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IMPACT OF PANDEMIC ON MENTAL HEALTH OF HUMAN

SATYAPAL SINGH
RESEARCH SCHOLAR SUNRISE UNIVERSITY

DR. PUSHPINDER KAUR,
ASSISTANT PROFESSOR
DEPARTMENT OF SOCIOLOGY
SUNRISE UNIVERSITY.ALWAR [RAJ]

ABSTRACT

The COVID-19 pandemic posed as a "black swan" event, and as a response, governments from many nations adopted a variety of strategies. Yet, the majority of nations declared total lockdown, with severe social and travel restrictions. The Indian government imposed a 21-day national lockdown on March 24, 2020, restricting movement for the entire 1.3 billion-person population. Even short-term lockdowns, isolation, and social withdrawal can be precursors to long-term repercussions like signs of mental stress and disorder, such as insomnia, anxiety, depression, and post-traumatic stress symptoms. Despite the abundance of studies published on COVID-19, there are few studies that provide information on the general population's mental health. In order to help the government organisations and healthcare experts protect the mental health wellness of the community, the current survey was designed to evaluate the mental health impact of the current lockdown on the people of New Delhi, India, one week after it was imposed.

INTRODUCTION

The 2019 new Corona Virus (2019-CoV), also known as SARSCoV-2, has spread quickly from its origin in Wuhan City in Hubei Province of China across the entire world in a matter of weeks, posing a threat of a public health disaster in the form of a pandemic. The number of pneumonia-like infections among vendors at the Huanan seafood market with an unclear aetiology was reported to the WHO by the Chinese government on December 31, 2019. More than 5.4 million cases and a startling 3,44,000 fatalities had been reported as of May 24, 2020, globally. The COVID-19 was divided into four stages by the WHO based on its distribution. Stage 1 (imported cases), Stage 2 (local transmission), Stage 3 (community transmission), and Stage 4 are among these stages (transmission out of control). Stage 3 Community Transmissions were experienced as a result of the virus' rapid spread in Italy, China, Spain, and the United States.

With an increase in instances, the Indian government declared a nationwide lockdown beginning at midnight on March 24, 2020, in an effort to stop cases by enforcing social segregation. For the first time likely since World War II, there were severe restrictions on travel, and all restaurants, theatres, and bars were closed internationally. International travellers who are stranded in the middle of their vacations as a result of worldwide flight cancellations or returns are destroying the aviation industry. With a $2.94 trillion GDP and a ranking of 5 among the most polluted nations according to the IMF, India is currently on lockdown and faces both a public health crisis and a financial shock. The following lockdown resulted in the abrupt and significant reduction of human traffic in and around the big cities as a result of the closure of practically all governmental and non-governmental offices with a stringent "Work-From-Home Policy." Movement restrictions, factory closures, and curfew hours caused the environment to appear to change from the usual state of anthropogenic contamination. Worldwide reports of an increase in animal sightings because of a lack of human activity have been made. There have been reports about the pollution levels decreasing after the lockout. On the other side, a massive rise in medical waste has become an environmental issue, raising concerns about re-infection and complicating efforts to dispose of it. The authors of this article talk about how COVID-19 has affected the environment in many ways.

The global expansion of the Covid-19 pandemic has forced society to preserve social distance. It has severely disturbed the education industry, which is a key factor in determining a nation's economic future. The World Health Organization suggested using the abbreviation COVID for Coronavirus disease 2019 as the virus's official name on February 11, 2020. On December 31, 2019, Wuhan, China, made the first discovery of it. In Wuhan, China in 2020, a 61-year-old man became the first COVID 19 fatality. In March 2020, the WHO proclaimed COVID-19 to be a pandemic. The first COVID-19 pandemic case was discovered on January 30, 2020, in the Indian state of Kerala, and the victim had travelled to Wuhan, China (Wikipedia). India announced the first COVID-19-related death on March 12, 2020. More than 4.5 million people have been impacted globally by it (WHO). The UNESCO report states that it affected more than 90% of all students worldwide in mid-April 2020, but that number has since dropped to just over 67% in June 2020. Over the world, the COVI-19 outbreak has affected more than 120 crore students and young people. In India, the various limitations and the nationwide lockdown for COVI-19 have an impact on more than 32 crore students. According to the UNESCO report, around 14 crore primary children and 13 crore secondary students—the two educational levels most commonly affected in India—are affected.

