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COVID-19 PANDEMIC AND STRESS A REVIEW OF LITERATURE

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Coronavirus outbreak took attention in late 2019. The COVID-19 name was officially given by W.H.O. The coronavirus as Covid-19 where Co-is stand for Corona, VI-is stand for virus, D-is for Disease and 2019 is the year when it originated. The world health organization (W.H.O.) on 30 January, 2020 declared the outbreak of Covid-19 as an International Public Health Emergency. This was the sixth public health emergency of international level followed by H1N1 (2009), Polio (2014), Ebola (2014 in West Africa), Zika (2016), and Ebola (2019 in Democratic Republic of Congo). However noticing it's contagious rapid global spread, W.H.O. later on declared it is pandemic in March 2020.

Severe Acute Respiratory syndrome Coronavirus-2 (SARS-COV-2) is the root cause behind Covid-19. It is basically a highly infections and contagious disease. Due to its unfamiliar and very fast spreading nature created a panic situation in common population. After a few months it spreaded all over world killing millions of people.

The first three COVID Positive cases registered in Kerala. On 30th January and 3rd February. Just after a month two more cases registered. These all victims travel history was associated with abroad like Wuhan City in China, Italy and Dubai. This positivity rate got at its peak level in May with figures of approximately 8-10 Lacs. The situation of Corona Virus pandemic, was same to everyone, irrespective of Gender, Socio-Economic Strata, Rural-Urban, Religion, Caste creed or nation, faces a state of uncertainty, risk of infection, insecurity about Job loss, with no foresight when they will be employed again and find the situation out of control. The risk of getting infection is equal to everyone, rich or poor, Children, adults or old people. A number of preventive measures taken by state level and central government to break the chain of infection, so that breathing can be ensured to common population. These preventive measures like social distancing night curfew, weekend curfew and lockdown produce many psychological negative consequences such as anxiety, stress, insomnia, depression, lack of concentration, anger and frustration etc.

India, enforced 68 days Four-Phased lockdown starting from 24th March to 31st May. On 22nd March, people follow self-imposed Janta Curfew for 14 hours. Later on 24th March first phase of 21 days lockdown implemented in India. On 14th April, Indian government implemented 2nd Phase lockdown till 3rd May. 4 May to 17th was 2nd phase may and finally 18 May to 31 May is implemented with some conditional relaxation.

Some metro cities became COVID-19 hotspots like Ahmedabad, Bengaluru, Bhopal, Chennai, Delhi, Hyderabad, Indore, Jaipur and Kolkata etc. These hotspots shared total 40% cases COVID-19. In India.

A number of protective measures instructed by W.H.O. to everyone like regular washing of hands using sanitizer or soap and water, whilst outside avoid touching eyes, nose and mouth, crowd gathering etc.

Recently, Bharat Biotech international ltd. In collaboration with ICMR-National Institute of virology, pune, developed one COVID-19 vaccine.

The impact of such sudden changes needs to be understood as they are bound to have delayed and long-term consequences for human development : uncertainties about health, economic, social and personal lives well-being, and productivity badly disturbed. Taken together they posed a variety of challenges for everybody irrespective caste, creed, countries or religion **(Sodi et. al, 2021)**

- COVID – 19 pandemic has caused a tsunami of stress due to lack of information about health condition, lack of control over disease and uncertainty about the future trend (of any disease) are the essential sources for stress. It is a global health emergency in the history of humanity. The year 2020 will be remembered in history as the year when all of the sudden everything got changed. This creates chaotic & panic state of mind to everyone.

Before this historical pandemic people were used to living a fast paced life filled with day to day activities such as jobs, Malls, Big-Bazar, Cinema Hall, School, College etc. are opened.

Symptoms

According to W.H.O. “Generally symphonies of VOVID-19tends to appear between five to six days after infection.”

This was basically an infections and contagious disease. It’s common symptoms are similar like flue or common cold. It spreads primarily through contact with a person who was already infected. If such infected person cough or sneeze by which viruses came out with its droplets. Then a healthy person touches a surface or object in which the virus on it. Later on he touches his mouth, nose or eyes. So in this way a healthy person get viction of covid positive. The most popular symptoms are fever and dry cough. Other covid related symptoms are fatigue, headaches,

muscle pain and loss of smell or taste, difficulty in breathing. However rarely seen as the symptoms of runny nose.

Consequences of COVID-19

This pandemic causes a historical and shocking experiences to everyone, irrespective of caste, creed religion, Gender, nations upper – lower socio – Economic status etc. it presents a sudden change in daily lifestyle to everyone in society. Such like unexpected dramatic change gives insecurities and uncertainties.

It also presents many questions to all of us. Such as we have no idea, how to control it? How long it will last? How we and the community should behave? So all the people were in state of uncertainties, Massive chaos and confusion.

The impact of COVID-19 was almost everyone, irrespective of getting infected or not. The fear of getting infected or losing a family members, or a friend were common to everyone.

The uncertainty of getting proper treatment or vaccine cumulatively have emerged as a uniform and serious global stressor leading to different mental issues, surge in suicide rates, increased in domestic violence and what not (Halder et. al. 2020)

In such situation when survival and getting proper treatment. For those infected is of first priority. The psychological impact of COVID-19 is broader than perceived and affects those not infected with it the COVID-19 pandemic acted as a severe stressor even in non-infected. People causing a global surge in reported mental health issues; and a marked increase in suicides [**Gunnel et. al. 2020**]

This pandemic provides a fertile ground for many psychological problems. Suddenly the call for mental health professionals was at its peak level. People have higher chances to choose unhealthy. Coping behavior such as alcohol, drug defaendence, gambling, domestic violence etc.

The COVID- 19 pandemic has had a substantial effect on the economy, Politics, Society, Culture, education, healthcare, Security, Science and technology, travel and personal lifestyle as well. it has also highlighted the importance of human interdependence (**Wang, 2020**)

This pandemic impact depends on many vulnerable factors such as socio-economic status, pre-existing mental condition, educational status, uncertainties fear of infection etc.

The outbreak of COVID-19 has brought huge distress and uncertainty to our lives. According to W.H.O. more than 264 million people of different ages are sufferings from depression. this rate has increased rapidly due to this unprecedented interruption of our regular life style by corona virus it has damaged us both physically and mentally, on one moment people feel blessed for being alive but the next moment came as mourning due to less of loved ones.

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