



# Psychological Impact of Covid-19 in India

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## ABSTRACT

*The coronavirus disease pandemic has caused enormous psychological and emotional impacts on people worldwide. During the Covid-19 pandemic, due to lockdown, quarantine and isolation of people there has been a negative impact on the psychological as well as the emotional health of the current youth population (16-36 years of age) of India.*

**Keywords:** Anxiety, Depression, Covid-19, Stress

## 1. INTRODUCTION

In December 2019, a novel coronavirus outbreak was reported in the Hubei province of Wuhan, China. It has now become a global threat being reported in 6 continents, and more than 100 countries. Coronaviruses are a large family of zoonotic viruses (viruses able to transmit from animals to humans) that cause illness ranging from the common cold to severe respiratory diseases. Common symptoms of Covid-19 include respiratory problems such as dry cough, fever, loss of taste and smell etc. and in severe can even result in death.

Two other recent coronavirus outbreaks have been experienced. Middle East Respiratory Syndrome of 2012 was found to transmit from dromedary camels to humans. In 2002, Severe Acute Respiratory Syndrome was found to transmit from civet cats to humans. In addition to the physical impact Covid-19 has on our body, it can have many serious mental effects as well. A wide range of psychological effects have been observed during the Coronavirus outbreak, at individual, community, national, and international levels. People who are isolated in their homes due to quarantine are vulnerable to experiencing significant levels of anxiety, depression, anger, confusion, and stress. Almost all of the studies that have examined the psychological disorders during the COVID-19 pandemic have reported that the affected individuals show several symptoms of mental trauma, such as emotional distress, depression, stress, mood swings, irritability, insomnia, anger etc.

The objective of this paper is to estimate the prevalence and/or increase of depression and anxiety symptoms amongst people of the age group 16-36. This has been done through conducting a survey between people of ages 16-36. The survey consisted of 160 participants and the prevalence of depression and anxiety symptoms was 29.8% (95% confidence interval) greater as compared to before the pandemic. Common risk factors leading to the increase of such symptoms included being health workers, having a lower socioeconomic status, having high risks of contracting COVID-19, and social isolation.

## 2. METHOD

In this systematic review and meta-analysis, a survey was conducted amongst people of ages 16-36 years focused on stress, depression, and anxiety prevalence amongst the participants of the aforementioned survey.

## 3. RESULTS

A total of 160 participants completed the Covid-19 mental health survey for a completion rate of 100% out of which 113(70.625%) were men and the rest were women. 24(15%) participants were married or in a relationship and living with a partner and the rest were single or in a relationship not living with their partner. 149(93.125%) participants were living with some family and the rest were living alone. 74(46.25%) participants lived with a family member who contracted Covid-19.

A total of 67(41.875%) participants felt stressed before Covid-19 and 108(67.5%) participants felt stressed during Covid-19. 129(80.625%) participants said they exercised at home during Covid-19. Average time spent outside was 5.2 hours before Covid-19 as compared to an average time of 1.725 hours spent outside during Covid-19 which shows a 67% reduction in time spent outside. A total of 84(52.5%) participants experienced mild or greater symptoms of depression and anxiety during Covid-19. A total of 17(10.625%) participants experienced severe depression and anxiety symptoms during Covid-19 as compared to 3(1.875%)

participants before Covid-19. A total of 67(41.875%) participants experienced mild depression and anxiety symptoms during Covid-19 as compared to 31(19.375%) participants before Covid-19.

#### **4. DISCUSSION**

This survey found out that the prevalence of depression and anxiety symptoms increased more than 2 fold amongst people aged 16-36 years during the covid-19 pandemic. There was an increase in depression symptoms in almost all participants and there were fewer participants without depression symptoms. We found that people whose family members had contracted the virus were more likely to experience depression symptoms.

The covid-19 pandemic has irreversibly changed the entire world, from causing month long lockdowns to creating unearthly amount of stress on most countries' economies. It has taken the lives of millions around the world and affected millions more. Stress caused by misinformation of the virus has taken its toll on many.

Previous studies have suggested that depression symptoms increase after experiencing a traumatic event and the findings from this study are consistent with that.

Reduction of physical activity is an indicator towards depression and only 13% of participants said that they performed moderate to intense physical activity more than once a week. Reduction of time spent outside further affects a person's mental health and there has been more than 3 fold reduction in time spent outside. Our findings are consistent with other studies which suggest that physical activity helps reduce anxiety and depression symptoms and helps in increasing self-esteem.

This survey study has some limitations. The participation of health workers in the survey was minimal, and approximately half of the participants were currently in undergraduate programs. This survey was completed by participants mostly of the same economic status. Therefore, these limitations suggest that these findings are not applicable to all groups of society.

#### **5. CONCLUSION**

In conclusion, the present survey suggests that more than more than 40% of people are experiencing anxiety and depression symptoms due to the Covid-19 pandemic.

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