



## Impact of Covid-19 Pandemic on Mental Health of People

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### ABSTRACT

The present study entitled “Impact of COVID-19 Pandemic on Mental health of people” was undertaken during 2021-2022 to see the impact of COVID-19 pandemic on mental health of people in eight different localities of Kanpur Nagar. From the selected localities 15 respondents each were randomly selected and interviewed, whose total number was 120. Most of the respondents were up to 25 years of age, most of the respondent’s educational qualification was graduation and above, most of the respondents belonged to general category having annual income of Rs. 3,00,000 and above. The study reveals the impact of COVID-19 pandemic on mental health of people which includes, stress, nervousness, worry, agitation, frustration, fear of unknown, anxiety, insomnia, etc.

**Key words:** Agitation; Impact; Insomnia; Mental; Pandemic.

Novel Coronavirus or COVID-19 is a virus which cause severe respiratory diseases. It was declared as global pandemic by *World Health Organization* in 2020. The global economy, livelihood, and physical and mental well-being have all been touched by the coronavirus illness (COVID-19) pandemic. A pandemic is more than just a medical emergency; it affects people and society, causing chaos, anxiety, stress, stigma, and xenophobia. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people’s usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise. Notable prevention strategies are isolation of the infected persons, proper ventilation, hand hygiene and use of personal protective equipment.

A large number of studies support that the conclusion that the novel coronavirus (SARS-CoV-2) and its corresponding disease (COVID-19) have dramatically impacted people's mental health and behaviour (*Loades et al.2020*)

Although impacts are felt across populations and especially in socially-disadvantaged communities and individuals employed as essential workers college

students are among the most strongly affected by COVID-19 because of uncertainty regarding academic success, future careers, and social life during college, amongst other concerns (*Aristovnik et al.2020*). Even before the pandemic, students across the globe experienced increasing levels of anxiety, depressive moods, lack of self-esteem, psychosomatic problems, substance abuse, and suicidality. Therefore, students may need additional resources and services to deal with the physical and mental health repercussions of the disease. The study based on following objectives :

- To study the socio-economic profile of the respondents.
- To identify the impact of COVID-19 pandemic on mental health of respondents.

### METHODOLOGY

To complete the above objectives, by employing the appropriate research methodology, the study was conducted in district Kanpur in the year 2021-2022. 8 localities Nawabganj, Tilak Nagar, Swaroop Nagar, Govind Nagar, Kalyanpur, Arya Nagar, Kakadev and Azad Nagar were selected randomly in this study. From the selected localities 15 respondents each were randomly selected and interviewed. Thus, 120 respondents were selected. Dependent and independent variables, namely age, educational qualification, caste,

religion, type of house, type of family, family size, annual income, occupation, material possession, source of information, awareness, impact, constraints and suggestions, etc. were used. The data so collected were subjected to statistical analysis for which statistical tools, such as percentage, rank order, weighted mean, standard deviation and correlation coefficient.

## RESULTS AND DISCUSSION

Data analysis reveals (Table 1) the distribution of respondents according to age group, maximum 33.33 per cent of respondents belonged to the 25 years age group with mean age 23 years and standard deviation 1 years followed by 21.7 per cent of people belonged to 25 to 30 years with mean age 27 years. 20 per cent of respondents were belong to 40 years and above age group with mean age 48 years and standard deviation 5 years whereas, 15 per cent of respondents belong to 35 to 40 years age group with mean age 38 years in the research study area. Only 10 per cent of the respondents have found to be 30 to 35 years age group with mean age 32 years and standard deviation 1 years, age group plays an important role with impact of mental and physical health of people during COVID-19.

