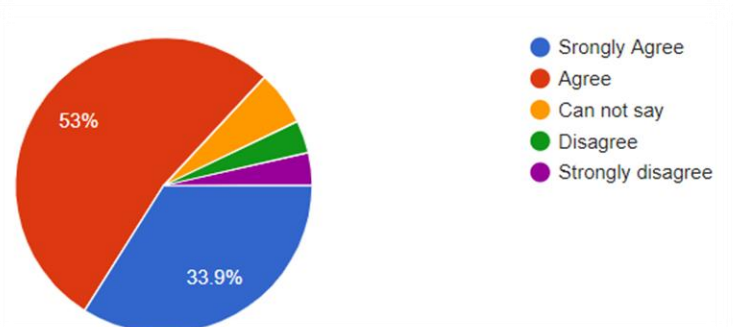


FIGURE 9

Figure 10 reveals that majority of the subjects i.e. 80.6% of subjects who practicing Yoga and meditation were quite positive and optimistic that this phase of Covid 19 pandemic will be over soon. However, 8.2% of subjects were negative and pessimistic and 11.2% were neutral on this issue.

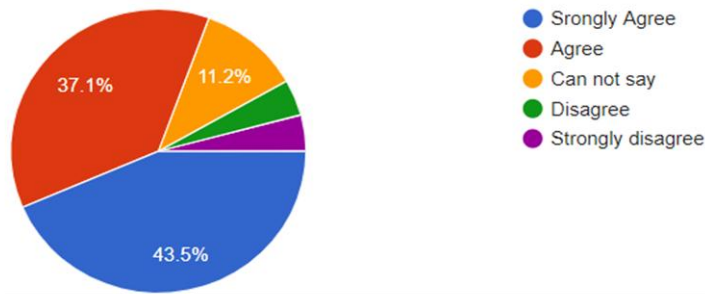


FIGURE 10

DISCUSSION

The findings of the present study are supported by the similar studies. The world-first study conducted in partnership with the Federal University of Santa Maria, UNSW Sydney, Kings College London and Western Sydney University also found that movement-based yoga and meditation improves the mental health of people living with a range of mental disorders, with the benefits being incremental with the amount of yoga they practised."Our research shows that movement-based yoga improved symptoms of depression (or improved mental health) for people living with a range of mental health conditions including anxiety, post-traumatic stress, and major depression. So, it's very good news for people struggling in times of uncertainty (ET HealthWorld.com, 2020)."

As part of its public health response, WHO has worked with partners to develop a set of new materials on the mental health and psychosocial support aspects of COVID19.

CONCLUSION

Psycho-social health of the population has been greatly affected by Covid 19 pandemic. Yoga and meditation can be used as effective intervention strategy for people with a range of mental health conditions including anxiety, post-traumatic stress, and major depression.

