

## PSYCHOLOGICAL IMPACT OF COVID-19 PANDEMIC: AN OVERVIEW

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### ABSTRACT

*The social status of man depends on the physical, psychological, religious and society related elements. In recent times, the corona pandemic has forced the world to think and its psychological status has also fluctuated. In other words, social human being consisting of physical, psychological, spiritual and many others aspect too as the pandemic of COVID-19 (Coronavirus disease-2019) in the vicinity continues. The World Health Organization has recognized January 2020 as a pandemic. Presence of fear of disease and its spread has turned the entire world economy upside down. Each one for this, it is important that the country does its best to protect its citizens from global and regional hotspots prevention and treatment including lockdown, loneliness, quarantine, social distance to name a few. There are many sudden changes in the individual that cause a lot of psychological problems in society such as stress, depression, basic psychological deprivation needs, conspiracy, destructive privileges, etc. This review is psychological and offers behaviour changes due to the new scenario introduced by COVID-19. This research paper highlight on all these issues which are being found in people by this Covid-19 Pandemic.*

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**Keywords:** *Psychological Status, COVID-19 Pandemic, Psychological Problems, Behaviour Changes.*

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### Introduction

The COVID-19 pandemic represents a major global health crisis all over the world. For the reason that crises require large-scale behavioural changes, which place a significant psychological burden on individuals, social and behavioural science insights can help align human behaviour with the recommendations of health experts. Can be found it is not easy to change an individual's behaviour and lifestyle, a sudden change has a greater psychological effect on people. People and patients with coronavirus disease have different degrees of psychological issues, such as anxiety and depression, and so on. Symptoms of anxiety include symptoms, severe sweating, palpitations, fear and diarrhoea. Significant depression is characterized by loss of interest in pleasurable activities, loss of appetite, disturbed sleep, psychological retreat, feeling of worthlessness, especially severe suicidal ideation. COVID-19 has become a deadly situation around the world. It was reported in Wuhan, China, which later spread around the world. When it comes to illness, it involves both physical and psychological pain. Sometimes the situation is even worse, the world is already facing many death situations and is still going on. Physical conditions only apply to real patients infected with the virus. Psychiatric conditions are common in hospitalized patients with varying degrees of problems depending on the level of the problem, especially in people with high levels of anxiety and sympathetic symptoms due to the corona virus, which is a necessary process has to be followed all over the world. The lockdown resulted in travel restrictions, social exclusion by cancelling programs and gatherings, public places as well as schools and universities. In addition, outdoor activities were extremely limited. Healthcare system and security activities continue. This development turns the current COVID-19 outbreak into a pandemic. All of these lockdown situations suddenly change and deprive an individual of basic psychological needs (freedom, competence, communication). Not only are COVID-19 patients experiencing severe physical pain and mental distress, but also for the public who are experiencing a lockdown situation due to COVID-19, going through anxiety, depression and fear.

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The most common symptoms of pneumonia, and fever, are that people experience anxiety even after working with the symptoms of COVID-19. Transmission of COVID-19, the virus is spreading around the world and the rate of transmission is very fast. People are worried about their families and even about the severity of the corona virus. It spreads to the airways, and recovery rates are very low. The Covid-19 virus is a new virus in the human body, designated by the World Health Organization (WHO) on January 12, 2020. People do not know much about this new disease, less information about the characteristics of the virus, are still looking for treatment and diagnosis, so this uncertainty has led to stress and fear about the virus in patients and the public. What has increased in the world? In a short period of time, a large number of COVID-19 patients broke out, the news media continued to report, patient deaths in China and Italy, the virus and the number of infected people and constant reporting on deaths. All of this information reduces the public's ability to cope, leading to anxiety, depression, or even negative thoughts.

### **Objectives**

- To study the psychological need and satisfaction
- To study the Separation anxiety and mental health
- To study the functional fear and lifestyle changes during pandemic
- To study the social media and psychological distress

### **Psychological need and Satisfaction during Pandemic**

Keeping in mind the psychological aspects of the pandemic, it can be said that many positive and negative effects have been seen in humans being because people have become far away from the disease applying social distancing and also far away from their family as well as friends. Because there was no vaccine yet, the only solution was social distancing. The government appeal peoples to stay in the house even through national lockdown, but people are psychologically affected. The three basic psychological requirements for effective human work and well-being are autonomy (independence), competence (capability), relatedness (connectedness). Satisfaction with these three basic psychological needs has many positive consequences. Due to the COVID-19 and lockdown conditions, there are a number of rules and regulations that limit people's autonomy and decision-making. COVID-19 has kept people from realizing their potential. However, there is a lack of qualifications among the people due to inadequate work and insecurity in the workplace. Social distance and lockdown have created a sense of isolation in people. Therefore, when all these basic psychological needs are inadequately met, there is a lack of satisfaction in mental health. Satisfaction of basic psychological needs is mostly a link or association towards stress. This shows that people have high levels of stress and have negative thoughts and feelings due to the condition of COVID-19. Its independence is over Capability and Relatedness, which is basic needs of psychological. Stability cannot be imagined in a human being without fulfilment of these psychological needs.

