



ORIGINAL RESEARCH PAPER

Neuroscience

ANXIETY AND DEPRESSION AFFECTING QUALITY OF LIFE DURING COVID-19 IN IT SECTOR WORKERS, DUE TO WORK FROM HOME

KEY WORDS: IT SECTORE, Anxiety and Depression correlation, covid 19 ,Occupational Therapy

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ABSTRACT

Background- Everyone has anxiety from time to time, but chronic anxiety can interfere with your quality of life. Depression is a mood disorder that involves a persistent feeling of sadness and loss of interest. Major life events, such as bereavement or the loss of a job, can lead to depression.

Aim & Objectives:- The objective of this study was to demonstrate that anxiety and depression has a significant affect on QOL during covid-19 in IT sector workers due to work from home .

Study Design- An survey design study was conducted.

Methods:- Written consent from participants was taken. Qol was assessed by the Qol scale, Hamilton anxiety scale and patient health questionnaire (degree of depression severity). Statistical analysis was done .

Result – There was mild correlation between the severity of anxiety and depression but also There was no correlation between QoL.

Conclusion – It was seen that there was increase in Anxiety and Depression due to the external environmental factors but it didn't affect the Quality of life.

INTRODUCTION

Information Technology is an industry consisting of two major components: IT service and business processing outsourcing (BPO).

Anxiety is a physiological state characterized by cognitive, somatic, emotional, and behavioral components. Anxiety manifests itself through 3 separate systems. The three systems are: the mental systems (which includes the actual feelings of nervousness, anxiety and panic and also includes thoughts such as: “there Is something wrong”); the physical system (which includes all of the physical symptoms such as dizziness, sweating, palpitations, chest pain, and breathlessness); the behavioral system (which includes the actual activities such as pacing, foot tapping and avoidance). Everyone has anxiety from time to time, but chronic anxiety can interfere with your quality of life.

An excessive or persistent state of anxiety can have a devastating effect on your physical and mental health. Anxiety disorders can happen at any stage of life, but they usually begin by middle age. Women are more likely to have an anxiety disorder than men, says the National Institute of Mental Health (NIMH). Symptoms may begin immediately or years later. Having a serious medical condition or a substance use disorder can also lead to an anxiety disorder.

What are the types of anxiety disorders?

Anxiety is a key part of several different disorders. These include:

- * panic disorder: experiencing recurring panic attacks at unexpected times. A person with panic disorder may live in fear of the next panic attack.
- * phobia: excessive fear of a specific object, situation, or activity
- * social anxiety disorder: extreme fear of being judged by others in social situations
- * obsessive-compulsive disorder: recurring irrational thoughts that lead you to perform specific, repeated behaviors

- * separation anxiety disorder: fear of being away from home or loved ones
- * illness anxiety disorder: anxiety about your health (formerly called hypochondria)
- * post-traumatic stress disorder (PTSD): anxiety following a traumatic event.

All anxiety disorders share some general symptoms: Panic, fear, and uneasiness, sleep problems, not able to stay calm and still, cold/ sweaty/ numb or tingling hands or feet, shortness of breath, dry mouth, nausea, tense muscles, dizziness.

Depression is a mood disorder that involves a persistent feeling of sadness and loss of interest. It is different from the mood fluctuations that people regularly experience as a part of life. Major life events, such as bereavement or the loss of a job, can lead to depression. However, doctors only consider feelings of grief to be part of depression if they persist. Here are some of the common symptoms of depressions:- Persistent sad, anxious or “empty” mood, Restlessness and irritability, Feelings of hopelessness, pessimism, guilt, worthlessness or helplessness, Loss of interest or pleasure in hobbies and activities, including sex, Decreased energy and fatigue, and feeling “slowed down” .

Quality of life (QOL) is the general well-being of individuals and societies, outlining negative and positive features of life. It consists of the expectations of an individual or society for a good life. These expectations are guided by the values, goals and socio-cultural context in which an individual lives. It serves as a reference against which an individual or society can measure the different domains of a personal life.

DURING WORK FROM HOME:

The COVID-19 pandemic has forced organizations to change their status quo on functionality leading to the new norm of Work from Home. It was expected to be a win-win situation for the employee, however, the outcome has been quite the opposite, studies have shown. The threat of infection while travelling made the companies allow their employees to work

from their respective homes rather than office cubicles. While it was assumed that the situation would have provided the employees some respite and allowed them to spend more time with their families, the experts think otherwise. The travel time used to give them the shift from home mode to work mode. When they were coming back, it would give them the time to plan and think about home and vice versa. Measures to mitigate the mental health risks of the unemployed and young people will be critical in case of further waves of the Coronavirus. Providing targeted support to allow those seeking work to get back on track and cope with the impact of the pandemic. "There were clear boundaries. Now with work from home, partners have different work timing; then there are children, cooking and other activities. The timings are messed up. Those who organize well are performing well, but the majority of people are not organized. Hence there is a lot of mental disturbance caused, which leads to anxiety and depression.

