



**ORIGINAL RESEARCH PAPER**

**Psychology**

**ANXIETY, LONELINESS AND AGGRESSION OF EARLY ADULTHOOD DURING COVID**

**KEY WORDS:** Anxiety, Loneliness, Aggression, Early Adulthood

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**ABSTRACT**

Early adulthood is the age an individual falls under 20s to 35s where everyone has lots of confusion in their life. In this peculiar age group there will be emotional, hormone and cognitive changes. Anxiety, loneliness and aggression can make an individual more prone to violent behaviour. The Covid 19 pandemic had a great impact on mental health. The isolation and loneliness one experienced during the pandemic may lead to anxiety and aggression. Anxiety is a normal emotion in which a person feels stressed and day to day life will be disturbed and a person who has aggression with anxiety and loneliness makes the person more curious. He may have some mood disorder. Anxiety, loneliness and aggression are a combination in which anxiety is a disorder and loneliness and aggression, taking the anxiety to the next level that leads the person to commit serious crimes like killing, robbery, rapes and drug abuse. The amygdala is the brain area that is in charge of anxiety, loneliness and aggression. A person having one of the above problems is vulnerable to having others too. This thematic paper applies content review methodology and gone through the contents related to the topic and analytically summarised the ideas. The conclusion of the thematic paper states that the anxiety, loneliness and aggression in early adulthood are high and it need to be catered at an early. This paper also discusses the aftermath of the sudden rise of Covid pandemic on mental illness such as anxiety, loneliness and aggression in early adults and strategies to resolve it like, CBT, Exposure therapy, Anti anxiety-medications, meditation etc. This paper also indexes the trouble these issues create in society.

**INTRODUCTION**

Early adulthood is the age group of people who belongs to 20s and 35s. The people who come under this group will be young and energetic. In a developing country like India the lifestyle changes are drastic with this people with psychological disorders and the number of crimes is increasing day by day. The sudden arise of pandemic has made lot of struggle and confusions. Anxiety, loneliness and aggression these three can make a huge change in a person's perception and behavioural pattern which may lead them to illness or antisocial. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure (AMERICAN PSYCHOLOGICAL ASSOCIATION). Anxiety can make a person's day to day life in trouble. Anxiety is a major concern for individuals in their 20s and 30s. Anxiety is least understood and most extensively studied of all the emotions. It is a result of both emotional and personality trait. It is a normal reaction to stressor or stress, anxiety is something that everyone faces. Loneliness may be regarded as the painful longing for the lost object or for the loss of the love of the object. (Freud 1926). Loneliness can be normal, and is only an indicator of the underlying disease when feelings become excessive, all-consuming and interfere with daily living. Aggression as behaviour that is intended to harm another individual who does not wish to be harmed (Baron & Richardson, 1994) Aggression is any behavior that hurts other people. Aggression also can be social, the reason for more aggressive than others is complex. Aggression can also be a sign of a mental health problem such as bipolar disorder or ADHD. But having these conditions can't mean that a child will be aggressive.

There are lot of people who have some psychological problems; the covid 19 pandemic has increased the impact of these problems much more. Individuals with slight mental health issues are struggling in these situations, as in the case the plight of individuals who have serious mental illness are even worsened. Even the common people were anxious very much so it shows in-depth and others also have affected. In the period of covid the number of psychological problems and

crimes has been increased and reported.

**ANXIETY**

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure (American psychological association). Anxiety may be defined as apprehension, tension, or uneasiness that stems from the anticipation of danger, which may be internal or external (Diagnostic and Statistical Manual of Mental Disorders, 1980)

**LONELINESS**

Loneliness is a state of being alone, an unpleasant feel of isolation from others. Loneliness is not a disorder it may be a symptom of some other illness. Loneliness may be regarded as the painful longing for the lost object or for the loss of the love of the object. (Freud 1926/1959). Loneliness is a state of being alone, an unpleasant feel of isolation from others. Loneliness is not a disorder it may be a symptom of some other illness.

**AGGRESSION**

Aggression is any behaviour that hurts other people. Aggression also can be social, the reason for more aggressive than others is complex. Aggression as behaviour that is intends o harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Aggression is a harmful act towards a living being. Frustration is one of the reasons for aggressive behaviour. Aggression can be also linked to certain disorders like depression, anxiety, and post traumatic stress disorder.

**OBJECTIVE OF THE STUDY**

The objective of the study aims to explore anxiety, loneliness and aggression of early adulthood during Covid-19 pandemic.

**METHODOLOGY**

This thematic paper applies content review methodology and gone through the contents related to the topic and analytically summarised the ideas.

**DISCUSSIONS OF THE STUDY**

Early adulthood is a stage of life that possesses a lot of uncertainties. This study deals with how does covid-19 pandemic act on anxiety, loneliness and aggression that is obvious in early adulthood. It has been also discussed about the relationship of anxiety, loneliness and aggression in early adulthood and the areas which controls these problems in the brain. The study hints at how it affects the individual and society, also mentioned some treatment strategies to reduce or resolve it. Mental health issues should be diagnosed and treated promptly.

