

EVALUATION ON THE PREVALANCE OF STRESS DURING COVID-19

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ABSTRACT

Coronavirus disease (COVID-19) is an ongoing highly transmittable global pandemic. It is a viral infection caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and was emerged in wuhan, china and now it has spread all over the world. COVID-19 is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness. People who are aged and those people with other comorbidities like cardiovascular disease, chronic respiratory disease, diabetes, hypertension, dyslipidemia, chronic respiratory disease and cancer are more likely to develop serious illness. The main aim of this survey is to understand the psychological stress status of normal people during the outbreak of COVID-19 in a confined population. Random sample questionnaire survey was conducted. The study focuses on aspects such as which age and gender of peoples were more stressed due to the out break of covid-19? Does this has impact on their life? Causes of stress and whether they need any type of counselling?

KEYWORDS: Covid-19,WHO, SARS-CoV-2, Stress.

INTRODUCTION

During the 21st century we have been through various viral diseases outbreaks which have represented a serious threat to the worldwide public health. In 2002-2003 the Severe acute respiratory syndrome coronavirus or SARS-CoV, followed by the H1N1 influenza in 2009 and the Middle East respiratory syndrome coronavirus(MERS-VoC) was identified in Saudi Arabia in 2012.^[1] As a following, to the end of 2019, according to WHO^[2] the first case of COVID-19 was confirmed in the Wuhan province of China on the 31st of December, being diagnosed initially as “pneumonia of unknown etiology”. As the cases were expanding through the globe, the different governments were taking the actions that considered necessary with the information that was being provided by the studies and evidence that was being generated.^[3]

The Objective of this study is to

1. Identify the stress in the confined population.
2. Identify the age and gender of peoples who were more stressed due to the out break of covid-19.
3. Identify whether this stress affects their life.
4. Identify whether they need any type of counselling.

METHODOLOGY

Study Design

A Questionnaire survey was conducted by online survey forms among a confined population in thrickodithanam, kottayam, kerala who willingly participated in this study.

Study Sample

A total of about 110 people were responded to the study over a period of 1 month. Based on the inclusion and exclusion criteria a total of 110 peoples were enrolled for the study.

Data collection

Data collection period was one month during 2021. Respondents completed the structured questionnaire forms which composed of check box questions regarding the stress in the confined population. Questains includes which age and gender of peoples were more stressed due to the out break of covid-19,does this affects their life,reason for the stress and whether they need any type of counselling.

DESIGN OF QUESTIONNAIRE

Initially a questionnaire was prepared

1. Questainnaire consisted of 8 questions which include;_which age and gender of people were more stressed due to the out break of covid-19, does this affects their life, how much its affects, reason for the

stress and whether they need any type of counselling.

- The responses to the questionnaire were analysed by statistics.

RESULT

A total of 110 people were responded to this study. In the case of age group, people above 60 years of age were more stressed[Fig.1]. Among gender classification, 60% of the stressed people comprised of females and remaining 40% were males[Fig.2]. The main causes of stress in this confined population were that 35% of people were afraid of being getting contracted with corona virus, 30% of people were stressed over financial crisis, 20% were concerned over their jobs and career, followed by 10% worried about their education and finally phobias accounted to 5%. The stress severity level during this study in this confined population shows that no fear were 1%, mild with 8%, moderate with 30%, severe with 49% and very severe with 12%. Of above mentioned 47.30% peoples have stated that the stress has already started affecting their lives. Survey concluded with 40% of people confirming that they need counselling for their stress during the pandemic condition.

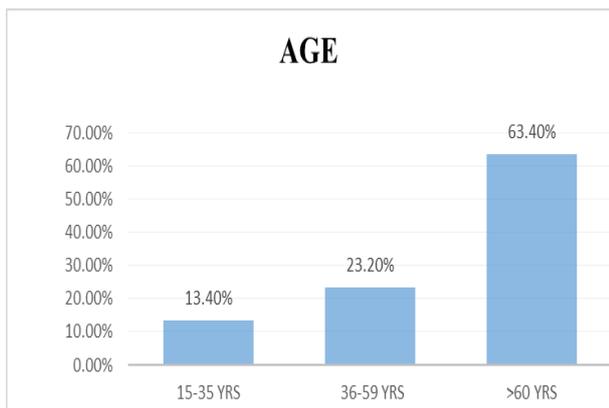


Fig. 1: Among 110 responders, 13.30% of 15-35 years, 23.20% of 36-59 years and 63.40% of above 60 year old people were stressed.