OBJECTIVE:

The objective of this study was to demonstrate that anxiety and depression has a significant effect on QOL during covid-19 in IT sector workers due to work from home.

Study Design: A survey study design.

Participants:

30 people population were included in the study who work in IT sector and satisfying the inclusion criteria of People working for 5 to 6 hours or more per day during COVID-19, People population in the age group of 25-45 years, People who do not have any ortho and neuro conditions. Consent was taken from every individual. Each individual was explained about the complete assessment procedure in detail via consent form. Thirty individuals included in the study, out of which 19 were male & 11 were females. This study conducted adhering to principles of "Declaration of Helsinki". anxiety and depression affecting Qol during covid-19 in IT sector workers, due to work from home was assessed using the Qol scale, Hamilton anxiety scale and Patient health questionnaire (degree of depression severity).

Data was collected and scores were calculated for the Indian scales those were administered. Statistical analysis was done of the collected data & results were concluded.

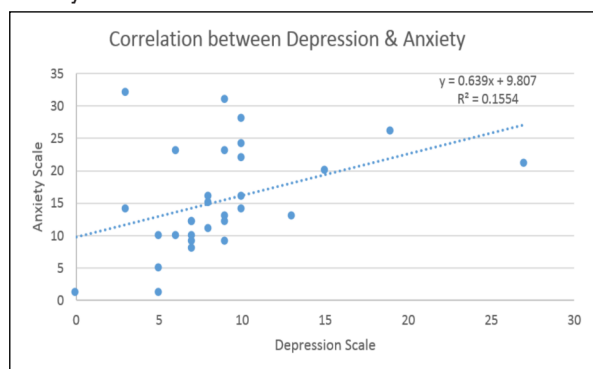
RESULTS:

Basis on questioner we got this data.

Table 1: Total Scores For Different Scales

Total Scores	Depression	Anxiety	QoL
Average	8.7	0.93	81.0
Median	8	0.5	80
Minimum	0	0	71
Maximum	27	4	89

It was seen that severity of depression was by 60%, severity of anxiety was 66.7%.



Graph 1

There was mild correlation between the severity of anxiety and depression (Pearson's correlation coefficient-0.39).

There was no correlation between the severity of depression and the QoL (Pearson's correlation coefficient- 0.11). There was no correlation between the severity of anxiety and the QoL (Pearson's correlation coefficient- -0.89).

DISCUSSION:

The main aim of this study was to find if Anxiety and Depression Affects Quality of life due to work from home during Covid-19 using standardized scales. Hence, we conducted a study in which 30 individual were included from the IT sector based on the inclusion exclusion criteria.

In this study Hamilton Anxiety Scale, Patient health questionnaire for Depression and Quality of life scales were administered for screening and assessment to identify the psychological effects during Covid-19.

In this study , mild anxiety and depression was seen in IT sector population and there was slight Correlation between the severity of depression and anxiety (Fig-5). This might be due to change in the work environment, the current pandemic situation , loss of social interaction. This is supported by study conducted by Shi L, Lu ZA, Que JY, et all, they concluded that the mental health symptoms may have been common during the COVID-19 outbreak among the general population[1].

In our study there is no effect of working environment Anxiety and Depression this was because most of the individuals were at a managerial post and would cope with managing workplace stress for increased performance. By the Questionnaire provided to the individuals we could understand that there were technical problems caused at a home set-up but then solutions were found out to fix the problems .This is supported by study done by, Dr. Shikha Sharma and Nisha Upadhyay both Government and Private sector employees are likely to have Stress, Anxiety and Depression but there is no effect of working environment on Stress, Anxiety and Depression[2].

In our study there is no Correlation between Anxiety and Depression on Quality of Life in the IT profession, this maybe because there was undisturbed sleep pattern because targets had to be completed but no any time bound, colleagues were supportive also there is no insecurity for salary payment and job and family was supportive and the Individuals had an interest in their work .

The study done by Bin Nordin Rusli, Bin Abdin, Edimansyah and Lin Naing suggests that higher social support increases the self-reported quality of life of these workers. Higher job control increases the social relationships, whilst higher job demand increases the self-perceived stress and decreases the self-perceived quality of life related to environmental factors.[3]

CONCLUSION:

This study is attempted to show relationship between Anxiety, Depression and Quality of life among IT professionals during the pandemic situation. It was seen that there was increase in Anxiety and Depression due to the external environmental factors but it didn't affect the Quality of life be of the support by the family members and work colleagues and their coping mechanism.

LIMITATIONS:-

The study has considered the patient only in the context of IT setup workers only , Small study population. More number of male population in comparison to the number of female population were included in the study. Other factors which may affected the individual's responses to the questionnaire are not taken into consideration.

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