

## **A STUDY OF EFFECT OF COVID-19 ON SOCIAL MENTAL HEALTH SPECIAL REFERENCE TO AKOLA CITY IN THE STATE OF MAHARASHTRA**

**\*DR. BANDU UTTAMRAO JAMNIK**

*\*Assistant professor, Shri Ganesh Arts College, Kumbhari Tq. Dist Akola MS*

### **ABSTRACT:**

*The present research has studied the effect of Covid-19 on the social and mental health of individuals in Akola city. The outbreak of Covid-19 and the problems it has created have caused a great deal of controversy in the society. This epidemic creates a great deal of fear in the society. It has had a profound effect on social, mental and health issues.*

### **1.1 INTRODUCTION:**

The psychological consequences of a global pandemic also affect social fabric. The first statement by the World Health Organization's first Director General Brock Chishholm, who was also a psychiatrist, is the famous statement, 'Without mental health, there cannot be true physical health. Is. His words support this idea. After years of research, there is no doubt that mental and physical health are fundamentally and inseparably interlinked. On reading any news at the time of the emergence of Kovhid-19, Kovid- Had to go through the most information about 19, but the mental health problems that are building from this epidemic and how to keep your mental health strong with this problem, not enough information was available. Think about yoga, keep physical distance, give nutritious food, information was being given in this context.

This is certain, and scientists have determined that, historically, infectious epidemics increase anxiety and nervousness in the general public. The new disease is unfamiliar in its nature and no consequences can be anticipated. At the same time it is unseen or invisible. All these features make it a source of serious concern. During the outbreak of SARS in 2003, the revisionists outlined several mental health concerns along with the disease. There were many reasons, including depression, stress and psychosis and panic attack. There are many possible reasons. People infected with SARS and receiving treatment also suffered social isolation. This happened

because they were isolated. Was his illness also seen as a stigma and due to which he felt discriminated against? It is also possible that the people of SARS have gone to the house of guilt to infect others. Understanding the experiences and public health of people affected by Kovid-19 It is important to pay attention to these factors to make a policy of the situation. It is only by doing so that their mental health concerns can be addressed. It is clear that infectious diseases have a profound psychological effect on all people. Also on those who We are not affected by the virus. Our response to these diseases is not based on medical knowledge but also from our social understanding. In the Internet age, we get most of the information online. This is a behavioral change which has made people on health issues has revolutionized mutual interactions. For example, in a study conducted on Twitter to analyze the outbreak of Ebola and swine flu, it was found that Twitter users have deep fears about these two diseases. The news media's articles and social media posts have a tendency to make outbreaks a sensational discovery and disseminate false information, creating a state of fear and panic.

While these outbreaks during the outbreak of the epidemic are considered to be proportional to the situation at the time and are thought to be a means of spreading awareness, the study also found that these breaking news on social media Perhaps it has acted as a 'flare up' of fear and stress among people. Perhaps this is the reason why many certified health organizations, including the World Health Organization, have recommended that people avoid reliable information to prevent stress and anxiety. Take information and advice from health professionals only, but valid information is also not always good. In the time of epidemic, what to do, what not to do, information is bombarded. But what can be the consequences, It is not considered. In fact people already have mental health problems in people with nervousness. Some people have involuntary recurrent hand washing disease. To wash hands frequently Encouraging public messages can put such people in danger and can increase their mental illness. People suffering from post-traumatic stress or especially those who are concerned about health and are worried about getting sick with a disease may have panic attacks, And they can give more stressful responses.

Apart from the psychological consequences of a health crisis, it also always has an interesting psycho-economic effect, which is reflected in our consumerist nature when we want to accumulate more and more germicides, face masks, toilet rolls and food items It is not only because of the lack of these things in the media that the news is coming, but also because we basically want to keep our lives under control. On the other hand the danger is that such being involved in behavior may distract our attention from more urgent security measures such as washing hands or following directions of confinement properly. Hoarding also indicates that people still feel health is a personal matter - which there is a misconception. But, in reality these goods are needed by the entire

community, so that they can maintain hygiene as a community. Within reach and universal healthcare is essential to maintaining public health. Psychological effects of the epidemic on social networks it also falls.