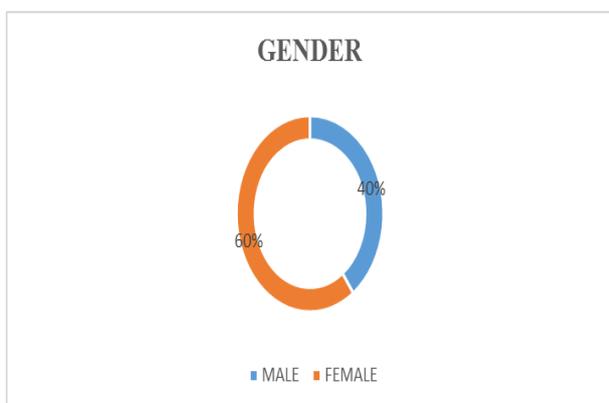


Fig. 2: Among 110 responders, 60% of stressed people comprised of females and 40% are with male.

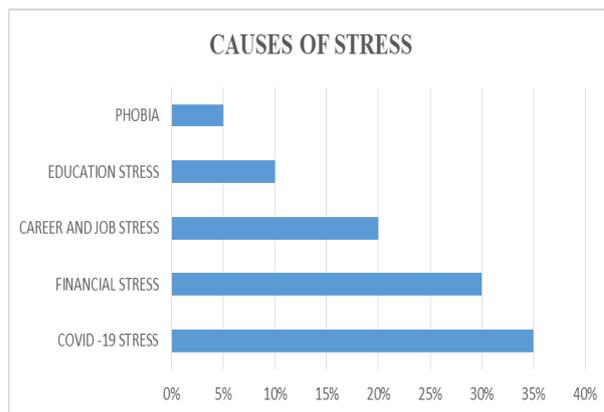


Fig. 3: Among 110 responders, 35% of people are stressed due to afraid of covid-19 infection, 30% are with financial crisis, 20% with career and job stress, 10% with educational stress and 5% with other phobias.

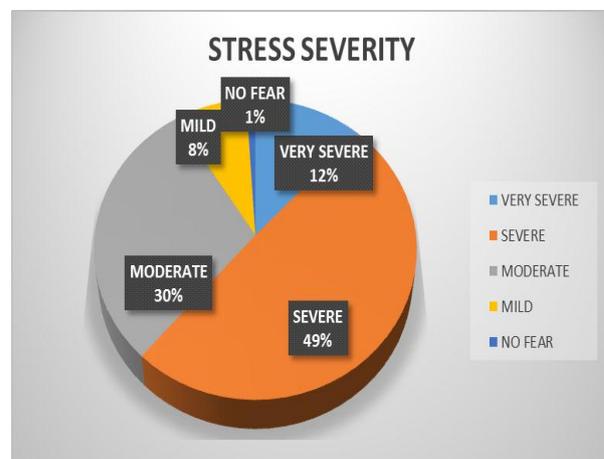


Fig. 4: Among 110 responders, stress severity level with 1% with no fear, 8% with mild, 30% with moderate, 49% with severe and 12% with very severe stress.

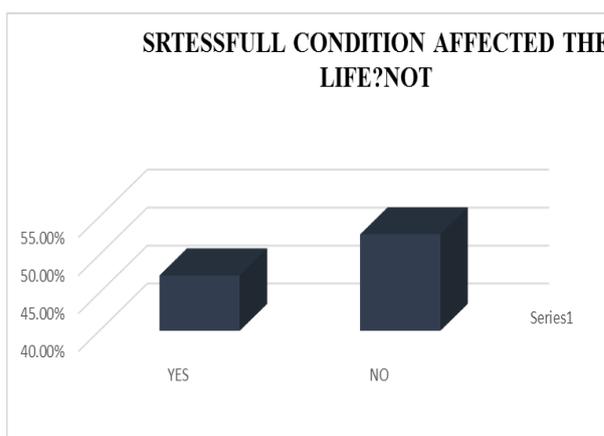


Fig. 5: Among 110 responders, 47.30% of people stated that stress affected their life and 52.70% doesn't affect.

