

# Journal of Multi-Disciplinary Legal Research

## IMPACT OF COVID-19 & LOCKDOWN ON MENTAL HEALTH OF ADOLESCENT AND ADULTS

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### **ABSTRACT:**

The Covid-19 pandemic has caused confusion around the world. India is also in a difficult position as the number of infections/infections increases day by day. Citizens experience a variety of psychological and emotional reactions, including fear and anxiety, due to strict precautions and restrictions imposed by the Indian government in a state of national isolation. This study was conducted to investigate the effects of Covid-19 and isolation on human mental health. DASS-21 was used to assess depression, anxiety, and stress in 1000 respondents. The results show that there are significant differences between depression, anxiety, and stress due to age, gender, employment, etc. In addition, respondents aged 15 to 35 had depression, anxiety, and high levels of stress among respondents aged 21-25. Respondents are 21-25 years old. Countries around the world have taken steps to stop the spread of the pandemic, starting with soft restrictions. The severity and extreme isolation of the epidemic caused by the country's existing health infrastructure. The COVID-19 pandemic has had serious economic, social, physical and psychological effects on people. This article explains the psychological consequences of COVID-19 for Indians.

**KEYWORDS:** Covid-19, pandemic, mental health, psychological stress, stress, anxiety, depression.

## INTRODUCTION:

The word "pandemic"<sup>1</sup> comes from the Greek word "pandemos". Here, "pan" means "anything" and "demo" means "person or population" or "something". Pests are infectious diseases that affect everyone (almost everyone) abroad. Another term used at the same time is pest. As explained by the World Health Organization (WHO)<sup>2</sup>, an epidemic ("epi" means "on") is a regional example of an unexpected spread of disease. This means that the number of cases exceeded expectations. Among the local population. Examples of previous epidemics in India include the Zika virus<sup>3</sup>, Chikungunya<sup>4</sup> and Dengue<sup>5</sup>.

The world is currently facing a health crisis. There have been five epidemic situations in the past 20 years. Severe Acute Respiratory Syndrome 2002 (SARS)<sup>6</sup>, Swine Flu 2009<sup>7</sup>, Middle East Respiratory Syndrome 2012 (MERS)<sup>8</sup>, 2014 Ebola<sup>9</sup> and Coronavirus<sup>10</sup> Disease 2019 (COVID). The COVID-19 virus was similar to the previous virus, but people with the underlying disease were particularly vulnerable. Without a therapeutic vaccine, social isolation, self-isolation, and isolation are the only ways to prevent viral infection in individuals.

In India with such a large population, the fight against the epidemic will be a real challenge. India is one of the weakest health care systems in the world and many diseases fail. India uses only 1.28% of its GDP for healthcare (Sharma, 2020). Given the poverty rate and inadequate healthcare infrastructure (excluding metropolitan areas and Tier I/II), India had to take extreme quarantine measures. Those who were not aware of the situation of isolation in the near future were amazed. Anxiety, fear, and curiosity about current and future situations cause stress and anxiety in people.

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<sup>1</sup> <https://www.who.int/bulletin/volumes/89/7/11-088815/en/#:~:text=A%20pandemic%20is%20defined%20as,are%20not%20considered%20pandemics.>

<sup>2</sup> <https://www.who.int/>

<sup>3</sup> <https://www.who.int/news-room/fact-sheets/detail/zika-virus#:~:text=Zika%20virus%20disease%20is%20caused,last%20for%202%E2%80%937%20days.>

<sup>4</sup> <https://www.cdc.gov/chikungunya/index.html>

<sup>5</sup> <https://www.cdc.gov/dengue/index.html>

<sup>6</sup> <https://www.who.int/health-topics/severe-acute-respiratory-syndrome>

<sup>7</sup> <https://www.cdc.gov/flu/swineflu/index.htm>

<sup>8</sup> [https://www.who.int/news-room/fact-sheets/detail/middle-east-respiratory-syndrome-coronavirus-\(mers-cov\)](https://www.who.int/news-room/fact-sheets/detail/middle-east-respiratory-syndrome-coronavirus-(mers-cov))

<sup>9</sup> <https://www.who.int/news-room/fact-sheets/detail/ebola-virus-disease>

<sup>10</sup> [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

India reported its first case of COVID-19 on January 30, 2020, and has steadily increased since then, but at the end of March it was unexpected. To control population movement, the world's largest democracy has shut down the world's largest country since March 24, 2020. The country is vulnerable to COVID-19 due to its high population density, socio-economic structure and congested infrastructure.

