

UNIVERSITY OF ENGINEERING AND TECHNOLOGY

Depression faced by youth during lockdown 2020

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March 18, 2021

Ms. Sadaf Qureshi

Professor

Department of Humanities

University of Engineering and Technology, Lahore

**Subject: Letter of Transmittal**

Dear Madam,

With due respect, this is to inform you that we have completed our project report entitled “Depression faced during lockdown”, following your instructions. This report focuses on the factors that causes depression to our youth. We have also discussed its treatments in it. It was a challenging and interesting experience to work on such a topic.

Finally, we would love to express our gratitude for your supportive thoughts and kind consideration. Without your help, we could not be able to complete it.

Yours Sincerely,

2019-CS-102(Arooj Fatima)

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**Abstract**

The primary objective of this research is to explore the harsh causes of depression faced specifically by our youth. Given that COVID-19 changed our life a lot. Lockdown has been imposed by the government which causes a lot of issues in the inhabitants of Pakistan. Out of which, Depression is the major issue that arise in our youth during lockdown. To explore more about the reasons of this disorder questionnaire was conducted which collected data from the youth for analysis. The results indicate that the most people are facing this issue and the main reasons behind it was financial issues faced during lockdown, family issues, fear of being infected by COVID, fear of losing loved ones, insecurity and self-isolation. This research suggests a treatment to the people who are a victim of this disorder. The research report gives the idea of main causes of depression, youth opinion about it and how this problem can be overcome.

**Keywords:** Causes of Depression; Youth; Questionnaire, Results, Treatments

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**Chapter # 1**

**Introduction**

* 1. **Aims**

This report investigates causes and effects of depression in youth duringlock downdue to **COVID-19** global pandemic. The aim of this report is to discuss this mental disorder along with its significance, symptoms, causes, effects, consequences, diagnosis and treatments.

* 1. **Purpose of study**

This report will create awareness about depression and how to overcome it.

* 1. **General Background**

Depression (major depressive disorder) is a serious medical illness that negatively affects how you feel, the way you think and how you act. Unfortunately, COVID-19 pandemic and the lockdown orders that was adopted to prevent the spread of the disease had a huge impact on a physical and mental health of youth. During pandemic a lot of mental disorders including depression had been faced by youth which had a very bad impact on their lives and daily activities. We chose this topic for report to underline the importance of considering the psychological effects of COVID-19 and highlighting roots of these effects to individuals and how can a person prevent himself from this disorder.

* 1. **Research Method**

This report is based on different facts and figures obtained from different sources such as

* In this research our primary sources were online survey and questionnaire.
* We used internet and websites as secondary resources.

**Chapter 2**

**Literature Review**

**2.1 Depression**

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-confidence Usually people feel sad or depressed. It’s a normal reaction. But when intense sadness such as feeling hopeless, and worthless lasts for many days and keeps you from living your life, it may be something more than sadness i.e., depression.

Depression has been the commonest reason why people come to a psychiatrist. Depression can disturb sleep or appetite and can cause poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become long-standing and terrible. At its worst, depression can lead to suicide. [2]

**2.2 Depression in Lockdown**

With the attack of the Coronavirus early in 2020, the virus spread all around the world in a very short amount of time. Somewhere in between February and March, government imposed strict lockdown to stop the spread of this pandemic. During a long stay at home, as a byproduct of the coronavirus disease, no human-to-human interaction, poor communication, family and financial issues and so many other reasons, people start to feel a strange kind of stress, fear, and anxiety about being put in such an area of uncertainty.

According to research done on a sample of 18,147 individuals showed high rates of post-traumatic stress symptoms (37.14% of the sample), depression (17.3% of the sample), anxiety (20.8% of the sample), sleep disorders (7.3% of the sample), perceived stress (21.9% respondents scoring above the threshold) reported during the lockdown, with females expressing higher impact on their mental health. This showed that it is a serious issue and should be tackled[13].

A few of the causes behind this illness and its symptoms have been explained in subsequent topics.

**2.3 Causes:**

**2.3.1 Fear of losing family:**

The experience of the loss of the relatives, which is naturally one of the most stressful events in a person’s life, has turned into a new concept and challenge for survivors and mental health professionals during corona virus era. We discussed how restrictions caused by social distancing potentially increase the likelihood of phenomenon called complicated grief or prolonged bereavement disorder. Most of the people cling to their fears, which often causes them to feel more vulnerable. All the news surrounding the risks, challenges, and deaths associated with the current coronavirus, COVID-19, has definitely weakened the people during lockdown.

