

Factors Associated With Mental Health of Adults – The influence of COVID-19

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Abstract

The COVID-19 results in extensive impact in terms of hopelessness and worry among the people all over the world irrespective of developed and developing countries. The pandemic COVID-19 lockdown has made multiplier effect like economic depression, health issues, job insecurity, restless, industry lockdown, etc., all these factors indirectly affect the psychological wellbeing of individuals from the entire community including students, casual labours, working professionals, business people and the general human beings. This article is an attempt to study the factors associated with the mental health of adults due to the impact of novel coronavirus using a pretested questionnaire among the respondents residing in Chennai city during this pandemic situation from a sample of 150 respondents using convenience sampling. Simple percentage analysis, were applied and relevant findings were derived, that will be useful, relevant and significant to the present study.

Introduction

The World Health Organization (WHO) has announced the eruption of a coronavirus in the month of January 2020, emphasized on the extraordinary hazard associated with of COVID-19 and declared it as public health emergency around the world. The declaration of WHO and the COVID-19 spread has started causing stress on the mental health of the world population. The Mental Health and Substance department of WHO has begun with series of information and report related to support of mental and psychological well-being various target groups in the course of outbreak of coronavirus. The effect of COVID-19 made a negative cause on over-all healthcare sector with a multiple consequences on every aspect of human life as we

could evidence it. Maria Nivolas, et al., (2020). COVID-19 has created a lot of insecurity among the individuals and communities at large.

Regularly everyone should start our day with the questions of how to face the coronavirus and what best should be done to manage the prevailing situations in our routine life. Whiteford, et al. (2015), mental health issues were the prime cause of years survived with disability worldwide. So, everybody should have a thought of normal to feel stressed, fear, worry, and uncertainty about our own health status as well as that of our loved ones is common. Young persons who stay free of mental illness have longitudinally enhanced results. Caspi et al., (2020). Some human beings were highly exposed to mental health issues, like those already suffering with a mental health issues like anxiety or depression they should take precautionary measures to develop the habit of coping with the stress of COVID-19 by adopting various means to manage the stress and relax their mental pressure.

Literature Review

Strong feelings about coronavirus that it would not go away, stay for stretched for longer duration, or inferring with regular functioning of their day-to-day life may be a symptoms of depression or psychological disorders and these signs that they should seek professional mental health support from the parents, colleagues and partners. Up to eighty percent of mental health issues first take place earlier the age of 26 Caspi et al., (2020); Kessler et al., (2005). The psychosomatic effects of COVID-19 disproportionately affect adult. Emmet Power, (2020), Young people were affected through the factors like social isolation, changes to the delivery of relaxing service and loss of all organized livelihoods (school, work and training) with the young minds. Power, et al., (2015), The emotional wellbeing effects the joblessness in adolescence persist to midlife with those exposed to unemployment in youth having increased rates of common health symptoms like anxiety and depression on long term follow up Virtanen, et al., (2016). Safeguarding the material needs and physical health of communities was the immediate priority in any public health emergency, conflict situation or natural disaster. The mental wellbeing needs of adult people can be overlooked in a public health predicament Danese et al., (2020). Maria Nivolas, et al., (2020), During this pandemic period social distancing, self-isolation and restriction in travel, shutdown of schools, workplace, etc. has made a lot of stress on the emotionally and economically on the status of the adult communities. Hobfoll, et al, 2007, Every individual will express stressful situations,

in numerous way at the same time they should also mind about how to cop up with the wellbeing and measures to overcome the depression caused by the COVID-19 virus outbreak. Korte, et al., (2020), has viewed at it is significant to be aware of when you are stressed so that you can prioritize activities that will help you to bring down your stress. Some of the symptoms of stress/strain were trouble in attentiveness, forgetting things, irritation, feeling down, sweating, headaches, change in appetite, difficulty in sleeping, blaming others or getting into unnecessary arguments with friends, family members, peer groups, etc. Exercise and healthy diet affects almost all aspects of mental health, can assist in reducing the depression and anxiety symptoms.

Anna C Sick-Samuels MD, (2020), humans should have self-realization and protect one's own health, especially when others are counting on them. When they were so fatigued they couldn't think clearly, or so exhausted they couldn't be kind, they were no longer effective human being with their colleagues, parents or partners, etc. During pandemic period, creating networks of social support were very much important to our emotional well-being, especially in a stressful circumstances.

Objectives

- To identify the factors associated with the mental health of Adults due to COVID-19
- To measure the impact of these factors on the mental health of Adults

Methodology

The present article has been developed based on the online review conducted in Chennai with the help of pretested questionnaire for collecting the information from a sample of 328 respondents using convenience sampling technique through social media (Facebook and WhatsApp). The research design applied in the research work was descriptive in nature as it assesses the prevailing mental health issues due to COVID-19 of the respondents in Chennai. The survey was conducted to assess the factors associated to the mental health of the respondents and how do they need to prevent themselves from novel coronavirus. The collected data was tabulated and analysed using SPSS and interpreted statistically.