Upon observation of the corona virus pandemic situation, the WHO suggested maintaining social isolation as the initial preventative measure. Consequently, in order to isolate the infected people, every nation initiated a lockdown. Schools, colleges, and institutions in the education sector were closed. All school, college, and university exams, including entrance exams, were postponed indefinitely in addition to the suspension of classes. As a result, every student's timetable was wrecked by the lockout. Although it is a unique circumstance in educational history, COVID provides opportunity to transition from the demanding classroom teaching style to a new era of digital model.

Many educational institutions have been forced to cancel their lessons, exams, internships, etc. and opt for online alternatives due to the lockdown. When this sudden catastrophe forced the closure of educational activities, educators and students were initially somewhat bewildered and unsure of how to handle the situation. Yet as time went on, everyone recognised how many lessons the lockdown had taught them about how to deal with pandemics of this nature. As a

result, COVID presented numerous obstacles and chances for educational institutions to improve their technological infrastructure. For teachers and students, the lockout has provided a glimmer of hope for online learning to continue. Teachers used apps like Zoom, Google Meet, Facebook, YouTube, and Skype to deliver lectures and provide homework to students via the internet. In every industry worldwide, there are WhatsApp groups for parents, teachers, students, and guardians. This has a significant negative impact on both the Indian and global education systems. That has made life for dentists in the entire world on lock down. All educational activities were stopped in India as around 32 crore students left their current schools or universities. The COVID-19 epidemic has shown us that change is inevitable. It has acted as a catalyst for educational institutions to develop and choose platforms with hitherto unexplored technology. The government of India took steps to ensure that education was provided throughout the nation, but the education sector has been striving to survive the crises with a new strategy and by digitising the difficulties. The COVID-19's effects on education, both positive and negative, are explored, and some helpful recommendations are made for how to carry with educational activities while under licence, which allows for unrestricted use. Upon observation of the corona virus pandemic situation, the WHO suggested maintaining social isolation as the initial preventative measure. Consequently, in order to isolate the infected people, every nation initiated a lockdown. Schools, colleges, and universities all lost funding for education. The lockdown obliterated the schedules of all school, college, and university exams, including entrance tests. Even though it is a unique circumstance in educational history, COVID-19 has opened up numerous options to transition from the demanding classroom teaching paradigm to a new era of digital model. Many educational institutions have been forced to cancel their lessons, exams, internships, etc. and opt for online alternatives due to the lockdown. At first, the situation of this sudden crisis that required educational activities left both the teachers and the pupils somewhat perplexed and unsure of how to handle it. Yet as time went on, everyone recognised how many lessons the lockdown had taught them about how to deal with pandemics of this nature. As a result, COVID-19 presents chances and challenges for educational institutions to improve their technology literacy, and the lockdown has given them a glimmer of optimism that professors and students can continue their academic activities online. Teachers used the internet to assign homework to pupils and conduct lessons using live interactive video chat so that they

could stay in touch and discuss any problems they were having. A shift to digital learning may be easier in a country like China that employs a system of centralization that is far more centralised. There are certain low-income children that are unable to use computers for studying even in a country like the United States (Study Abroad Life). The similar thing occurs in India, where not all students have access to high-speed internet and technological devices, and they consequently suffer. Numerous modern educational institutions in India are now not digitally equipped to handle the abrupt transition from the traditional educational setup to the online educational system.

MENTAL HEALTH

Mental health is more than just the absence of mental disorders; rather, it is an essential component of both physical and mental well-being. It is the bedrock upon which a person's health and their ability to perform effectively are built. It addresses issues pertaining to mental health as well as the prevention of mental problems, their treatment, and rehabilitation.

According to the estimates provided by the WHO, India has a disability-adjusted life year burden that is equal to 2443 per 100,000 people and a suicide rate that is equal to 21.1 per 100,000 people. Because of problems with mental health, it is estimated that the global economy will suffer a loss of 1.03 trillion USD between the years of 2012 and 2030.

