

Research Article

Study on the effects of mental health during COVID-19

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Corona viruses (CoV) are a massive own family of viruses that motive contamination starting from the flu to serious infection. It started the epidemic around December of 2019 from Wuhan, China. The impact of this epidemic Began to spread throughout the world until many countries have to announce the lockdown. The closure of the country has many consequences. Of course, all citizens are affected this time. Both economic and physical or mental health. For economic all around the world has stopped, the restaurants and many shopping stores must be closed until the situation gets better. All of the flights have been canceled. It caused many companies or factories to stop recruiting. It is very risky that people have to stay home and isolating themselves because they can get stress easily. Or some people are so scared of this epidemic. A lot of people had panic attack since it had spread over the world. So, this research is to study how the epidemic has affected the minds of people and how they cope with it.

Keywords: Coronavirus(CoV), Epidemic, Mental health, Stress.

1. Introduction

Coronaviruses (CoV) are a large circle of relatives of viruses that purpose contamination, from flu to critical contamination. It started the epidemic around December of 2019. From Wuhan, China. The impact of this epidemic Began to spread throughout the world until many countries have to announce the lockdown [1]. The closure of the country has many consequences. Of course, all citizens are affected this time both economic and physical or mental health.

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Coronavirus 2019 (COVID-19) is an infectious disorder as a result of acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It changed into first detected in Wuhan, China in December 2019 and has because unfold round the arena, causing an ongoing epidemic. As of may 14, 2020, more than 4.37 million instances have been stated in 188 international

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locations and territories, ensuing in 297,000 deaths. greater than 1.56 million people were healed.

Not unusual signs and symptoms are fever, cough, fatigue, shortness of breath and loss of odor and taste. Many conditions purpose moderate signs, whilst others development to acute respiration distress syndrome (ARDS), a couple of organ failure, septic surprise and blood clots. The time it takes for symptoms to seem is commonly 5 days, but it is able to variety from to 14 days [3].

The virus is transmitted mainly to folks who are in near touch with coughs, sneezes, and droplets produced by means of speech. Drops generally fall to the floor or surfaces with out touring long distances inside the air. much less commonly, humans can get inflamed by means of touching a contaminated surface after which touching their face. it's far maximum contagious within the first three days after the onset of signs, despite the fact that it is able to unfold from individuals who do no longer have signs and who do not have signs and symptoms. real-time opposite transcription polymerase chain response (rRT-PCR) from the nasopharyngeal swab is the same old technique of prognosis. Chest CT imaging can also assist diagnose the ailment in people with a high suspicion of infection based on signs and symptoms and hazard elements; however, the tips do not advise the usage of CT imaging for trendy screening.

Endorsed measures to prevent contamination consist of common hand washing, physical distance from others (specially people with symptoms), quarantine (especially people with signs and symptoms), cough covers, and retaining palms away from the face with out washing. Is. in addition, face masks are recommended for humans and their guardians who suspect they will have the virus. guidelines for the use of face masks by using most people range, with a few government recommending them, some recommending against them and others requiring the use of them. there is limited evidence in opposition to or towards using mask in healthy people (scientific or in any other case) inside the wider community.

In line with the world fitness business enterprise, there are no vaccines or particular antiviral treatments for COVID-19. On may 1, 2020, the us granted

emergency use of antiviral treatments for people hospitalized with severe COVID-19. management includes symptomatic treatment, adjuvant care, isolation, and experimental measures. the world fitness corporation (WHO) declared COVID-19 outbreak on 30 January 2020 as the public fitness Emergency of worldwide concern (PHEIC) and on 11 March 2020 as an epidemic. The ailment is endemic in most countries in all six WHO regions.

Fever is a totally not unusual symptom, although some older humans and people with different health troubles experience fever after contamination. In a single examine, forty four% had a fever when they arrived on the sanatorium, while 89% had a fever at some point once they had been admitted to the clinic. Absence of fever does now not assure that one is disease unfastened.

Different common symptoms encompass cough, lack of urge for food, fatigue, shortness of breath, sputum manufacturing and muscle and joint ache. Symptoms along with nausea, vomiting and diarrhea were determined in one-of-a-kind possibilities. Less common symptoms are sneezing, runny nostril or sore throat. In a few instances in China to start with most effective chest tightness and palpitations had been visible. may lose odor or taste disturbance. Loss of scent is a symptom in 30% of cases confirmed in South Korea.