Discussion

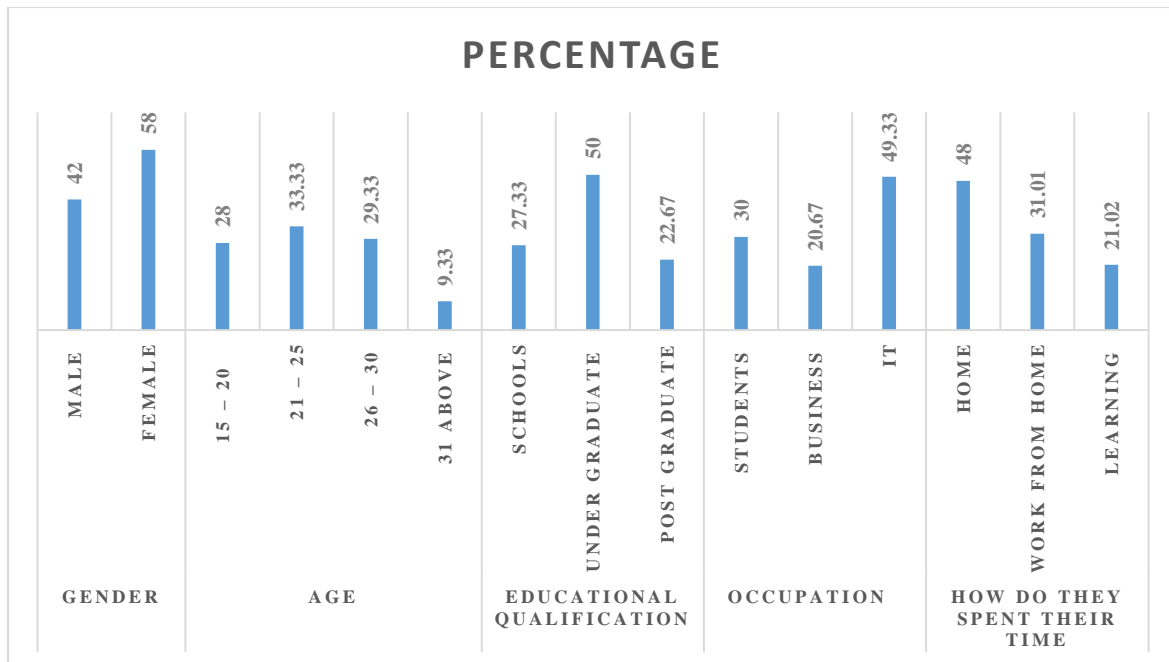
The data collected using a pretested questionnaire from 328 respondents was analysed using simple percentage analysis presented in tables and figures.

Demographic Profile

Particulars	Classification	No. of respondents	Percentage
Gender	Male	63	42
	Female	87	58
Age	15 – 20	42	28.00
	21 – 25	50	33.33
	26 – 30	44	29.33
	31 above	14	9.33
Educational Qualification	Schools	41	27.33
	Under graduate	75	50.00
	Post graduate	34	22.67
Occupation	Students	45	30.00
	Business	31	20.67
	IT	74	49.33
How do they spent their time	Home	73	48.00
	Work from home	46	31.01
	Learning	31	21.02

Source: Primary Data

From the above frequency table it is evident that most of the respondents are female (58%), nearly 33 percent of the respondents' falls in the age group of 21 – 25, 50 percent of the respondents were having only under graduate as their educational qualification, 49 percent of respondents were working in IT Sector and most of the respondents spent their time only at home.



Factors associated with Mental Wellbeing

Sl. No.	Particulars		SDA	DA	N	A	SA	Total
1.	Worried about Physical Health	No.	15	35	20	57	23	150
		%	10	23	13	38	16	100
2.	Worried about a close family member or friend's health	No.	4	4	37	42	63	150
		%	3	3	24	28	42	100
3.	Quality of your sleep affected	No.	11	2	49	56	32	150
		%	7	1	33	37	22	100
4.	Feel more job insecurity	No.	30	27	18	70	5	150
		%	20	18	12	47	3	100
5.	Feel more sad due to increase in cost of living	No.	22	8	39	37	44	150
		%	15	5	26	25	29	100
6.	Restless/Hard to sit still	No.	12	11	26	38	63	150
		%	8	7	17	26	42	100
7.	Easily annoyed or irritated	No.	13	31	20	80	6	150
		%	9	21	13	53	4	100

Source of Data: Primary Data

SDA – Strongly Disagree, DA – Disagree, N – Neutral, A – Agree, SA – Strongly Agree

The above table shows that the 38% of the respondents were worried about their own physical health, 42 % of the respondents were strongly agreed that they worry more about their close family member or friend's health , 37 % of the respondents agreed that their quality of their sleep got affected due to depression, 47 % of the respondents were agreed that they Feel more job insecurity, 29 % of the respondents were accepted that Feel more sad due to increase in cost of living, 42% of the respondents strongly agreed that they feel Restless/Hard to sit still and 53 % of respondents were agreed that they easily annoyed or irritated.

Conclusion

The study has revealed that majority of the respondents spent maximum time at home and involve themselves in terms of regular household work, work from home and in the learning activities. From the analyse it is evident that most of the respondents were worried about their physical wellbeing and their families and friends, this factors were the main cause for the other mental health issues like frustration, irritation, sadness, depression, etc., In order to over these psychological issues during these pandemic period, people should keep themselves engaged in various physical activities, regular exercise, religious activities, helping the people who suffer physically and psychologically, listening to music, comedies, go through the child memories and so on. Everyone can overcome this COVID-19 pandemic situation only with the help of strong well power, but it can be developed only because of irrepressible mental health.

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Web links

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>
- <https://interagencystandingcommittee.org/other/interim-briefing-note-addressing-mental-health-andpsychosocial-aspects-covid-19-outbreak>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
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