When it comes to providing high-quality services, the Mental Health Policy, 2014 places an emphasis on using a rights-based and participatory approach. The Mental Healthcare Act of 2017 lays out the legislative principles for the provision of services to protect, further, and maintain the rights of those who are afflicted with mental diseases. They are compliant with the Convention of the United Nations on the Rights of People with Disabilities (UNCRPD).

The National Mental Health Programme and Health and Wellness Centers are two examples of initiatives that are part of an effort to improve the standard of care provided at the primary health care level. There are also rehabilitation centres and services available for people who are addicted to drugs.

The ability to manage one's thoughts, feelings, behaviours, and interactions with others is one of the individual attributes that can have an effect on one's mental health. Other elements that can influence mental health include: In addition, several components of a person's psychology, personality, genetics, and environment, in addition to aspects of society, culture, economics, politics, and the environment, all have a role.

In order to find a solution to the problem, it will be necessary to raise awareness and provide assistance for mental health.

Fostering an environment that encourages individuals to engage in healthy behaviours and provides support for such behaviours is an essential component of mental health promotion. The development of an enabling environment through the implementation of national mental health policies and legal frameworks is necessary for the efficient management of mental health concerns and the provision of comprehensive guidelines for the assurance of mental health promotion. In order to accomplish this, a multidisciplinary approach that takes into account the entirety of a person's existence is necessary.

It is impossible to exaggerate how important it is to treat conditions related to mental health. It advocates the establishment of comprehensive measures for promotion, prevention, treatment, and rehabilitation that involve many levels of government. Encouragement on the part of policymakers should be given to the availability and accessibility of primary healthcare that is reasonably priced for the treatment of common mental diseases.

MENTAL HEALTH STATUS OF INDIA

According to the most current survey conducted by India's National Institute of Mental Health and Neurosciences (NIMHANS), over 150 million Indians require services related to mental health care, but less than 30 million of them actually seek treatment for their conditions. "More than ten percent of people in the population have a diagnosable mental health condition or substance use disorder. The significance of maintaining good mental health and the critical need

to seek treatment for any mental illnesses "According to Pratima Murthy, Director of NIMHANS, who spoke to DW.

The National Mental Health Survey investigated a variety of topics, one of which was mental morbidity, which can be defined as a decline in both one's physical and mental health that can be attributed to a psychiatric disorder. In addition, both neurosis and disorders brought on by stress were discussed. The results of the survey showed that there is a concerningly high likelihood of suicide among one percent of the whole sample size.

ANXIETY

Anxious times. Psychologists and poets love it. It explains psychopathology and social behaviour. Frustration causes fear. Frustration changes. Freud believed worry "controls our behaviour" by causing us to avoid danger. Worry. Concerns about loved ones, quizzes, tests, and other exams are valid. Teens are irritable due to emotional issues like worry. Compulsion-induced dread.

It alerts the ego to dangerous impulses. Worry may be unwarranted. Anxiety can disrupt life. Cattell (1966) "The volume of unmet demands and the degree of doubt (36 degrees) that they will be met determine anxiety. Anxiety is uncertainty about rewards or desire fulfilment." May (1994) defines anxiety as the fear of losing a value the person considers essential to his self. Unexpected anxiety can occur. Weinberg and Gould define anxiety as worry, concern, and apprehension linked to physiological arousal or activity (2007). It differs from intelligent fear.

Anxiety is about uncontrollable or inevitable events, whereas fear is about fleeing danger. Another study defines anxiety as "a future-oriented mental state in which one is ready or prepared to attempt to cope with approaching adverse occurrences," suggesting that present and future dangers distinguish anxiety from terror. Length, threat specificity, motivated direction, and duration distinguish fear and anxiety.