**RELATIONSHIP OF ANXIETY, LONELINESS AND AGGRESSION**

Early adulthood is a stage of life in which lot of confusions and doubts will arise. These confusions can lead to anxiety in these stages. People who feel loneliness in their life may also have anxiety, the reason for anxiety and loneliness varies from person to person. Results from whole-brain VBM analyses showed that individuals with higher loneliness scores tended to have smaller gray matter volumes in three clusters comprising (i) the left amygdala/anterior hippocampus, (ii) the left posterior Para hippocampus and (iii) the left cerebellum (Sandra Düzel et. al 2019). The brain amygdala plays a key role in modulating fear and anxiety. Patients with anxiety disorders often show high amygdala response to anxiety. The amygdala and other limbic system structures are connected to prefrontal cortex regions (Nita V Bhatt 2019). Two brain areas involved in the neural network of aggressive behaviour are the amygdala and the hypothalamus (Flavia Venetucci Gouveia, PhD et.al 2019). The given above three studies it shows the relationship of anxiety, loneliness and aggression these three have a connection with the amygdala in the brain. The amygdala is a region of the brain; which associated with emotional process. A person who has anxiety loneliness and aggression will surely have severe problems with his amygdala and this anxiety will make a person curious about things that he doesn't experience in his life. At this time the aggression will also join with this anxiety and loneliness to commit criminal behaviour in the society. In most of the person, who has done serial killings and resides in prisons will have a problem with the function of the amygdala of his brain. In most of the crimes anxiety is the main reason to do a crime.

**TREATMENT**

- **Cognitive behavioural therapy (CBT)**: is the most common type of psychotherapy used with anxiety disorders, loneliness and aggression. CBT for anxiety teaches you to recognize thought patterns and behaviours that lead to troublesome feelings. It needs to be worked on changing them Cognitive-behavioural therapy for anxiety disorders: an update on the empirical study by Antonia N. Kaczurkin, PhD and Edna B. Foa, PhD (2015).

**Exposure therapy**: It focuses on dealing with the fears behind the anxiety disorder. Provider may also use relaxation exercises and imagery with exposure therapy (Exposure Therapy for Anxiety Disorders (Johanna S. Kaplan, PhD, David F. Tolin, PhD Psychiatric Times (2011).

- **Anti-anxiety medications**: Anti-anxiety medications, such as benzodiazepines, may decrease your anxiety, panic and worry (Drugs to Treat Anxiety Disorder. Rebecca Barnhart, PharmD, BCPP (2021).
- **Anti depressant medications**: -It can also help with anxiety disorders. They tweak how your brain uses certain chemicals to improve mood and reduce stress (Used to Treat Mental Disorders (Smitha Bhandari, MD (2021).
- **Deep brain stimulation**: - studies have shown evidence using deep brain stimulation to treat symptoms by amygdala damage. Specifically, deep brain stimulation

can help relieve some psychological and behavioural side effects (Deep brain stimulation for aggressiveness: long-term follow-up and tractography study of the stimulated brain areas (Cristina V.Torres PhD et.al (2020).

- **Meditation**: - A set of techniques that are intended to encourage a heightened state of awareness and focused attention (The effects of meditation on individuals facing loneliness: Gurleen K. Saini et.al. (2021).
- **Yoga**: - The application of Yogic principles to a particular person with the objective of achieving a particular spiritual, psychological, or physiological goal (Yoga as a practice tool. Amy Novotney (2009).
- **Family therapy**: - Family therapy can be a big help for adults struggling with aggression to mend broken bonds with loved ones that may have occurred as a result of their aggressive behaviour (Family therapy activities for anger (2021).
- **Group therapy**: - Working with others in group who is similarly struggling with aggression and other mental or physical problems can be a great relief for those who have aggressive tendencies. Through the group, we will learn anger management skills, coping mechanisms, relaxation exercises, and guided imagery to help you learn new ways of expressing your feelings (Cognitive group therapy for aggressive boys: Yifrah Kaminer. J Am Acad Child Adolescent Psychiatry. (2005).
- **Exercises**: - Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function (Anxiety Exercises to Help You Relax: Erica Cirino (2020).

**CONCLUSION**

Early adulthood is a stage of life that possesses a lot of uncertainties. This study deals with how does covid-19 pandemic act on anxiety, loneliness and aggression that is obvious in early adulthood. It has been also discussed about the relationship of anxiety, loneliness and aggression in early adulthood and the areas which controls these problems in the brain. The study hints at how it affects the individual and society, also mentioned some treatment strategies to reduce or resolve it. Mental health issues should be diagnosed and treated promptly. The conclusion of the thematic paper states that the anxiety, loneliness and aggression in early adulthood are high and it need to be catered at an early. This paper also discusses the aftermath of the sudden rise of Covid pandemic on mental illness such as anxiety, loneliness and aggression in early adults and strategies to resolve it like, CBT, Exposure therapy, Anti anxiety-medications etc. This paper also indexes the trouble these issues create in society. The article presented the importance of mental health and the problem that early adulthood faced during covid period. Anxiety is one of the main concerns that youngsters faces. Early adulthood is a stage in life lot of changes occurs which affect in psychologically also there will be lots of confusions and frustrations. Anxiety loneliness and aggression is a combination of problem that has some physiological background in amygdala which is one of the reasons for three of them. These three problems that a person faces will have a chance of becoming antisocial. A person is having a problem of anxiety or loneliness or aggression have some problem with the function of emotions and cognitive processes there were curing methods which they can get rid of the problem they are facing. Amygdala is the area of brain which have controls on anxiety, loneliness and aggression. A person is having some Amygdala problem will surely met anxiety and related mental illness. There are some coping strategies to overcome these problems which have been given above. Anxiety is not fully curable, but it can be reduced to some

extent by using some strategies, for overcoming loneliness and aggression CBT is the best way to reduce it. Thus, the professionals working in this pandemic should march towards panacea to bring back them into the new normal life and get success.

#### **Acknowledgment**

This article has been presented in 5th international conference Pandemic to Panacea: Bio Psycho-Social strategies held on 4th&5th March 2022 organized by Department of Psychology, Anugraha Institute of Social Science & Higher Education for women Coimbatore. Department of Special Education & Rehabilitation Science Alagappa University, Karaikudi. Servite Arts and Science college for Women T.Idayapatti, Thogaimalai.

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