

# Effects of Lockdown on Mental Health of General Public due to Novel Coronavirus Disease

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**Abstract:** *Background:* The 2019 novel coronavirus (COVID-19) has gained global attention after it originated from China at the end of 2019 and later turn in to Pandemic as it affected about 212 countries and territories around the world and 2 international conveyances by 12 May 2020. To contain the spread of the disease the world scientist community came together. However, the neglecting of the nations, even with the advanced medical sciences and resources, has failed to address the mental health. All these things are creating a lot of burden for people leading to raise levels of anxiety. Pandemic can lead to raise levels of stress also. This study attempted to assess the knowledge, attitude, anxiety experience, and observe mental health care need among general public due to lockdown during the novel coronavirus Pandemic.

**Keywords:** COVID-19, Mental health, Pandemics, Anxiety, General Population

## 1. Introduction

COVID-19 began in December 2019, like a vigorous disruption in Wuhan city of focal Hubei territory of China. A lot of instances of pneumonia of unknown aetiology was accounted for, some of the patients being sales rep and sellers in the fish market of Wuhan city. World wellbeing association (WHO) alongside Chinese specialists began cooperating and the reason operator was before long settled to be a new infection and was name as Novel Coronavirus (n-Coronavirus). Over a time of not many weeks, the contamination transmission over the globe in rapid movement. WHO proclaimed it a general wellbeing Emergency of International worry on 30th January 2020. On eleventh February, WHO reported a name for the new coronavirus disease. On the 11 March WHO pronounced COVID-19 a Pandemic as by then around 114 nations were affected.[1] The disturbance of the COVID-19 Pandemic has made critical interference individuals' lives. To slow the spread of the ailment lockdown measures have been set up restricting individuals' capacity to leave their homes and collaborates with other people.[2]

Coronavirus Disease (COVID-19) is another strain that was notice in 2019 and has not been recently distinguished in people. Regular indications of contamination incorporate Respiratory side effect, fever, hack, windedness and breathing challenges. [3] Coronavirus Disease (COVID-19) has become the biggest cosmopolitan that has influenced 212 Countries. Moving information show that 43, 27, 639 People are tainted by the illness, from which 16, 59, 835 have been Recovered and 291,845 have been kicked the bucket till twelfth May 2020. No particular Medicine or immunization is accessible yet to control the infection. [4] • The Mental medical problems are other significant wellbeing troubles, which are relied upon to expand step by step during this endemic. Inspect the significance of all the above components it was expected to check information, perspectives, tension and watched emotional wellness care needs in the network during the Covid Pandemic. [1] Children and energetic are commonly sound and don't need

a lot of medical services outside of normal exams and immunization. However, Mental medical services is significant for the kids and young, Most psychological well-being messes being in adolescence, making it important that emotional wellbeing needs are analyse early and treated during this vulnerable time in kid advancement. [5] The measure of information about the new Covid is extension day by day and more information on transmission and its route source, hatching period, manifestations and clinical results, including endurance rates are gathered far and wide. [6].

## 2. Objective

The fundamental point of this study is to enrol the impacts of lockdown on emotional well-being and conduct as a rule public because of Novel Covid Disease.

## 3. Methodology

An online survey was conducted using a semi-structured survey using a Google form system. The responders had a limited level of knowledge about the COVID-19 infection and sufficient knowledge about its preventive condition. The detect mental health care needs was seen in more than of participants

## 4. Result

A sum of 120 individuals were partake in this survey. All information in the outcome was gathered in Google shapes. The outcome was determined with the assistance of Google structure result examination system. The lion's share of the responders were from the age gathering of 18-35 years.

Demographic Group	Sub Group	NO.
Age Group	18-35 Year	120
Gender	Male	55.8%
	Female	44.2%
Total		120
Location	Delhi	75

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	Delhi NCR	45
Total		120
Profession	Professionals	40
	Students	80
Total		120

## 5. Discussion

In recognition of the mental health implications of the Covid-19 pandemic the world health organization released a list of study to address the mental health of the general population. The pandemic is likely to have both long and short term conclusion for mental health and substance offense work, Those with mental illness and substance offense disorder pre pandemic and those newly affected ,will likely require mental health.[7] Studies related to mental health in patients with Covid-19 are deficient. several authors highlight that it is possible to predict more or less the expected effect in mental and physical health of the sensitive parts of the population.[6] The social and economic crack exposed by the pandemic will result in mass unemployment ,starvation ,increase in gender based violence, homelessness, alcoholism, loan defaulters and millions of move in to poverty. This will cause the chronic stress, anxiety, depression, and humiliation ,leading to an overall rise in harmfulness, suicides and the number of disability adjusted life linked to mental health.[8] Practical steps to manage our mental health during these difficulty times include managing media consumption and permeate information which allow us to take practical steps to protect ourselves and our dear.[9]

## 6. Conclusion

The current focus on the transmission of covid-19 infection all over the world may probably distract public attention from psychosocial consequences of the outbreak in the affected individual and in the general population. The emerging mental health issues related to this global event may evolve in to long lasting health problems, isolation and stigma . People have higher perceived need to deal with their mental health difficulties. There is a need to intensify the awareness program and address the mental health issue of people during this covid-19 pandemic .Its important to study the mental health impacts in general population for planning the effective interference strategies for them.

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