**2.3.2 Communication Gap:**

This research is examining how these enforced periods of isolation have changed our social interactions. They had begun to shrink their social networks. Yet it is also clear that when it comes to people in our lives with whom we don’t have enough of a foundation of friendship to build an online relationship during the pandemic, we miss our interactions with them. People in lockdown started to experience negative persistent impacts on the way they used to think and act in social situations – they became more hypervigilant of rejection and became more socially anxious. Loneliness goes far beyond that familiar whine of “I’m bored”. When student miss their friends, that loneliness might express itself as anger, anxiety and sleep problems and become a major cause of depression during lockdown.[6]

**2.3.3 Negative impact of social media:**

The media we consume daily has an impact on our thinking, behavior, and emotions. If you’ve fallen into a pattern of regularly watching or listening to the news, the majority of what you’re consuming is likely about the coronavirus (COVID-19) crisis during lockdown. And while staying up to date on local and national news, especially as it relates to mandates and health updates, is critical during this time, experts say over-consumption of the news can take a toll on your physical, emotional, and mental health.

Participants reported that social media has a significant impact on spreading fear and panic related to the COVID-19 outbreak, with a potential negative influence on people's mental health and psychological well-being.

**2.3.4 Unemployment:**

COVID-19 pandemic has led to high rates of unemployment across country. The burdens associated with unemployment, however, have not hit all households equally. Families with children and unemployed parents have reported especially high rates of hardship, with potential long-term consequences for child wellbeing and development. The youth belonging to such households might have experienced depression. These negative feelings are reflected directly on youth’s daily activities and consequently exposed in Social Media in terms of sharing the stress or fear.

**2.3.5 Decreased activities in Lockdown:**

The terminology ‘lockdown’ itself is quite overwhelming and gives a sense of being trapped. This compounded with stress may lead to the perpetrator projecting frustration onto the victim to a higher degree. It is reasonable to assume that lockdown measures have fundamentally changed work and transport related physical activities for a large proportion of the working population. With the closure of sports and fitness clubs as well as outdoor exercise facilities also leisure time activities might be affected, potentially leading to a further decline of already low levels of physical activity. This became a factor of depression in people.[4]

**2.3.6 Conflict between families:**

Emotions are running high, and arguments are exploding frequently. No one can agree with each other, and every little thing is annoying someone in the house. We all know we’re living in strange times. Our roles within the family, in the home and at work have changed. There’s been big changes to everyone’s daily routines, leading to a sense of loss for the things we can no longer do, or people we can no longer see. Where once you could walk away from household tension, you’re obliged to stay within the same walls. The way you thought of and used your home has changed. Heightened anxiety and stress mean that emotions and anger aren’t being processed in the same way. There may be money and food worries, as well as the guilt and anxiety of worrying about the effects this is having on children.

**2.4 Symptoms**

* Emotional well-being, such as feeling sad or empty, anxious or hopeless
* Uncontrollable overthinking
* Behavior, such as loss of interest in activities, withdrawing from social engagements, thoughts of suicide
* Cognitive abilities, such as thinking or talking more slowly
* Disturbed sleep patterns, such as difficulty sleeping through the night, waking early, sleeping too much
* Difficulty concentrating, remembering, making decisions
* Physical well-being, such as decreased energy, greater fatigue, changes in appetite, weight changes, aches, pain, headaches, increased cramps
* Persistent sad mood, most of the day, nearly every day
* Loss of interest or pleasure in hobbies and activities
* Feelings of guilt, worthlessness, helplessness
* Insomnia, early-morning awakening, or excessive sleeping
* Low appetite and weight loss or overeating and weight gain
* Restlessness or irritability[5]

**Chapter 3**

**Methodology**

Data collected through survey, questionnaire, discussions, self-observations and research. This research conducted for identification the different facts those are becoming the factor of depression faced by people in Pakistan during lockdown and how could we solve this major problem among peoples. Finally, distinct clarifications, judgements, opinions and conclusions about this study were written in different ways.

**3.1 Quantitative Analysis**

Quantitative research is used to identify the problem by way of the producing numerical data. This research was conducted by both quantitative methods. We used online survey questionnaire and discussion with different people to collect data. There were different responses:

|  |  |
| --- | --- |
| **Row Labels** | **Count of Gender** |
| **Female** | 225 |
| **Male** | 52 |
| **Total** | 277 |

Above figures presents the genders who gave the response of the survey form. There was total **277 respondents,81% females** and **19% males.** The ratio of female respondents is higher than male respondents. These respondents belong to the different age group. Our mainly focus is on youth (15-25 age). Approximately 90% people who responded to questionnaire were youth. Their answers are falling in the category of Quantitative research method.

