



EFFECTS OF COVID-19 PANDEMIC ON ECONOMIC AND MENTAL HEALTH OF YOUTH

Physiotherapy

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ABSTRACT

The purpose of the present study was to assess the economic and mental health of youth after the corona virus disease-19 occurred in India. 120 participants (males- females, graduate- post graduate having age between 24-25 years) were selected with the help of snow-ball sampling technique. Responses of the participants were taken with the help of questionnaire which was developed by investigator herself. Results revealed that COVID-19 had severe impact on employment, income, job and family life of majority of young people. Participant's mental health become worse, they developed anxiety, received no mental support, their well being lowered. COVID-19 has created disharmony and youths educational and professional career are at risk.

KEYWORDS

INTRODUCTION

Corona virus disease 2019 (COVID-19) outbreak in the Chinese city of Wuhan in December 2019. It has overwhelmed the entire world and India also has borne the brunt of the same. The spread was so colossal that the WHO has to declare it as a pandemic. By the last week of march India sealed all the internal and external borders. By March 22, entire country was under lockdown and that extended till May 3, 2020. Although every person was affected and is being affected by this infectious disease, but it has immense influence on the economic and mental health well being of youth.

Many studies have demonstrated the impact of infectious disease outbreaks on public mental health, such as severe acute respiratory syndrome (SARS) in 2013 (Ko, Yen and Yang, 2006) and the 2009 novel influenza A (H1N1) epidemic (Yeung, Lau, Choi and Griffiths, 2017). These types of epidemics lead the public to experience psychological problems such as post-traumatic stress disorder, psychological distress, depression and anxiety (Shultz, Baingana and Neria, 2015). Leilei et al (2020) in their study found that nearly 40.4% of the youth group had a tendency to have psychological problems. The psychological impact of COVID-19 on the mental health in the general population was investigated by Serafini et. al (2020). Study revealed that various psychological problems and important consequences in terms of mental health including stress, anxiety, depression, frustration, uncertainty during COVID-19 outbreak emerged progressively.

As the general population and particularly, the youth became increasingly exposed to anxiety therefore topic related to this emergence of economic and mental health crisis of the youth needs to be identified to early detect dysfunctional processes leading to the onset of psychiatric conditions so that steps can be taken by local, state and central governments to develop effective psychological interventions for the youth.

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Need and Significance of the Study

From review of studies, investigator found that no research study of this nature has been conducted in India, and hence the present study on this important issue is the need of time.

The present study will contribute to the research in the field of medical science by way of providing questionnaire. These findings will help the government to take suitable steps to address the problems of youth.

METHOD:-

Survey method of investigation was employed in the present study.

Sample:- In this study snow-ball sampling technique was used. Those participants could be approached, they were given the questionnaire, others were contacted on-line. When the participant completed the questionnaire, he/she forwarded it to their circle of friends and in this

way a sample size of the 120 participants was attained. The participants of the survey were graduate and post-graduates, males-females having age between 24-45 years.

Tool:- As no reliable and valid tool was available for this purpose, therefore the investigator developed her own questionnaire.

To begin with 11 statements in the economic domain and 19 statements in mental health domain were identified and written. There alternative response (Agree, Undecided and Disagree) were written in front of every statements. This preliminary draft of 30 statements were given to four experts to find the ambiguity (if any) and relevance of the statements. On the basis of their judgement 18 statements were dropped and hence the final draft of the questionnaire comprised of 12 statements (4 statements related to economic aspect and 8 statements related to mental health).

Data were analyzed with the help of statistical technique of 'percentage' by taking each statement separately.

Analysis of Data, Results and Discussion

Question 1: The pandemic had a particular severe impact on may employment, 113(94.16%) respondents agreed to this statement whereas 7(5.84%) were undecided.

Question 2: Young people face an uncertain job market and employment or income loss during COVID-19 116(96.66%) youth gave their answer as 'agree' whereas 4(3.34%) youth answer was undecided.

Question 3: Due to economic insecurity and negatively in all fronts, I am putting off getting married/ having children.

To this statement, the answer of 106(88.33%) respondent was 'agree', 11(9.17%) were 'undecided' and 3(2.50%) respondents answer was 'disagree'.

Question 4: COVID-19 has affected my job and salary. Majority of respondents 116(96.66%) were agree with this statements whereas 4(3.34%) were undecided.

Question 5: COVID -19 has made my mental health worse. Results of this study show that 106 (88.33%) respondents were of the view that their mental health has become worse; 12 (10.01) were undecided whereas only 2(1.66%) respondents were disagree to this statement.

Question 6: There are feeling of anxiety, isolation and loneliness during lockdown.

111(92.50%) respondents were of the view that there are feeling of anxiety, isolation and loneliness due to (COVID-19), 6 (5.00%) were undecided whereas 3 (2.50%) were disagree to this statement.

Question 7: During this period of COVID-19, there is no one to give mental or moral support. 92(76.66%) respondents did not receive any

mental or moral support, 13 (10.84%) were undecided and 15 (12.50%) were disagree to this statement.

Question 8: I am always under pressure and struggling to get right support. 95(79.15%) respondents expressed that they are always under pressure and struggling to get right support whereas 13(10.84%) were undecided and 12 (10.00%) expressed that they disagree with it.

Question 9: Due to lost social interaction and lack of structured routine there is decrease in my physical activities and well being. 115(95.84%) respondents were of the view that due to lost social interaction, there is decrease in their well being and only 5 (4.16%) were of the view that their well being is not affected.

Question 10: COVID-19 has created disharmony and jealousy and led to weakening bounding with the neighbours and friends.

85(70.83%) youth agreed that due to jealousy and disharmony, bounding with neighbours and friends has become weak. This may be done to the selfish and self-centered tendencies of the people during COVID-19. 17(14.17%) were undecided and answer of 18(15.00%) respondent was disagree.

Question 11: Due to loss of income and economic crisis, I have the feelings of depression and frustration.

As per the finding of this study, 109(89.16%) youth were having feelings of depression and frustration. 6(5.0%) youth were not decided youth expressed that they do not having the feelings of depression and frustration.

Question 12: I am always in speculation, anxiety and stress as closure of colleges during COVID-19 has disrupted my educational and professional career.

The answer of this statement by 109(90.83%) respondent was 'agree' whereas 11(9.17%) were undecided.

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