THE MOST FREQUENT COPING METHOD USED FOR RELIEVING STRESS DUE TO PSYCHOLOGICAL IMPACT OF COVID-19 PANDEMIC AMONG DENTAL FRATERNITY; A CROSS-SECTIONAL STUDY.

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INTRODUCTION

The most popular disease prevailing worldwide, the Novel Corona Virus is commonly associated with cough, fever, respiratory disorders etc. It has been declared pandemic in early 2020 by WHO. The Chinese authorities identified a new strain of Coronavirus On 7th January 2020. WHO named the virus as SARS-CoV-2. The outbreak of COVID-19 around the world is a major concern for all the people. As per WHO till 19th August 2020 there has been confirmed across worldwide approximately 2,23,97,721 and in India 28,36,925 cases. 1,43,19,936 has been recovered and death is approx. 7,87,280. The recovery rate has been enhanced and death rate reduced. In India maximum number of cases has been reported from Maharashtra, Tamil Nadu, Andra Pradesh, Karnatka and Uttar Pradesh. Like the world, India is also facing this difficult task for controlling the virus outbreak and trying hard to manage its growth rate through various methods. Studies suggest that about 81% of the cases are mild, 14% require hospitalization and 5% require ventilator and critical care management.

Since Dental practice is perceived as being stressful job during this pandemic, as it causes many psychological impacts. Here we have conducted a questionnaire base cross-sectional study among dental practitioners. This is a cross-sectional study which answers various research questions. The purpose of the present study was to investigate the stress load among dental professionals and Frequent coping method used to relieve stress.

AIM AND OBJECTIVES

1. Analysis of the psychological impact of the COVID-19 Pandemic among dental fraternity;
2. To assess the frequent coping method used for relieving stress.

METHODS AND FINDINGS

Considering the facts of stress among the dental professionals during the pandemic, a cross sectional study was conducted in the month of May 2020. Health care workers, the dental professionals from Bihar state, were invited to participate with a self-administered questionnaire. The prevalence of stress was slightly higher among males in comparison to females. The most Frequent coping method used for relieving stress were, 61.9% using various modes of entertainment ,59.5% household work. Hence therefore Prevention of mental health services, should be priority during routine clinical services for dental professionals going through such psychological impact of Covid 19.

ABSTRACT

Aim and Objective: Analysis of the psychological impact of Covid 19 Pandemic among dental fraternity; To assess the frequent coping method used for relieving stress.  

Methods and Findings: Due to stress among the dental professionals during the pandemic lockdown, a cross sectional study was conducted in the month of May 2020. Health care workers, the dental professionals from Bihar state , were invited to participate with a self-administered questionnaire. Frequent coping The prevalence of stress was slightly higher among males in comparison to females. The most Frequent coping method used for relieving stress were ,61.9% using various modes of entertainment ,59.5% household work. Hence therefore Prevention of mental health services, should be priority during routine clinical services for dental professionals going through such psychological impact of Covid 19.

KEYWORDS
DISCUSSION

Stress and Anxiety is a negative emotional state perceived by individual subjectively and one of the most common psychological obstacles. This cross-sectional study was conducted to determine the most prevalent age and gender associated with stress among the dental professionals and to observe the frequent coping method used to relieve stress during lockdown, including their marital status. Understanding the psychological impact of the Covid-19 outbreak among such health care workers is necessary to maintain their psychological well being.

Overall, in our present study males showed slightly higher prevalence of stress when compared to female. Our study was similar to Benjamin Y.Q and Hamza M et al. Since in new generation female have almost equal social and professional responsibilities, whether they are health worker or working in any other field. Moreover 62.3% female professionals were married, proving that other than their family stress they have to go through the professional stress too.

Huge financial losses due to risky practicing during Covid-19 pandemic are among the major stressors that undoubtedly contribute to emotional distress and increased risk of stress among such dental practitioners. Many of them are suffering from stress due to inadequate and deficient resources, sense of insecurity. Health care providers are also particularly vulnerable to emotional distress in the current pandemic, their risk of exposure to the virus, concern about infectivity to the virus during dental practice. As dental practice are said to be highly infective of Corona virus. Opportunities to monitor psychosocial needs and deliver support during direct patient encounters in clinical practice are greatly curtailed in this crisis. The most frequent coping method used for relieving stress during lockdown among the dental practitioners were exercise 57.1%, household work 59.5%, using various modes of entertainment 61.9% followed by religious practice, emotional support from friends and family and seeking professional help COVID-19 is highly infectious and spread rapidly, with suspected and confirmed patients increasing daily. The COVID-19 epidemic has posed a remarkable threat to public health. When dental doctors are exposed to working environments with high job demands and low resources, higher job stress and greater physical and psychological stress symptoms may adversely affect health and well-being.

CONCLUSION

Dentist can also use the various other means of stress management like, relaxation, meditations, listening to audio and tapes. Professional help and counseling could be helpful in coping with stress. Furthermore, the stress level of the dental professionals should be relieved. At the same time, the support of medical protective equipment and other related materials should be provided. In public health emergencies, the psychological stress of the doctors should be focused.

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REFERENCES