In questionnaire survey, we asked them 10 questions. The central focus was on **whether they deal with depression or not and what were the main reasons behind the depression.** First question was about age from which this can be clear that they were mostly from youth. The second question was about our research topic that whether the lockdown caused them depression and anxiety or not. Question 3 to 8 were on factors/causes that induced substantial depression. Question number 9 and 10 referring to whether they experience severe symptoms of depression or not. In few questions, we also asked for their opinion and views on which were the root of the depression among youth during quarantine.

The central question of questionnaire was; what are the major causes behind depression during lockdown and how many people are facing it? We identified 277 hits for these questions. 154 people responded “Yes” on they are facing depression (54.1%). Table below shows causes in which the Financial Issues was responded the most (41.2 %). The next closest hits were Fear of being infected by COVID-19 (38.7%), Self-Isolation (33.7%), Family/ Friends Issues (30%) and Insecurity (20%).

**Table on major causes behind depression during lockdown:**

|  |  |  |
| --- | --- | --- |
| **Reasons** | **Hits** | **Percentage** |
| **Financial Issues** | 115 | 41.2% |
| **Fear of being infected by COVID-19** | 113 | 40.7% |
| **Self-Isolation** | 94 | 33.7% |
| **Family/ Friends Issues** | 84 | 30.8% |
| **Insecurity** | 59 | 20% |
| **Total** | 277 | 100% |

**Chapter 4**

**Result & Analysis**

**4.1 Quantitative Analysis Survey Questions Analysis:**

**4.1.1 Your Age**

Mostly respondents (90%) were from youth age from 15 to 25 on which we done research.

**4.1.2 Did you feel any kind of depression during lockdown?**

Figure shows that almost 54% people suffered from depression during lockdown.

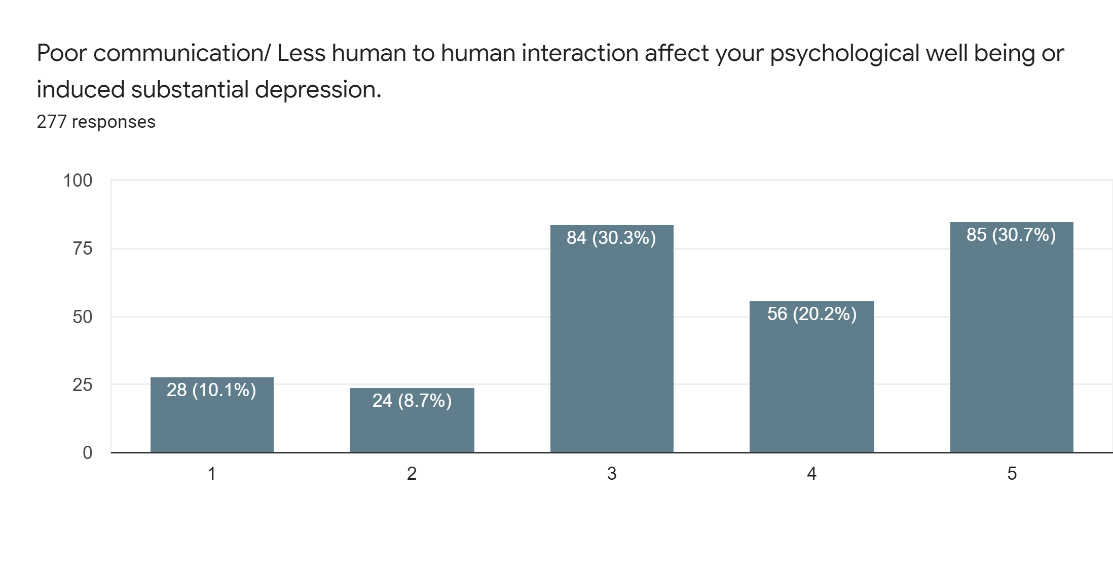
**4.1.3 Do you think media/ news played a huge rule in enhancing fear of Corona Virus?**

Almost 87% of people agreed upon how media played a huge rule in enhancing fear of COVID 19 that end up becoming a factor of depression in youth.

**4.1.4 Did you or your family financially influence in lockdown?**

Figure shows that 51% people were affected financially during lockdown. According to research this play a role in causing depression among youth.