Blocking is an effective strategy to limit the spread of infection. However, this is very difficult due to more difficulties in many areas of society. Many families in India, especially slums, find it difficult to escape from society. Workers have to make money every day to save their families, and people with mental health problems face serious challenges.

### **Operational definition of key terms:**

The authors used the following terms and definitions for their research.

**Mental Health:** Mental health, according to the World Health Organization (WHO), is a state of well-being in which a person knows his abilities, is able to cope with life pressures, is productive and contributes to life. community.

**COVID-19:** Coronavirus (CoV) is a group of viruses that are transmitted between animals and humans, ranging from colds to more serious diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Acute Respiratory Syndrome (SARS) (CoV).

**Pandemic:** It is defined as a disease that occurs over a large geographic area and affects a very large part of the population.

**Lockdown:** The terms "blocked" or "closed" are often used to describe the broader and broader restrictions on movement, work, and travel for everyone in a city, region, or country.

### **Stressors from social distancing, isolation and isolation:**

People from different backgrounds, including employees (government or private), businessmen, housewives, traders, farmers, workers, middle men, students, etc., are stressed by several factors now or in the future. It explains in detail.

#### **1. Duration of the lockdown:**

The first hurdle started on March 25, 2020 for 21 days; Phase 2 started from April 15th to May 3rd, 2020, and Phase 4 was locked in Phase 3 between May 4th and May 17th, 2020. People are eagerly awaiting news of Prime Minister Narendra Modi's April 11 closure. Evidence that people's fear, anxiety, and misery intensify Longer period; When anger, increased frustration, and loneliness eventually subside, it leads to PTSD.

## **2. Frustration and Boredom:**

In the current scenario, people's daily lives are very distorted. Too much free time and not doing anything (a formal lifestyle) leads to boredom and ultimately frustration. Reducing physical and social contact and restricting it at home has been stressful for many. Most people living below the poverty line live in rural toilet/slum dwellers in urban areas. Containment measures are very complex.

## **3. Fear of infection:**

The idea of infecting people scared them to the point. Some have found it difficult to resist emotional distancing from caring for loved ones. The psychological stress of fear of infection was too strong to bear, requiring extreme measures to be taken. For example, when a suspected novel coronavirus patient' (2020), who tried to escape quarantine on the 6th floor of one of the medical School, collapsed on the spot and died.

## **FLIP SIDE OF WORK FROM HOME:**

The impact of a technology is largely dependent on how it is used, not the technology itself. The homework revolution is now the answer to this job. Conversely, there are reports that this new way of working has undesirable consequences due to the extra workload, stress, and potential emotional distress. The constant use of communication to do business has created a new level of technical stress (stress associated with using other computers/gadgets) at home and at home. Availability, working hours, long conference calls, and improper working hours have resulted in insomnia, isolation and fatigue. Constant adjustment to changing skills in the current situation has been psychologically challenging and destructive for older people due to

their phobia of ability. Regular maintenance negatively affects burnout, dependence on technology and quality of life.

