

## A survey on mental health and behavior of people during COVID-19 pandemic

### Abstract:

While the COVID-19 caused so much trauma and crisis all over the world and it was unannounced, so huge population did not see it coming the way it made itself so terrifying and people were not ready to be in such situation. As observed on web, people really had to fight with their emotions. There was an increase in the form of emotions such as anger, fear and sadness. This analysis could be used to understand how such pandemic situation leads to creating a turbulence in mental health of people and necessary measure can be taken to prevents people's life socially. Certain set of policies can be formed to make sure people have less anxiety and more ways to find positivity around them.

### Introduction:

Having been in the phase of covid-19, where many countries faced complete lockdown, the motivation to do the research remains to makes peoples' lives easy and less stressed. Many countries noticed efficient number of rise in suicides or self-harm. One major reason for that was also loss of jobs or pay-cuts. Due to big economic fluctuation, there were many financial crisis as well and that did cause problems in the house and created a problem to peoples' mental health.

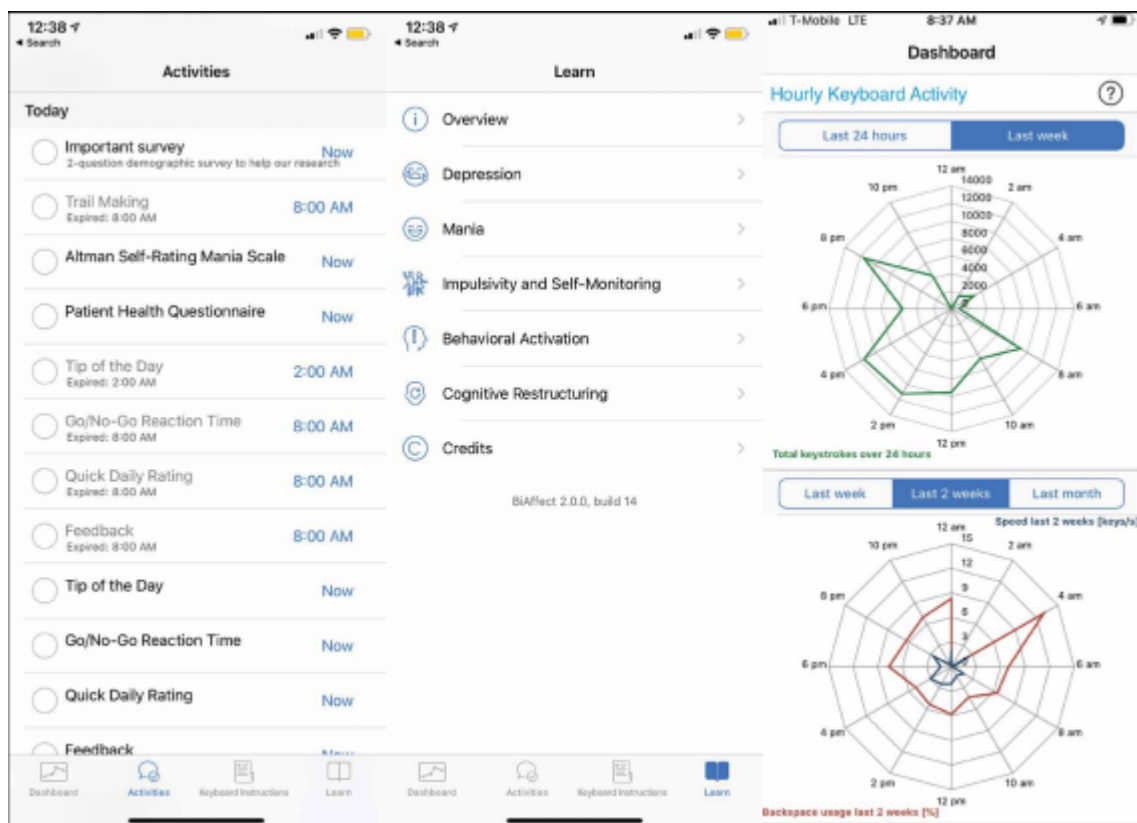
### Background:

By providing teletherapy or be it through a means of text message, it does help. Specially in teenagers, the covid-19 fear and situation to be alone was on its peak during covid times. They needed the most help. There were many programs that were introduced and along with that even universities were helping their students to cope up with the situation. The well-being team had started to do therapy calls to students who were in distress. That did not make the situation better, however, it did make the students feel better about the situation and there was less number of cases of anxiety.

What used to happen during normal times was, people were allowed to move out and talk to their friends or people they like and things were pretty normal. When such situation, stopped without any warning, human brains started to have panic and it was difficult to adjust to new normal.

The screenshot below is from the paper cited below, it shows that there were many tabs and those dependant or independent variables lead to make an activity graph which was called dashboard. Whilst you are allowed to put every detail of your daily activities and it tells you that whether you are improving on your behaviour or how much change an individual is making in their life and their mental health. Many such real-time applications were developed to find out individual's mental health. By entering detail, they were able to find more about themselves which is nice and it also gives suggestions on how to improve.

Creating an app does not require more technology, however it definitely solves many problems until covid-19 subsides and can keep peoples' life on track being normal.



## Methods:

We are considering to take survey methods, where users are being asked to explain their feeling and mental health through either an app survey or through website surveys. There are set of questions that can range from 10 to 40, that asks you about your surrounding and

your daily activities and the level of stress or anxiety you have. It also asks the difference where you were able to do certain things well before and you are not performing those activities at this moment. For e.g. Fika app, it had so many surveys since the time lockdown started due to covid and the app asked about every small detail to whoever installed it. It asked about anxiety issues and issues related to daily routine. It also asked if people got back to their faith due to so much stress and the result said that because people were so stressed, they started believing in god more than they did before.

There were dependent variables such as anxiety and bonding with family members and these were found to be inter-related. A lot of people were made to work from home due to the circumstances of covid-19 and their family members were at home as well. Due to constantly being at home, many people had more fights and that led to their mental breakdown. Few of them already had issues with their families and it made even harder to stay in the same roof. They were not able to efficiently work from home; the results were not good like before. Also, because people were confined in their homes, with very little or no chance of stepping out, there was increase in the screen time (from the technology they used).

There were so many covid coaches who had to volunteer and help others either through teletherapy or video calls on internet so that people who were distressed, could be relieved. Many problems were related to the neurological part. In the beginning, everyone seemed to have a relief and had a feeling that they are having good rest at home, however, as soon as the lockdown was there for quite a long time, people started to feel suffocated.

Such applications which can be easily downloaded that did help people to survive the pandemic better and hopefully it gives good track to the government and the companies who want to try and take care of their people and their employees respectively.

## References:

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