Therefore, most of the respondents about 60

**Table 1. Socio- economic profile of the respondents**

Age group	No.	%	Mean	S.D.
Up to 25 years	40	33.3	23	1
25 to 30 years	26	21.7	27	1
30 to 35 years	12	10.0	32	1
35 to 40 years	18	15.0	38	1
40 years and above	24	20.0	48	5
Total	120	100.0	32	8
Education				
Up to Primary	-	-		
High school	8	6.7		
Intermediate	29	24.2		
Graduate and above	83	69.1		
Total	120	100.0		
Caste				
General	60	50.0		
OBC	41	34.2		
SC/ST	19	15.8		
Total	120	100.0		
Annual income				
Up to Rs 100000	12	10.0	88000	9000
Rs 100000 to Rs 200000	20	16.7	182000	11764
Rs 200000 to Rs 300000	37	30.8	274865	21831
Rs 300000 and above	51	42.5	670294	189773
Total	120	100.0	409958	98005

percent belonged to the age 25 years and above in the study area. Then, the distribution of respondents according to educational qualification, maximum 69.1 per cent of respondents in the study area were found to be graduate and above followed by 24.2 per cent of respondents who had passed intermediate, 6.7 per cent of respondents were found to be educated up to high school whereas none of respondents marked for primary level education. Education played a major role in awareness and impact of COVID-19 on mental and physical health. The data presented shows the distribution of respondents as per caste, 50 per cent respondents belonged to general caste followed by 34.2 per cent of respondents belonged to OBC category in the study area of Kanpur Nagar only 15.8 per cent of respondents belonged to SC/ST category. From the overall view, it may be accomplished that most of the respondents belonged to General caste in the research study area of Kanpur Nagar district.

Lastly the table shows, 42.5 per cent of respondents belonged to those families who annual income is Rs. 3,00,000 and above with a mean income of Rs. 6,70,294 and standard deviation Rs. 1,89,773; 30.8 per cent of respondents belonged to those family whose annual income lies between Rs. 2,00,000 to Rs. 3,00,000 with mean income Rs. 2,74,865 and standard deviation Rs. 21,831. Therefore, 16.7 per cent of respondents belonged to those families, whose annual income was up to Rs. 1,00,000 to Rs.2,00,000 with mean income Rs. 1,82,000 standard deviation Rs. 11,764. Minimum 10.0 per cent of families had an annual income of up to Rs. 1,00,000 with mean income of Rs. 88,000 and standard deviation Rs. 9,000. Hence, it is accomplished that mainstream families had an annual income of Rs. 3,00,000 and above in each year.

Table 2 describes the impact of COVID 19 on mental health of people, where 54.2 per cent of respondents always and 45.8 per cent of respondents sometimes that worry, stress and nervousness affected their day-to-day life respectively with mean score 2.54, standard deviation 2.04 and rank I, followed by rank II, 47.5 per cent of respondents always and 49.2 per cent of respondents sometimes with mean score 2.44 and standard deviation 1.95 felt frustration leading to aggression has escalated. 45.0 per cent of respondents always had a fear of unknown and 52.5 per cent respondents felt this sometimes with a mean score of 2.43, standard deviation 1.94 and rank III, whereas 41.7 per cent of respondents always and 56.7

**Table 2. Distribution of respondents according to the Impact of COVID-19 pandemic on mental health (N=120)**

Impact of COVID-19 on mental health	Always	Sometimes	Never	MS	S.D.	Rank
Worry, stress and nervousness affecting day to day life	54.2	45.8	0.0	2.54	2.04	I
Lack of sleep (insomnia)	41.7	53.3	5.0	2.37	1.89	V
An upsurge in anxiety and depression	41.7	56.7	1.7	2.40	1.91	IV
Increase in domestic abuse during covid-19 pandemic leading to misery	25.8	25.8	48.3	1.78	1.44	XI
Seeking/took help of a psychologist	14.2	65.8	20.0	1.94	1.47	X
Need of non-material (somebody to talk or listen) help	35.0	59.2	5.8	2.29	1.81	VIII
Poor concentration leading to hassle in work	30.0	65.0	5.0	2.25	1.76	IX
Need of psychological support	38.3	56.7	5.0	2.33	1.85	VI
Increase in defiant behavior	41.7	54.2	4.2	2.38	1.89	V
Frustration leading to aggression escalated	47.5	49.2	3.3	2.44	1.96	II
Stress and anxiety due to financial crisis	39.2	53.3	7.5	2.32	1.85	VI
Post-traumatic stress after Covid-19	42.5	42.5	15.0	2.28	1.84	VII
Fear of unknown	45.0	52.5	2.5	2.43	1.94	III
Rise in substance abuse due to general stress	20.0	34.2	45.8	1.74	1.37	XII