### **Anxiety and Functional Fear Changes Lifestyle during Pandemic**

In the early days of COVID-19, there was a scene where the government made it a rule to use masks and sanitizers frequently to keep them safe, but in most countries masks and sanitizers were not available. Although they were available, they were not affordable by everyone. There is a sudden increase in daily cost and non-supply of daily necessities, a change in one's behaviour and lifestyle. Further announcement of lockdown due to COVID-19 has increased the link between social risk decision and life satisfaction which is less. It is also compatible with the BIS (behavioural immune system), which says that with the increase in social uncertainty, people are camping to promote the diagnosis of negative perceptions. In addition, in the case of travel restrictions and self-isolation, prevention policies such as quarantine, social exclusion and regulations have reduced the quality of life and therefore the satisfaction of life. With this effectiveness of pandemic, fear and anxiety are common in everyone's life, but it depends on the severity of the situation. One of the main emotional reactions during a pandemic is fear. Humans and other animals have a set of defence systems to deal with environmental hazards. When the situation can be handled by an individual, they have a positive fear. But when the situation cannot be handled by individual fear, it causes people to change their behaviour, sometimes leading to a defensive reaction when they feel helpless to act. It is suggested that strong fear appeals bring about the greatest change in behaviour. The current ongoing coronavirus disease (COVID-19) is a new type of infection in respiratory diseases, since December, 2019. The disease causes people to have mild changes in their physical condition due to pneumonia, fever, and climate change. Anxiety in the population. A study conducted using Hamilton-scale anxiety on COVID-19 patients and non-COVID-19 patients showed that, in affected patients, there was extreme anxiety, but non-affected patients also showed anxiety levels which is more than the general population.



**Separation Anxiety and Mental Health Problems due to COVID-19**

There are many different types of fears and anxieties depending on the situation and severity, one of which is the anxiety of separation which is taking precedence over the situation of COVID-19. In order to control the transmission of COVID-19, individuals are asked to maintain a social distance, but due to certain conditions, people have come into close contact with the affected COVID-19, leading to quarantine and isolation. Especially individuals, have some psychological problems from the very beginning of separation, a person begins to experience fear, anxiety, depression and eventually separation problems, mood disorders and later painful symptoms. Quarantine Children and adults feel separated from their parents, carers and family, which can lead to separation problems. These quarantine children, i.e. those who are kept away from parents, carers, friends where you have social distances, have a tendency to develop mental illnesses, especially separation disorders, which lead to stress, anxiety. Traumatic stress disorder can develop later. If this separation persists for a long time, it has a higher risk of developing mood disorders and leads to suicidal ideation in children. This results in a barrier between parent-child engagement, which in turn is associated with poor mental health outcomes.

**Taking care of your mental health during COVID-19**

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| <br><b>Stay connected</b>  | <br><b>Maintain a healthy lifestyle</b>   | <br><b>Stay positive</b>   | <br><b>Stay informed</b>   | <br><b>Seek support</b>   |
| Keep in touch with friends and family via email, social media, video conferencing or telephone | <ul style="list-style-type: none"> <li>Establish a regular daily routine</li> <li>Get plenty of sleep and eat nutritious meals</li> <li>Engage in exercise and physical activities that you like</li> </ul> | Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus | Obtain accurate information from reliable sources like the Australian Government and the World Health Organization | Mental health services are available if you're feel anxious, worried or overwhelmed |

[healthdirect.gov.au/mental-health-and-wellbeing](http://healthdirect.gov.au/mental-health-and-wellbeing)

## Conclusion

This article focuses largely on the psychological disorders of COVID-19 and its efforts to prevent it on individuals. There has been a multifaceted psychological dissatisfaction with the general laws of competence, coherence and freedom in physical and social imprisonment. Concerns and fears about the current situation and the rate and spread of the disease have wiped out adults and children alike. Children in particular suffer from mental health problems such as negative thoughts, withdrawal symptoms and social isolation. There is destruction in regular routines. This is manifested in a change in sleep patterns, resulting in increased stress. Hormones and neurotransmitters are unstable after the effect of stress. Lifestyle changes are followed by lifestyle changes, migration, social gatherings, walking without a mask, high personal hygiene prescriptions, changes in eating habits, etc. Mention of media is no different from social situation. They broadcast a wide-ranging news story highlighting the devastation. It is dealt with from different angles that are imposed on individuals individually. This can lead to destructive and conspiratorial beliefs. Furthermore, in already disabled minds, it can take the form of depression. Treatment, quarantine and return of treated patients is part and parcel of the treatment process. Patients who return from a quarantine situation face the severity of social isolation and fear of separation due to rumours in the stockpile of fear. It has brought with it a host of mental illnesses affecting populations around the world. This shows the importance of including domain mental health in public health policies around the world.

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