



STUDY OF EFFECT OF COVID PANDEMIC ON MENTAL HEALTH OF WORKING YOUTH.

Clinical Psychology

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ABSTRACT

Aims and Objective - A socio-psychological study of the effect of the COVID-19 pandemic on the mental health of the 'working from home youths.' It can be stated as "A socio-psychological study". **Methodology** - In the present study, the independent variable was covid 19, which was assessed by various tests as positive and negative. (those who had covid and those who did not have covid). The dependent variables, which included stress, emotions, isolation, eating habits, and changes in workplace variables, were assessed. **Results** - In the present study, the highly significant results were seen in Fear Of Death, Change Of Eating Patterns and essential values in Worry About Health, Worry For Family, Stress At Home, Comfortable Working at Home, Fatigue Feeling, Change In Sleep Quality, Emotions Changed, Change In Anger Pattern, Boredom Pattern. **Conclusions** - The COVID-19 pandemic posed environmental, social, economic, and health threats to every country in the world. It created a COVID-19 syndrome affecting all domains, namely social, emotional, economic, psychological, and biological. This study which was planned not only to assess the mental health status of the 'work from home youth' but also to advise counseling if needed.

KEYWORDS

INTRODUCTION

The COVID-19 pandemic altered the way we look at life. The sense of uncertainty and helplessness had consumed many beyond control. People had lost jobs, friends, and family members. Most affected was the working class- YOUTHS. (Mental health in Covid-19, OXFAM, India, 2020.) The Covid-19 pandemic led to a prolonged exposure to Stress.

The purpose of this study was to assess the youth's mental health. In extreme cases, people suffer from depression characterized by low mood, tiredness, pessimism, poor sleep and appetite, feeling helpless, guilty, fear of death, and hopelessness, with a gradual reduction in work output.

Stress is our body's response to pressure. Many different situations or life events can cause Stress. Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand.

Here, we plan to study the impact of the pandemic on youths working from home, stress, and other emotions during the lockdown period. This study aimed to investigate factors of mental health among youth groups. We studied different variables, namely Stress, depression, mood changes, feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about death, disrupted sleep, changes in appetite or weight, and feeling especially tired or low in energy, also Time. Time is the most crucial feature or fundamental descriptor of everyday human experience and is also the most eminent forgotten element of psychoanalysis. Freud believes that the unconscious is timeless and believes that it perceives any given moment as new and immaculate. Although the perception of Time is not associated with a specific sensory system, psychologists and neuroscientists suggest that humans do have a system, or several complementary systems, governing the perception of Time. Time perception is handled by a highly distributed system involving the cerebral cortex, cerebellum, and basal ganglia.

We also studied that snacking was used as a mechanism to help cope with increased anxiety levels during self-quarantine. Participants increased their consumption of "comfort foods" such as chocolate, ice cream, and desserts during the lockdown.

A case-control study was conducted. A total of 100 youth were enrolled in this study and completed the online questionnaire about the Stress and other variables caused during the lockdown phase during the COVID-19 pandemic.

MATERIAL AND METHODS:-

It is a socio-psychological study on the effect of covid 19 pandemic on the mental health of the 'working from home youths.'

In the present study, the independent variable (IV) was covid 19, which was assessed by various tests as positive and negative. (those who had covid and those who did not have covid) Hence, this amounts to IV control by selection of COVID cases.

The Dependent Variables Include

1. Stress 2. Emotions 3. Isolation 4. Eating habits 5. change of workplace.

TYPE OF STUDY

This was a cross-sectional, observational study carried out in India of youth working from home. (above the age of 20 years, both males/females).

INCLUSION AND EXCLUSION CRITERIA

Inclusion Criteria- Under the 'youth' category, those participants who were eligible for this study were from the age group of 20-40 youths working from home.

Exclusion Criteria- Participants who are not willing to fill out the questionnaire form voluntarily will not be considered as part of our study population.

TOOLS:-

The Perceived Stress Scale (P.S.S.) :

A more precise measure of personal Stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale. The Perceived Stress Scale (P.S.S.) is a classic stress assessment instrument. The tool, while initially developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived Stress. The questions in this scale

ask about your feelings and thoughts. In the present study, part of the above standard test was used.

DATA COLLECTION PROCEDURE:

The data to be collected was on Google Forms. Data collected from Google Forms was strictly used for research purposes only. The link for the questionnaire (set of questions) was circulated via Whatsapp to the eligible study population using the Exponential Non-discriminative snowballing method. People receiving the message were requested to complete the survey and then forward the link to their close contacts in various Whatsapp groups, Instagram, and Facebook.

DATA ANALYSIS:- STATISTICAL ANALYSIS:-

Data was analyzed on a Microsoft Excel Sheet, and relevant inferential statistical tests like the significance of mean differences in terms of T-test were carried out. Data analysis, if needed, was performed using J.A.S.P. (Version 0.12.2) [Computer software]. Descriptive analysis and correlational analysis under the Pearson coefficient will also be carried out. Lower and upper confidence limits were calculated. Chi square test was used for data analysis.