Phobias, social anxiety, and PTSD are anxiety disorders. Anxiety can cause heart palpitations, tachycardia, muscle weakness, weariness, chest pain, shortness of breath, migraines, stomachaches, and more. Blood pressure, heart rate, perspiration, and muscle blood flow increase as the body prepares for a threat, while immunological and digestive functions are suppressed (the fight or flight response). Anxiety causes pallor, perspiration, shaking, and pupillary dilation. Anxious people panic. Anxiety sufferers often have panic episodes. Panic attacks are unpredictable but dangerous. Panic attacks cause a feeling of death or loss of consciousness. Panic disorder patients with anticipation anxiety between attacks may develop phobias. 40 million People have anxiety.

An excessive amount of worry and tension, an unrealistic perspective on problems, restlessness or "edginess," irritability, headaches, sweating, difficulty concentrating, nausea, the need to frequently use the restroom, fatigue, difficulty falling or staying asleep, trembling, and being easily startled are all symptoms of anxiety. Drugs, mental illness, or both can cause anxiety. Doctors first explore for physical causes of anxiety. Anaemia, asthma, sickness, drug intoxication or withdrawal, and heart abnormalities can worsen anxiety.

Anxiety. DSM-IV-TR anxiety disorders include panic disorders, agoraphobia, specific phobias, social phobias, obsessive compulsive disorder, posttraumatic stress disorder, acute distress disorder, generalised anxiety disorder, general medical anxiety, substance-induced anxiety, and anxiety disorder not otherwise specified. Anxiety disorders are characterised by self-centeredness, uncontrollable anxiety about potential threats, dangers, or other negative events, and physiological symptoms like perspiration, heart palpitations, shaking, etc. Existing categorization methods lack discriminatory validity for common diseases. Overlapping symptoms explain emotional disorder prevention, management, and development. GAD, PD, OCD, PTSD, SAD, and phobias are serious mental illnesses.

OBJECTIVE

The purpose of the present survey was to assess the mental health impact that the current lockdown has had on the population of New Delhi, India, one week after it was imposed. This was done to assist government agencies and healthcare professionals in maintaining the community's mental health and wellbeing.

SAMPLE OF THE STUDY

Out of the 2876 people who were invited, there were a total of 992 people who participated in the study; 11.2% of them were aged between 21 and 35 years, 46.3% were aged between 36 and 50 years, 6.5% were over 65 years of age, and the remaining 35% were aged between 51 and 65 years and were from the Delhi region.

TOOLS USED IN THE STUDY

- Impact of Event Scale - Revised (IES-R),
- Perceived stress scale 10 (PSS-10)
- Shapiro-Wilk test

METHADOLOGY

Following a review of the relevant literature, which included scales such as the Impact of Event Scale - Revised (IES-R), Perceived Stress Scale 10 (PSS-10), and the international guidelines, a self-administered, prevalidated web-based questionnaire with 18 questions in English was created to explore age and domains of knowledge about COVID-19, understand the causes of lockdown, and identify stressors like fear of infection, helplessness and boredom, limited supplies, and (groups from New Delhi). The questionnaire was distributed to those who accepted the invitation and confirmed they were New Delhi residents, were older than 20 years old, and had completed at least a graduate-level education. Among the 992 participants in the study (out of the 2876 who were invited), 11.2% were between the ages of 21 and 35, 46.3% were between the ages of 36 and 50, 6.5% were beyond the age of 65, and the remaining 35% were between the ages of 51 and 65. For the same, ethical approval and permission were acquired. Using SPSS

20.0, statistical analysis of the data was performed. According to the Shapiro-Wilk test, the data were regularly distributed. Age was used to separate the results, and Table 1 (p 0.05) highlights the domains where age showed a significant connection. Significant relationships between age groups and the multivariate variables of participants' awareness of COVID-19, its consequences on humanity, and their perceptions of the current situation were found, according to chi-square analysis. Age was found to significantly correlate with the effects on employment and income as well as changes in eating and sleeping habits among the bivariate variables. According to Pearson's association study of bivariate variables, higher practise of social distance was made possible by better comprehension of its meaning. Also, a negative association between age and travel plans showed that as age decreased, there was a greater likelihood that trip plans would change. While a rise in eating pattern changes was associated with an increase in anxiety of contracting COVID-19 through interpersonal contact, a decline in sleep pattern alterations was seen.