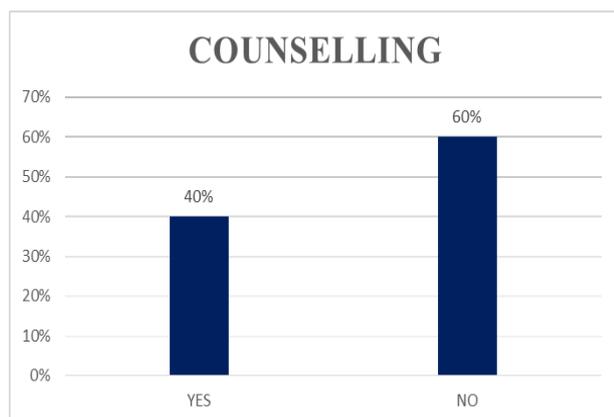


Fig. 6: Among 110 responders, 40% of people responded that they need counselling and 60% doesn't need counselling.

DISCUSSION

The current study investigated the initial psychological impact of COVID-19 outbreak in a confined population. As the disease progressed, concerns regarding health, economy, and livelihood increased day-to-day. The findings of the pandemic's impact on mental health could help inform health officials and the public to provide mental health interventions to those who are in need. This can guide researchers to plan prospective longitudinal studies for assessing treatment need.^[4] There are mental health concerns like stress, anxiety, worries and insomnia especially after the declaration of lockdown in India on 24th March, 2020. Government of India has launched helpline numbers to provide guidance and counselling, in collaboration with different Institutes of national importance.^[5] World Health Organization has urged to take the necessary precautions to tackle the negative impact of the spread of Coronavirus on psychological health and well-being.^[6]

The main aim of this study is to evaluate the Identify the stress in the confined population, Identify the age and gender of peoples who were more stressed due to the out break of covid-19, Identify whether this stress affects their life and Identify whether they need any type of counselling. The present study was a questionnaire-based study, which attended about 110 adult patients in Thrickodithanam, kottayam. In this study most of age group, people above 60 years of age were more stressed. Among gender classification, 60% of the stressed people comprised of females and remaining 40% were males, the main causes of stress in this confined population were that 35% of people were afraid of being getting contracted with corona virus, 30% of people were stressed over financial crisis, 20% were concerned over their jobs and career, followed by 10% worried about their education and finally phobias accounted to 5%. The stress severity level during this study in this confined population shows that no fear were 1%, mild with 8%. moderate with 30%, severe with 49% and very severe with 12%. Of above mentioned 47.30% peoples have stated that the stress has already started affecting their lives. Survey concluded with 40% of people confirming

that they need counselling for their stress during the pandemic condition.

Limitations of the Study: The major limitation of this study was the essentially small number of participants. There are some more limitations to be considered while analysing the study results and they are;

1. Inherent design of the study like sampling technique being only restricted to people with internet access and having understanding of English.
2. The concerns of social desirability while responding to questions on mental health issues.
3. The study was conducted during a period of lockdown, which can have its own psychological impact and this confounder could not be addressed through the questionnaire used in the study.

In addition, some other factors such as communication problem to the participants, lack of interest to answer the questionnaire by the participants due to their own reasons, could also have affected the results of this study in some ways.

CONCLUSION

Our survey is one of the mental health related data from India, during the crucial period of COVID-19 pandemic and indicated that a significant proportion of them have had a psychological impact during the crisis. The factors that predicted higher impact were older age, being both male and female and having a known physical comorbidity. There is a need for considering mental health issues by the policy makers; while planning interventions to fight the pandemic.

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CONFLICTS OF INTEREST

The author declares no conflict of interests.

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