As is normally the case with infections, there's a put off among the time someone first will become infected and the time they develop signs. That is referred to as the incubation length. The incubation duration for COVID-19 is typically five to 6 days, with to fourteen days, although 97.5% of individuals accomplish that inside 115 days of growing symptoms.

In many instances, vast symptoms do not arise at any time. These unidentified companies are usually no longer examined and their position in transmission isn't absolutely regarded. However, preliminary proof indicates that they'll make contributions to the spread of the disorder. In March 2020, the Korea facilities for sickness manipulate and Prevention (KCDC) said that 20% of showed instances went undiagnosed in sanatorium. Within the first few weeks from January to February, an initial look at from China discovered

that thirteen% of all infections came from people with pre-present symptoms.

2. Mental health

Intellectual health is an essential part of fitness and health. Intellectual health consists of our emotional, mental and social nicely-being. It impacts the manner we assume sense and act. It additionally allows us cope with strain, how we relate to others and make healthful selections. Intellectual fitness is crucial at all levels of life from adolescence and childhood to maturity.

Intellectual health consists of our emotional, intellectual and social nicely-being. It affects the manner we suppose, feel and act. It additionally allows us deal with stress, how we relate to others, and how we make decisions. Mental health is important in any respect tiers of life from youth and youth to maturity.

All through your lifetime, in case you revel in mental fitness issues, your thinking, attitude and behaviour may be affected. There are numerous elements that make contributions to intellectual fitness problems, inclusive of:

- Biological factors, together with genes or brain chemical compounds
- Life activities which include damage or abuse
- family records of intellectual health problems

Intellectual fitness problems are common, but assistance is to be had. Humans with intellectual health troubles will improve and lots if will absolutely get better.

2.1. Early Warning Signs

No longer certain if you or each person you recognize is living with intellectual fitness troubles? Having one or extra of the subsequent emotions or behaviours is a precautionary degree:

- consuming too much or too little or falling asleep
- Hate on individuals and everyday activities
- Low or no strength
- Feeling dizzy or no longer liking anything critical
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, alcohol or drug abuse

- Feeling strangely stressed, forgetful, clumsy, indignant, irritated, aggravating or scared
- Shouting or arguing with circle of relatives and friends
- immoderate mood swings that reason problems in relationships
- You cannot get from your mind because you are constantly having thoughts and memories
- paying attention to fake phrases or beliefs
- thinking about harming yourself or others
- incapability to carry out each day responsibilities together with looking after your kids or going to work or school

Learn more approximately particular mental fitness problems and where you can get assist.

2.2. Mental Health and Wellness

Humans with proper intellectual fitness allow:

- Realize their complete capacity
- Coping with the pressures of existence
- Paintings correctly
- Offer meaningful help to their communities

Approaches to preserve suitable intellectual fitness:

- Searching for professional help when you need
- Communicating with others
- Be effective
- Work
- To assist others
- Adequate sleep
- Increase coping talents

3. Epidemic

A virus is a disorder that spreads swiftly to a huge number of human beings in a quick time period. For example, in meningococcal infections, the charge of contamination is considered to be extra than 15 in step with 100,000 humans for 2 consecutive weeks. Infectious illnesses are regularly caused by a number of things, consisting of mutations inside the host population (e.g., accelerated stress or species boom), genetic changes within the pathogenic surroundings, or the emergence of pathogenic pathogens. In most individuals (with pathogenic motion or host). Generally, a contamination happens when the host's vulnerability to a long time pathogen or newly developed novel pathogen falls all of sudden beyond

what's found inside the local equilibrium and exceeds the transmission threshold.

Infections can be confined to at least one region; but, if we spread to other nations or continents and have an effect on a big variety of human beings, its miles known as a deadly disease. saying an epidemic often calls for an excellent knowledge of simple level activities; Infections of sure diseases, which include the flu, are defined as reaching a specific growth in incidence beyond this criterion. a few rare instances of the disease can be classified as infectious, but the common disease (which includes the commonplace cold) isn't always in maximum instances.

There are a few feasible modifications within the infectious agent that triggers the contamination. It is usually.

- Increasing violence
- Creation rather than novel
- Exchange in host entry for infectious agent

Infection is not always contagious, and the term is applied to things like West Nile fever and weight problems (as an instance, by way of the sector fitness organisation).