**4.1.5 Poor communication/ Less human to human interaction affect your psychological well-being or induced substantial depression.**

****

1. Strongly Disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly Agree

50.9% people agreed upon less human to human interaction caused depression or mental disorders among youth.

**4.1.6 What do you think about major causes behind depression faced by many of us during pandemic?**

These reasons were mentioned by respondents which lead them towards depression in which financial issues, family issues were at the top. Furthermore, insecurity through social media affected 20% peoples.

**4.1.7 Did lockdown cause you social media addiction?**

Lockdown became a reason of social media addiction among youth from which 12% peoples faced insecurity through social which is a very big reason of depression among them.

**4.1.8 Did online classes usher anxiety or depression in students?**

**4.1.9 Do you sometime face uncontrollable over-thinking, racing thoughts or difficulty concentrating?**

These are the main symptom of depression and anxiety which influenced 57% youth.

**4.1.10 Do you face sleep problems during lockdown?**

Sleep problems are also a symptom of anxiety.

**Chapter 5**

**Conclusion**

The conclusion of this report formed by a survey research is that during this period of COVID-19 pandemic people of all ages especially youth (51%) suffered by depression. Our results highlight the main causes of this depression during lockdown period are poor communication between people, as about 60% people agreed from it. Many people give reason that they feel depression during lockdown period because of serious financial issues, family problems and academic problems faced by them. The online classes during this period is a very bad experience for students which ruin their education severely. About 80% of the people become addict of social media which affects seriously their mental and physical health and lead them to depression. To minimize the growing mental health problems, the government, along with the universities, should work together to deliver promptly and accurately economy oriented psychological support to the students. Furthermore, parents should be encouraged, by providing pandemic response and recovery support from the government, to create a friendly and positive family environment for students without imposing pressure on the future academic and working career. Also, we should let the people to get knowledge about the depression, as it is a serious mental issue and take the people even to the suicide.

**Chapter 6**

**Treatments/ Recommendation**

During the Corona Virus crisis all aspects of our life are affecting seriously. And due to the lockdown-restrictions many of us are suffered by depression. But we should take care about it and properly treated it. Following are some treatments that will help you to improve your mental health and keep yourself away from depression.[7]

**6.1 Distract Yourself**

#### When you’re depressed, out of work, and isolated from your social network, the negative thoughts running over and over in your head can seem never ending. But you can break the cycle by focusing on something that adds meaning and purpose to your life. You may read a book, write a novel, learn some music or cooking etc.

**6.2 Your Consumption of News**

Take a breather from the news. Switch off from social media. Make sure you regularly take a break from the non-stop onslaught of negative news which does nothing but add to further your anxiety levels.

#### 6.3 Maintain as Normal Routine as Possible

#### While it is true that there are limitations to where you can go and who you can visit during the lockdown, try as much as possible to incorporate regular daily activities in your routine. Start your day at the same time, follow an exercise plan, stick to your work schedule, and follow your daily household routine.[8]

#### 6.4 Connect with your friends and family

While you are spending extended periods at home, it is important to maintain contact with the people that are important to you. Set up regular video calls with family and remember to call your friends. Speaking to someone regularly and having a face-to-face conversation, although virtual, will help you to focus on positive emotions.

#### 6.5 Eat Healthily

Make sure to include a good mix of nutritious food in your daily diet. Clean eating will keep your body healthy and energized. Try to control your alcohol intake – large quantities of alcohol can further aggravate negative thoughts.

**6.6 Use reminders to keep yourself on track**

When you’re depressed, it’s easy to forget the small steps that can help to lift your mood and improve your outlook. Keep reminders of the tips that work for you on your phone or on sticky notes around your home.

**6.7 Practice relaxation techniques**

Incorporation relaxation techniques such as meditation, progressive muscle relaxation, or a breathing exercise into your daily schedule can provide a welcome break from the cycle of negative thinking, as well as relieve tension and anxiety.

**6.8 Sleep well**

Just as depression can impact your quality of sleep, poor sleep can also contribute to depression. When you’re well rested, it’s easier to maintain your emotional balance and have more energy and focus to tackle your other depression symptoms. Changing your daytime habits and bedtime routines can help improve how well you sleep at night.

If we act upon these treatments (discussed above) we may get rid of depression soon. Otherwise, if someone is suffering from serious kind of severe depression. He should visit the psychiatrist and take proper treatment under the observation of the psychiatrist.[9]

**Chapter 7**

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