According to sociologist Stanley Cohen, in times of moral panic, 'a situation, event, person or group of individuals is presented as a threat to social values and interests, such as HIV / HIV in the 1980s. In a growing awareness of the AIDS epidemic, gay men were targeted and abused in many countries because they were seen as responsible for the virus infection.

Similarly, many groups have blamed the spread of Kovid-19 on a particular community - the people of Hubei province where the virus was born in November 2019 - who were held responsible due to their unusual practices and cultural habits. It is being said that the emergence of pre-existing racial prejudices has led to many cases of overt discrimination. For example, literal and physical abuse of people of Chinese origin can be seen worldwide. Right-wing leaders in the US and Europe This situation has been used to further tighten immigration rules and to increase prejudice against those seeking asylum. Talking of India, the students of Northeast studying in Mumbai have made videos of them without their permission and In order to create 'awareness' about the 'carrier' of this virus, it has complained about the spread of this video on campus.

Finally, it is important to understand that during the global pandemic or during the time of any public emergency – people already at the margins of society are affected more than those living close to the center. With the mainstream media Social media is also full of urges for people to stay at home and work at home so that they can avoid getting infected by the virus and spreading it, but it is not easy for the marginalized, who daily wage They do manual labor to earn. The politics of access is also visible in the field of education. Not all families have access to technology that can help their children get education at home. To be able to work at home. Is also a privilege. A privilege that prioritizes productivity at the expense of attention to mental health. It is clear that mental and physical health are interlinked in the same way as mental and physical ill-health. Kovid-19 to government policy-makers But this fact also needs to be kept in mind while making a counter policy.

## 1.2 SIGNIFICANCE OF THE STUDY:

Recently, a report about mental health has appeared in the Lancet Psychiatry Journal. Professor Id Bullmore, head of the University's Psychiatry Department and his team have prepared the report based on a survey conducted between the Covid-19 infection in England. The most important conclusion, Bullmore says, is that the corona epidemic may have a large and adverse effect on mental health, both now and in the future.

He suggests that there is a dire need for real-time monitoring of mental health of the common people, risk groups and even health care professionals. According to research, due to rising unemployment or fear of loss of employment due to Corona epidemic, being away from family, poor condition of economy, living in quarantine or isolation will have long term negative mental impact on common people.

For this, scientists give some examples of the former. For example, the SARS epidemic of 2003 or those affected by the Ebola virus in Sierra Leone were characterized by depression, anxiety, or post traumatic stress disorder (PTSD). Professor Rory O'Connor of the University of Glasgow also concludes that after the SARS epidemic, the suicide rate in people above 65 years of age increased by more than 30 percent. This team stated that there is also a need to review the impact of policies that are designed to prevent the corona epidemic.

Recently, a research paper has been published in the New England Journal of Medicine. Betty Pfefferbom, a psychiatry professor at the University of Oklahoma, has identified some factors in her research paper that increase stress and frustration in people. He said that the uncertainty of the epidemic, the acute lack of resources in the order of testing and treatment can cause concern among the people. Compromising the safety of ordinary people and healthcare providers can also cause stress. The use of public health care measures that have remained unfamiliar to people (such as quarantine and social distancing in the context of India) can also create an atmosphere of despair. People usually find it to be a measure of personal freedom. Financial losses and conflicting statements from government authorities are also tensions. All these factors will definitely contribute to the emotional depression and psychosis related to Kovid-19. He also suggests that while treating Kovid-19 patients, health care workers must also diagnose these emotional aspects, otherwise the results may be very frightening. Now also studied health care workers treating Kovid-19 patients in China and found that these workers have accepted symptoms like anxiety, despair, and sleeplessness. Now in India, there has been no such study about the health care workers; its information is not public. But, can we remain untouched by global concerns and problems during the global epidemic? Probably not.

Along with the Health Service, arrangements for Crisis Counselors and Mental Health Counselors will also need to be made on a large scale. How important the role of Crisis Counselors and Mental Health Counselors can be understood from one data. According to a Los Angeles Times report, Crisis Counselors at a California-based nonprofit received 1800 calls in March, compared to just 20 in February. The Trump administration in the US has announced that medical insurance companies will also cover mental health care. People will use this healthcare facility through telemedicine.

### **1.3 OBJECTIVE OF THE STUDY:**

2. To study the impact of covid -19 on Social Mental Health practice.
3. To study the impact of personal social stress.
4. To study the covid-19 impact on works situation practice of society.