RESULT AND DISCUSSION

Several approaches to mental health have been taken in reaction to the COVID-19 pandemic, depending on the strengths and limitations of the individual. Successful disease containment requires the use of essential instruments, including knowledge of the disease and the causes of shutdown. In the current study, 98.2% of respondents followed it and 92.5% and 97.5% of respondents were familiar with COVID-19 and social isolation or distancing, respectively (p 0.05). There was a direct association between individuals who practised social isolation or isolating themselves from others and those who were conscious of it. According to the current study, 78.5% of respondents were upbeat and thought that by working together, the sickness could be controlled (p 0.05). Yet, it has been shown that anxiety levels increase as more people follow updates about the same thing. Even though social media has been crucial in spreading knowledge in recent years, information must still be acquired from health authorities in order to help separate fact from fiction because the former can assist allay anxieties. Participants' 12.1% feelings of helplessness and depression show that confinement, lack of routine, and less social and physical contact with others can lead to mental exhaustion, discontent, and a sense of separation from the rest of the world. Participants' 12.1% feelings of helplessness and depression

show that confinement, lack of routine, and less social and physical contact with others can lead to mental exhaustion, discontent, and a sense of separation from the rest of the world.

91.6% of respondents changed or cancelled their trip plans as a result of the shutdown. When asked about the disease's potential repercussions on humanity, 60.2% of respondents thought it would result in the loss of human life, 29.8% expressed concern about a potential economic downturn, and 1.9% thought it was just a social media hoax. When asked what they did during the lockdown, only 11% reported engaging in hobbies, despite WHO recommendations that people during the current COVID-19 epidemic engage in regular exercise, daily tasks, and hobbies for mental health well-being (WHO, 2020). Age groups and the multivariate variables of participants' awareness of COVID 19, its impact on humanity, and how they felt about the current situation all showed significant correlations.

It has been demonstrated that sleep problems increase the likelihood of developing mental illnesses. Also, it has been discovered that anxiety, tension, and self-efficacy all affect how well you sleep. Moreover, some people's tendency towards suicide has been linked to short sleep duration. In the current study, 55.3% of participants reported having problems sleeping during this lockdown time, with the most severe sleep disturbances reported by participants between the ages of 35 and 50 and those who feared catching the disease. Because of the isolation, this may be linked to high levels of worry and stress, which would be a sign of poor mental health. The initiation, intensity, and duration of depression are all influenced by nutritional factors, which are intertwined with human behaviour and emotions. Many studies back up the idea that chronic stress exposure can cause anorexia or obesity, and that stress can increase or reduce calorie intake. In the current study, variations in eating patterns were seen in 79.5% of participants, with persons aged 35 to 50 experiencing the greatest variations. These variations were positively connected with the practise of social distance and the fear of contracting the disease upon meeting someone. Although not statistically significant, the fact that 26.3% of respondents said they began consuming more alcohol, drugs, or tobacco raises concern because isolation may cause alcohol abuse to worsen and may even result in the emergence of alcohol use disorder in high-risk individuals during and after the pandemic.

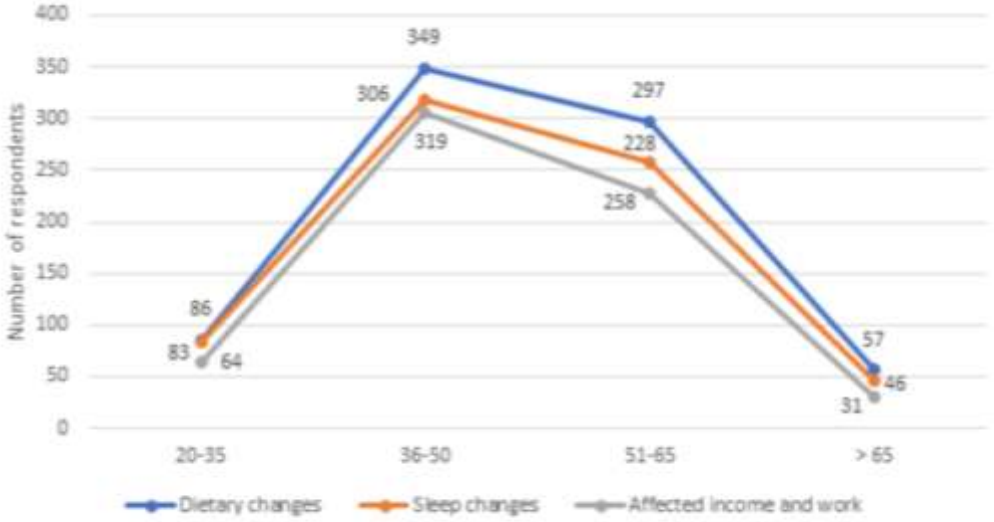
Table 1
Descriptive statistics for various domains.