RESULTS:-

Table no. 1:

Name Of The Variables	Covid Positive		Covid Negative		Not Sure/No Change		Chi-square test value at 2 D.F.	Significance
	Yes	No	Yes	No	Covid Positive	Covid Negative		
Worry About Health	18	17	17	27	14	06	5.491	<0.05
Worry For Family	39	09	29	14	12	07	2.988	<0.05
Stress At Home	29	11	21	21	10	08	4.627	<0.05
Comfortable Working at Home	06	38	11	31	06	08	5.53	<0.05
Fatigue Feeling	20	11	26	20	19	04	13.17	<0.05
Change In Sleep Quality	16	18	18	18	16	14	0.250	<0.05
Emotions Changed	12	21	06	24	17	20	2.94	<0.05
Change In Anger Pattern	12	11	06	23	26	21	6.75	<0.05
Boredom Pattern	15	6	10	13	29	27	3.65	<0.05
Fear Of Death	20	25	18	8	5	24	22.91	P<0.01
Change Of Eating Pattern	6	28	24	18	16	8	15.64	P<0.01

*P> 0.05.....Not Significant

**P<0.05.....Significant

***P<0.001.....Highly Significant

DISCUSSION:-

As per the hypothesis which can be partly accepted,

A significant difference was in the following variables

Worry About Health, Worry For Family, Stress At Home, Comfortable Working at Home, Fatigue Feeling, Change In Sleep Quality, Emotions Change, Change In Anger Pattern, Boredom Pattern.

A highly Significant difference was found in the following variables

1. Fear Of Death
2. Change Of Eating Pattern

According to one article on COVID-19, The COVID-19 pandemic resulting economic recession have negatively affected many people's mental health and created new barriers for people already who have mental illness and substance use disorders. During the pandemic, about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder. A KFF Health Tracking Poll from July 2020 also found that many adults are reporting specific negative impacts on their

mental health and well-being, such as difficulty sleeping (36%) or eating (32%), increases in alcohol consumption or substance use (12%), and worsening chronic conditions (12%), due to worry and stress over the coronavirus.

Research during the pandemic points to concerns around poor mental health and well-being for children and their parents, particularly mothers, as many are experiencing challenges with school closures and lack of childcare. Many parents with school-aged children are now more concerned about their children's emotional well-being than prior to the pandemic. Both parents and their children have experienced worsening mental health since the start of the pandemic, and women with children are more likely than their male counterparts to report deteriorating mental health.

Lockdown measures caused significant changes to all aspects of daily life. The current study examined how the passage of Time was distorted during the lockdown period. Our study had all young subjects, and younger, more socially satisfied people did not have much change over time, and they felt Time passing not much varied during the lockdown,

However, other studies which were carried out on older populations showed the passage of Time was greatly affected; the study which was by Ruth S Ogden The Passage of Time during the U.K. Covid-19 lockdown, results showed that over 80% of participants experienced distortion to the passage of time during the lockdown in comparison with usual. The passage of Time during the day was affected more predicted by age, Stress, task load, and satisfaction with current levels of social interaction. A slowing of the passage of Time was associated with increasing age, increasing Stress, reduced task load, and reduced satisfaction with current levels of social interaction.

One study on adults by Chao et al. (2020) found that state boredom is significantly related to anxiety, Stress, and depression, which is in accordance with the data presented here. Still, it should be noted that the researchers did not measure virus-related anxiety but rather general anxiety symptoms. However, a large number of statements show that boredom, frustration, and loneliness are perceived as severe consequences of isolation (Ahmed et al., 2020; Kumar and Nayar, 2020; Wang et al., 2020; Xiang et al., 2020).

According to research data, these effects can decrease with age. Youths are extraordinarily vulnerable to environmental changes, and the foundation for a healthy life must be established for youth (Clark et al., 2020). Thus, clear strategies must be designed to stabilize the conditions that have been thrown off balance in the crisis.

According to a study by Gokdemir et al. (2020), they studied to evaluate their attitudes surrounding the current pandemic, Stress, and death anxiety. The data of the study were collected online using The Ten-Item Personality Inventory (TIPI), Satisfaction with Life Scale (SWLS), perceived Stress Scale, Death Anxiety Scale: Templer Death Anxiety Scale (D.A.S.) scales. Death anxiety mean score was found to be 6.56 ± 3.01 . 0 points on the scale indicate no death anxiety, 15 points indicate very high death anxiety, and a cut-off point of 6-7 indicates the symptoms of very high death anxiety. It is observed that the death anxiety of the participants is at a moderate level. As studied by Mirhosseini et al. (2021), The study aimed to determine the death anxiety rate and covariates during the COVID-19 outbreak. As a result of the study, death anxiety was found to be 6.46 ± 3.33 . Considering the minimum and maximum scores of the scale, it can be said that the death anxiety rate is moderate. So, all the studies were similar to our findings.

CONCLUSION:-

This COVID pandemic has created a COVID SYNDROME affecting all domains, namely social, emotional, economic, psychological, and biological. This study was planned not only to assess the mental health status of the 'work from home youth' but also to advise counseling if needed. There are considerably less number of research studies that revolve around this topic, and our study will definitely help this young crowd. There is a solid need to intensify the awareness program and address the mental health issues of people during this COVID-19 pandemic. Government agencies also have a definite role to play in this pandemic. The government and their policies should favor tide over the financial crisis and help to cope with the economic burden faced. other domains social/psychological should also be cared of, especially

for this susceptible population, The Youths.

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