Contagion manipulate conditions consist of contaminated consuming water and migration of infected food objects together with sure animals consisting of rats or mosquitoes, which act as vectors of the ailment. a few infections occur at particular instances of the year for instance, whooping cough occurs within the spring, measles causes two infections, one in winter and one in March. Colds, flu and different higher breathing infections, which includes sore throats, are more commonplace in the iciness.

4. Stress

Within the clinical or organic context, pressure is a physical, intellectual, or emotional kingdom that reasons bodily or psychological discomfort. Melancholy can be outside (local, mental or social) or inner (from illness or clinical manner). Depression triggers the "combat or flight" reaction, that's a complex response of the neurological and endocrinological structures.

Catecholamine hormones consisting of adrenaline or adrenaline facilitate the frame's rapid reaction to violent muscle action. These encompass: acceleration of heart and lung feature, palpitations or palpitations, or, instead, blockage and interest of the body in the higher bowel institution above the extent at which digestion slows or stops. Blood vessels in lots of parts of the frame, liberating nutrients (mainly fat and glucose) for muscle function, blood vessels that cowl the lacrimal gland (the product that causes tears) and saliva, enlarged pupils (mydriasis), bladder Failure, urinary incontinence, hearing loss (listening to loss), tunnel vision (partial vision with broken pores and skin), spinal twine obstruction and tremor.

Despair can motive or affect many scientific situations, such as temper swings along with depression and anxiety. scientific issues consist of bad treatment, irritable bowel syndrome, excessive blood strain, uncontrolled diabetes and plenty of other situations. stress manipulate is taken into consideration to be an effective remedy for the inclusion of pharmacological and non-pharmacological additives.

5. Methods of experimentation

We send the survey to 50 people in each age. So, in total, there are 200 participants in this study. We make pie chart to see the percentage of respondents in each question.

6. Results and Discussions

The survey has 10 questions. We have 200 respondents. There are 50 respondents per each age: under 12-year-old people, 13-19-year-old people, 20-59-year-old people, more than 60-year-old people.

Table.1. Survey about the effect of COVID-19 for various groups of persons

Age group	Percentage of people infected with COVID-19	Percentage of people affected by COVID-19 mental health
< 12 years	28	24
13-19 year	64	62
20-59 year	75	73
> 60 years	56	53

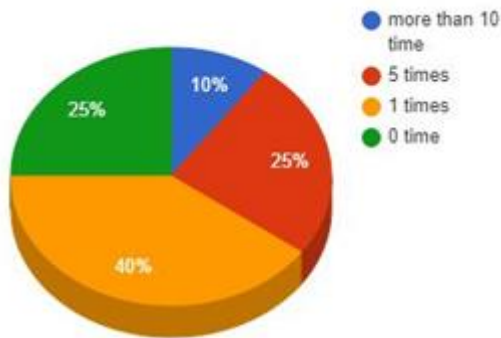


Fig.1. Pie chart showing the % of how often they read news during this situation per day

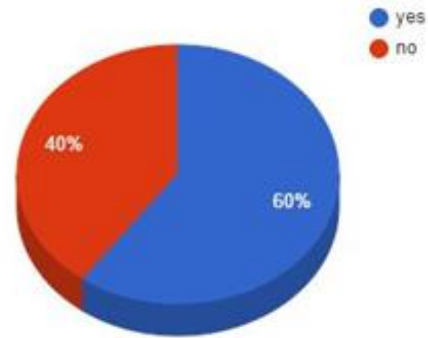


Fig.5. Pie chart showing if they feel lonely during self-isolation

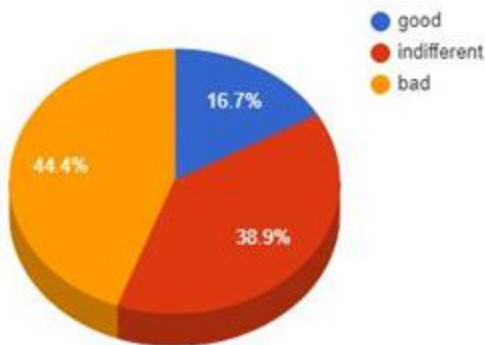


Fig.2. Pie chart showing how they feel while reading those news

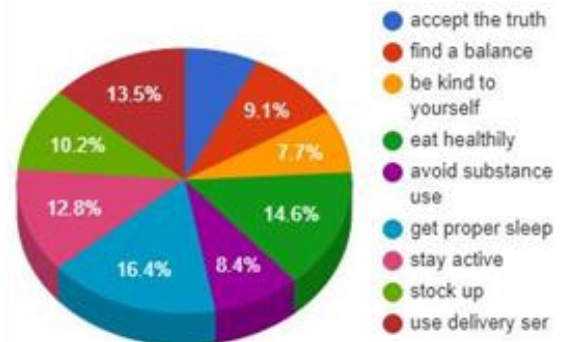


Fig.6. Pie chart showing what they do to reduce feelings of anxiety during COVID-19