### **1.4 HYPOTHESIS OF THE STUDY:**

2. There is no significant impact of covid-19 on Social Mental Health practice.
3. There is no significant impact of covid-19 on personal social stress.
4. There is no significant impact of covid-19 impact on works situation practice of society.

### **1.5 SCOPE & LIMITATION OF THE STUDY:**

In this research, the effect of Covid-19 on the social and mental health of individuals in the society has been studied in this research. The research involved individuals from the city of Akola.

### **1.6 RESEARCH METHODOLOGY:**

The survey method was used under the descriptive research method for the presented research. A total of 150 people from Akola city have been selected for the research. In making this selection, individuals from the area where Covid-19 was exposed were selected for this research. Google Forms has been created to collect the necessary facts in the context of this research. Frequency, Percentage, Kai Square Testing techniques have been used to analyze and interpret the facts.

**1.7 ANALYSIS AND INTERPRETATION OF DATA:**

Research analyzes and interprets the facts as follows.

**Table no. 1.1**  
**Table showing the effects of Covid-19 on social and mental health**

	<b>Statement</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Nutral</b>	<b>Dis-Agree</b>	<b>Strongly Disagree</b>	<b>Total</b>
1	You worry about your own health condition.	47	37	25	21	20	150
		31.33%	24.67%	16.67%	14.00%	13.33%	100%
2	The demands of life are affected to create social distance for one's own safety and the safety of others,	41	38	26	24	21	150
		27.33%	25.33%	17.33%	16.00%	14.00%	100%
3	You feel lonely associated with the feeling of disconnection from society and family.	39	37	31	22	21	150
		26.00%	24.67%	20.67%	14.67%	14.00%	100%
4	The feeling of stigma or loneliness comes to mind.	60	31	27	18	14	150
		40.00%	20.67%	18.00%	12.00%	9.33%	100%
5	Disappointment comes to mind about not being able to complete their tasks or not completing their tasks on time.	61	26	24	22	17	150
		40.67%	17.33%	16.00%	14.67%	11.33%	100%
6	The situation of boredom and frustration is created due to not working or not engaging in day to day activities.	57	34	26	19	14	150
		38.00%	22.67%	17.33%	12.67%	9.33%	100%
7	Unhealthy conditions and behaviors have to be combated.	67	34	21	16	12	150
		44.67%	22.67%	14.00%	10.67%	8.00%	100%
8	Economic stress has been created.	74	34	20	12	10	150
		49.33%	22.67%	13.33%	8.00%	6.67%	100%
9	The risk of infection is most commonly felt.	65	34	21	16	14	150
		43.33%	22.67%	14.00%	10.67%	9.33%	100%
10	Self-care behaviors such as normal sleep, food have created obstacles.	57	37	28	15	13	150
		38.00%	24.67%	18.67%	10.00%	8.67%	100%

## 1.8 FINDING OF THE STUDY:

With regard to Covid-19, 31.33% and 24.67% of the population, respectively, are most concerned about their health status. In the case of Covid-19, the needs of their daily lives are greatly affected while protecting themselves and others by keeping a physical distance of 27.33% and 25.33% of the society, respectively. With regard to Covid-19, 26.00% and 24.67% of the society, respectively, have a strong feeling that they are alone from the society and family. In the case of Covid-19, 40.00% and 20.67% of the population, respectively, have the highest sense of stigma and loneliness. In the case of Covid-19, 40.67% and 17.33% of the people in the society, respectively, feel frustrated because they have not completed their work or they do not have the ability to do it. In the case of Covid-19, 38.00% and 22.67% of the people in the society, respectively, are not working during this period and their daily activities are hampered, which has created a feeling of frustration in their minds. In the case of Covid-19, 44.67% and 22.67% of the population, respectively, are facing unhealthy conditions and behaviors. Which has the opposite effect on their mental instincts. In the case of Covid-19, 49.33% and 26.67% of the population, respectively, are facing severe financial stress, which is increasing their anxiety and adversely affecting their mental health. In the case of Covid-19, 43.33% and 22.67% of the population, respectively, have a high risk of infection, so they are living a stressful life. In the case of Covid-19, 38.00% and 24.67% of individuals in the society, respectively, have a large number of sleep and eating problems. So it is clear that it has an effect on their mental health.

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