per cent of respondents sometimes, mean score 2.40, standard deviation 1.91 and rank IV had an upsurge in anxiety and depression. On rank V, 41.7 per cent always and 53.3 per cent sometimes, mean score 2.37 and standard deviation 1.89 had sleep problems, along with some increase in defiant behavior , 38.3 per cent of respondents always and 56.7 per cent of respondents sometimes felt the need of psychological support with mean score 2.33 and standard deviation 1.85, also 39.2 per cent of respondents always got stressed out and felt anxious due to financial crisis, 53.3 respondents faced this sometimes, with mean score 2.32, standard deviation 1.85 and rank VI respectively. Whereas, 42.5 per cent of respondents always and 42.5 per cent sometimes encountered post-traumatic stress after COVID 19with mean score 2.28, standard deviation 1.84 and rank VII. On the other hand, 35.0 per cent of respondents always and 59.2 per cent of respondents sometimes with mean score 2.29, standard deviation 1.81 felt the need of non-material support with rank

VIII. 30.0 per cent of respondents always and 65.0 per cent of respondents sometimes had poor concentration leading to hassle in work with mean score 2.25, standard deviation 1.76 and rank IX, whereas 14.2 per cent of respondents always and 65.8 per cent of respondents sometimes took or sought help of a psychologist with mean score 1.94, standard deviation 1.47 and rank X. 25.8 per cent of respondents always faced an increase in domestic violence during Covid19 similarly 25.8 per cent of respondents faced it sometimes with mean score 1.78 , standard deviation 1.44 and rank XI. Lastly, 20.0 per cent of respondents always and 34.2 per cent of respondents sometimes with mean score 1.74, standard deviation 1.37 experienced rise in substance abuse due to general stress and it ranks XII.

Therefore, it may be concluded from the above table that COVID-19 had a negative impact on mental health of people which lead to worry, stress and nervousness also, frustration leading to aggression escalated which is similar to the study of (Xiong, et al. 2020) who showed that despite the initial experience of anxiety and fear and the lack of motivation to engage in physical exercise at home, fitness freaks were able to shift to home exercises and were greatly supported by social media uses and listening to music.

The table 3 demonstrates the correlation coefficient between the impact of COVID-19 on mental health of respondents and independent variables like age, education, caste, family size, type of house, occupation and income. Impact on mental health of respondents regarding COVID-19 was found to be positively significantly correlated with age (0.4486)\*, education (0.2877)\*, occupation (0.2660)\*, income (0.1997)\*.

**Table 3. Correlation coefficient between impact of COVID-19 pandemic on mental health and independent variables.**

Variables	r'
Age	0.4486*
Education	0.2877*
Caste	0.1672
Family size	-0.0422
Type of house	0.0202
Occupation	0.2660*
Income	0.1997*

\*Significant at 5 per cent level of Significance

So, it may be concluded that age plays a significant role in impact on mental health regarding COVID-19. Also, it shows that impact of COVID-19 on mental health was found to be negatively significantly correlated with family size (-0.0422) of the respondents.

### CONCLUSION

The study leads to the conclusion that the majority of respondents belonged to the age group of up to 25 years. Most of them were found to be literate and

graduated, belonged to general category. It was also concluded that the majority of respondents had an annual income of Rs. 3,00,000 and above. Maximum number of respondents had impact on mental health which includes, stress, nervousness, worry, agitation, frustration, fear of unknown, anxiety, insomnia, etc. due to various reasons.

### CONFLICTS OF INTEREST

The authors have no conflicts of interest.

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