Questions and possible responses		20 – 35 (n = 117)	36 – 50 (n = 460)	51 – 65 (n = 350)	> 65 (n = 65)	Total (%)
Family members	1	21	19	14	4	58 (5.8)
	2 – 3	47	164	110	39	360 (36.2)
	3 – 6	30	192	174	12	408 (41.3)
	> 6	19	85	52	10	166 (16.7)
Knowledge of covid-19*	Serious disease affecting all age group	101	433	326	56	916 (92.3)
	Serious disease affecting only the elderly	11	13	11	4	39 (3.9)
	Just another kind of flu like swine flu	2	9	5	4	20 (2.1)
	Seasonal flu	1	1	1	1	4 (0.4)
	Other	2	4	7	0	13 (1.3)
Heard about similar pandemic	Yes	49	186	151	23	409 (41.2)
	No	55	236	168	38	497 (50.3)
	Maybe	13	38	31	4	86 (8.6)
Effects on mankind*	It will lead to loss of human life	61	288	212	36	597 (60.2)
	Bring worldwide economic slowdown	35	123	115	23	296 (29.8)
	Just a hype has been created through social media	7	6	2	3	18 (1.9)
	Will pass like any other disease	13	28	10	3	54 (5.5)
	It will have multiple effects, including global slow &down and mortality	0	1	0	0	1 (0.1)
	It will pass but only after giving a permanent scar on the whole & human community	1	0	0	0	1 (0.1)
	Financial and human loss	0	1	0	0	1 (0.1)
	Others	0	13	11	0	24 (2.3)
Meaning of Social distancing/Isolation	Abstaining /staying away from people	114	455	347	62	968 (97.5)
	Abstaining from social media	3	5	3	3	14 (2.5)
Are you practising Social distancing/isolation	Yes	113	452	345	64	974 (98.2)
	No	4	8	5	1	18 (1.8)
Feeling about present situation*	Feeling optimistic, together we can fight it	82	357	288	52	779 (78.5)
	Helpless &depressed can't do anything about it	15	59	40	6	120 (12.1)
	Anxious & restless	15	33	18	3	69 (7.0)
	Just another phase	5	11	4	4	24 (2.4)
Activities at home	Work from home	33	133	79	7	252 (25.4)
	Spending time with family	25	157	102	16	300 (30.3)
	Television/mobile/social media	22	66	51	14	153 (15.4)
	Household chores	17	68	80	12	167 (16.8)
	Hobbies	20	36	38	16	110 (11.1)
Has lockdown affected your income and work*	Yes	64	306	228	31	629 (63.4)
	No	53	154	122	34	363 (36.6)
Can you sustain lockdown for long	Yes, I can manage	37	157	130	27	351 (35.4)
	No cannot manage the basic amenities and medical needs	40	166	88	21	315 (31.8)
	No i will be emotionally shattered	40	137	132	17	326 (32.8)
Alter/Cancel travel plans	Yes	99	419	328	63	909 (91.6)
	No	18	41	22	2	83 (8.4)
Fear of acquiring disease/ spreads by meeting people?	Yes	96	382	295	47	820 (82.7)
	No	21	78	55	18	172 (17.3)
Sleep pattern changes*	More than usual	23	87	43	4	157 (15.8)
	Trouble in sleeping	60	232	215	42	549 (55.3)
	No changes	34	141	92	19	286 (28.9)
Increased smoking and alcohol	Yes	35	101	87	38	261(26.3)
	No	82	350	262	37	731(73.7)
Diet pattern changes*	Yes	86	349	297	57	789 (79.5)
	No	31	111	53	8	203 (20.5)
Is COVID-19 a taboo	Yes	43	135	90	13	281 (28.3)
	No	74	325	260	52	711 (71.7)
Do you have sufficient funds to manage lockdown?	Yes	59	201	186	47	493 (49.7)
	No	21	106	52	8	187 (18.8)
	Maybe	37	153	112	10	312 (31.5)

* Statistically significant findingsp < 0.05).