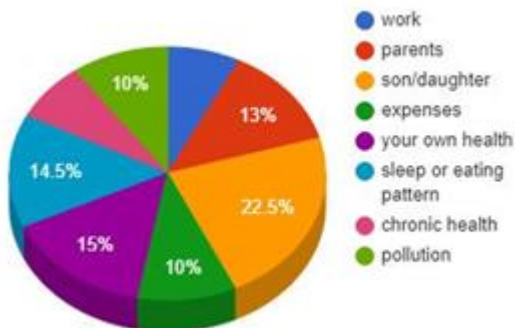


Fig.3. Pie chart showing what they have been worried about recently

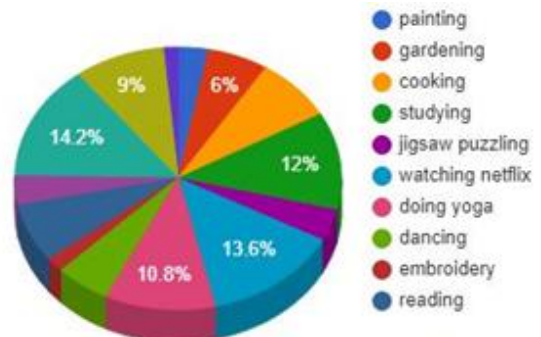


Fig.7. Pie chart showing hobbies during self-quarantine

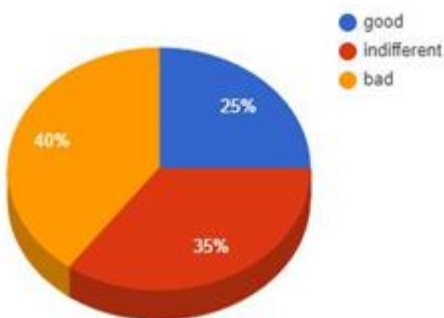


Fig.4. Pie chart showing how they feel while in self-quarantine

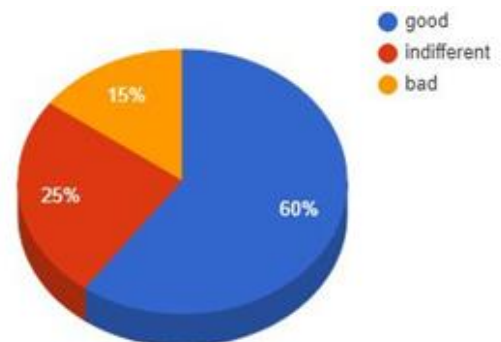


Fig.8. chart showing how they feel after doing those hobbies

7. Conclusion

From the survey to study the effects of mental health during COVID-19 and how to manage it. Most of the people from 13-19-year-old people, 20-59-year-old people, more than 60-year-old have the effects from COVID-19 and they are mental health.

- Most of under 12-year-old people don't have the effects from COVID-19 and also mental health effects.
- Most of 13-19-year-old people have the effects from COVID-19 and also mental health effects.
- Most of 20-59-year-old people have the effects from COVID-19 and also mental health effects.
- Most of more than 60-year-old people have the effects from COVID-19 and also mental health effects.
- Most of the people choose to read news 1 time per day during this situation.
- Most of the people feel bad while reading those news and others feel indifferent. Few people feel good.
- Most of the people have worried about their son/daughter and their own health.
- Most of the people bad while in self-quarantine.
- Most of the people feel lonely while in self-isolation.
- Most of the people are sweating a lot while going outside without mask or other protections.
- Most of the people get proper sleep and eat healthily to reduce feelings of anxiety during COVID-19.
- Most of the people choose exercising , watching Netflix as their hobbies. And others choose doing yoga, painting, gardening, cooking, studying, jigsaw puzzling, dancing, embroidery, reading, candle making, exercise, playing games.
- Most of the people feel better after doing those hobbies.

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