### **Sector impact of the COVID-19 pandemic:**

- 1. Students and Scholars:** According to the UNESCO Education Report, more than 91% of students worldwide are affected by the pandemic in 191 countries. Schools and institutions of higher education have been shut down in many countries due to isolation. Under current restrictions, it is 3.2 billion rupees for Indian students (Sharma, 2020). The impact on students in grades 9-12 is serious as preparation for exams and competitions (NEET, IIT, etc.) hinders future career ambitions.
- 2. Private Sector:** Lack of income, reduced reserves without state support. The private sector faces challenges. The government's recommendation to pay workers without deductions to employers in factories, businesses and stores is a bit tricky because there is no production or sale. Non-contract, temporary, self-employed, start-ups and small businesses appear to be more vulnerable. It is currently estimated that more than 100 million jobs in India are at risk of disappearing now and after quarantine.
- 3. Migrant labour:** The groups currently hit hard by the epidemic and isolation are workers and migrants, especially in the informal sector. Migrants seeking help leave their hometowns and find work elsewhere and elsewhere. They are primarily employed in low-wage or daytime jobs in rural and urban industries, construction, services, agriculture, etc. In many states, buses/trains return workers to their destinations. After the pandemic, it is very difficult to complete an unfinished project and move the workforce to renew the business.

### **Social Stigma, Mental Health and COVID-19:**

According to the World Health Organization (2020), the most anticipated psychological effects of this epidemic are increased levels of stress and anxiety. Quarantine measures due to isolation that affect people's normal activities, routine and livelihood can lead to loneliness, depression, alcohol and substance abuse, and suicidal behaviour. In strike areas, the mental health of the population and staff can be degraded. These diseases contribute to the stigma of individuals or groups. People are more likely to face stereotypes, harassment, racism and branding. Many people misunderstand or interpret social distancing as social discrimination. In India, racial discrimination against people in certain provinces, harassment of health care workers, alienation and threats to patients and families with positive COVID diagnoses are very common, leading to varying levels of stress disorder. Because of the above stigma, people are afraid to negotiate until the disease gets serious. Failure to cope with stigma ultimately impairs the spread of the disease.

## **DISCUSSION:**

The current study shows that among the moderate to very severe categories of people, the prevalence of depression, anxiety and stress is higher than the results of the 2016 Indian National Mental Health Survey. Research uses different methods, but the difference may be due to an epidemic. It interferes with the normal life of the population. The number of people with moderate to severe depression and anxiety was significantly higher in women than in men. Similar results were obtained in India's 2016 National Mental Health Survey. Therefore, it is clear that women are at greater risk of developing mental health problems such as depression, anxiety and stress.

## **Conclusion:**

According to this study, Covid-19 has been shown to cause mental stress in humans, as limitations caused by isolation force people to stay at home. People go through crisis and feel they are in control of their lives because of isolation and limitations. Young people and adult groups are faced with uncertainty about their career and the job is at stake. The fear of infection creates a panic between them.

Levels of anxiety, stress and depression are increasing, especially between the ages of 15-35. However, previous studies have shown that anxiety, stress, and depression are more common

among older people. The age range is 40-49 years. The study is consistent with the results of the 2016 Indian National Mental Health Survey, where women are more anxious and men are more depressed and stressed than women. There is a big difference between work and the unemployed in terms of stress and depression, but worrisomely there is no big difference between the two.

Isolation, social isolation, mobility restrictions, and the psychological effects of isolation on an individual vary greatly with long-term outcomes. However, these measures were very necessary to control the spread of the infection. Because without these extreme measures, the number of infections and deaths could not be controlled. The psychological effects of losing a loved one will be worse than the psychological effects of isolation. Finding information once or twice a day, keeping in touch with family and friends, doing exercise and yoga at home, developing hobbies, and spreading positive and encouraging stories to calm our thoughts and relieve anxiety. These are just some of the activities. It is at the heart of this inevitable situation, as the epidemic will soon disappear. But in all the worst cases, there is a better side. People will see the spectrum of life differently when the epidemic is over.

### **Recommendations:**

The results of this study provide direct information about mental health status, prevalence, and contributing factors, which can be used to develop psychological interventions that can positively influence the underlying psychological state during the onset of COVID-19. It can also serve as a framework to assess, prevent, monitor and support psychosocial rehabilitation in affected people.

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