Resentment has reportedly been seen to develop during quarantine due to a lack of essential supplies. Although the majority of responders could not manage because of a shortage of basic amenities and medical demands (31.8%) or because of emotional reasons (32.8%), 35.4% of participants said they could maintain lockdown.

The absence of consistent



Graph 1. Significant association of bivariate variables.

medical care, according to Blendon RJ, was a worry for participants. People frequently go through financial difficulties while in quarantine. Lockdown had a significant influence on 63.4% of the population's job and income, which was favourably correlated with those aged 35 to 50, followed by persons aged 50 to 65, and had an impact on their financial situation. Although though 49.7% of the study's participants said they had enough money to handle a lockdown, the remaining participants were either unsure or lacked the means to make it last. Because people are unable to work and professional activities are abruptly terminated, financial loss is a stressor both during and after isolation. The impacts seem to persist a long time. It has been demonstrated that the financial loss caused by quarantine contributed to the symptoms of mental health issues, rage, and anxiety. This induced considerable socioeconomic anguish.

CONCLUSION

The COVID-19 epidemic has prompted several mental health interventions. Disease understanding and shutdown causes containment. 98.2% followed it, while 92.5% and 97.5% knew of COVID-19 and social isolation or distancing, respectively (p 0.05). Isolation correlated

with attentiveness. The report found that 78.5% of respondents believed working jointly might control the condition (p 0.05). Yet, repeating updates worries. Health authorities must still dispel myths to ease worries, even when social media has expanded knowledge. 12.1% of participants felt helpless and dejected, suggesting that confinement, loss of routine, and reduced social and physical contact may lead to mental fatigue, unhappiness, and isolation. 12.1% of participants felt helpless and depressed, suggesting that confinement, lack of regularity, and decreased social and physical contact may lead to mental fatigue, misery, and isolation.Travelers were impacted 91.6%. 60.2% thought the illness would kill people, 29.8% worried about economic collapse, and 1.9% thought it was a social media hoax. 11% of people reported practising activities during the lockdown, despite WHO recommendations that people exercise, undertake daily tasks, and have hobbies for mental health (WHO, 2020). Age groups and the multivariate variables of participants' understanding of COVID 19, its impact on humanity, and how they felt about the current situation were significant.

Mental diseases cause sleep problems. Anxiety, tension, and self-efficacy affect sleep. Low sleep duration may raise suicide risk. 55.3% of people had problems sleeping during the lockdown, especially those between 35 and 50 and those who worried acquiring the illness. Isolation can cause anxiety, signalling mental illness. Diet affects depression onset, intensity, and duration. Several studies show that stress increases or decreases calorie intake and promotes anorexia or obesity. In this study, 35–50-year-olds experienced the largest eating pattern modifications at 79.5%. Social distance and sickness dread were positively associated with these differences. 26.3% reported using more alcohol, drugs, or cigarettes. Isolation may lead to alcohol use disorder in high-risk individuals during and after the pandemic.Supply shortages may make quarantine unpopular. 35.4% of respondents could lockdown despite a lack of basic amenities and medical needs (31.8%) or emotional reasons (32.8%). Blendon RJ claimed participants worried about medical inconsistency. Quarantine typically costs money. Lockdown affected 63.4% of the population's work and income, positively affecting those aged 35 to 50 and 50 to 65. 49.7% of the study's participants said they had enough money for a lockdown, but the remainder were unclear or didn't. Isolation and financial loss stress. Effects last. Mental illness, rage, and anxiety have been associated to quarantine-related financial loss. Distress ensued.

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