



**EFFECT OF COVID-19 SECOND WAVE ON THE MENTAL HEALTH
OF PEOPLE IN NORTHREN – EASTREN INDIA - A SURVEY**

KAUR P^{1*}, KAUR A², KAUR S³ AND BHANDARI DD^{4*}

1: Associate Professor, School of Pharmacy, Desh Bhagat University

2: Assistant Professor, School of Pharmacy, Desh Bhagat University

3: G.H.G.Khalsa College of Pharmacy, Gurusar Sadhar

4: University Institute of Pharmaceutical Sciences, Panjab University, Chandigarh

*Corresponding Author: Paramjeet Kaur: E Mail: parambajwal11@gmail.com

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ABSTRACT

The disease COVID-19(corona virus-19) was first reported by official WUHAN city, China in December 19. Many of the initial patients were either stall owners, market owners. Environmental sample taken from this market become positive for SARS -COV-2. This market becomes the source of the exposure of this disease in January. On January 30th, 2020 the first case was found on India, which was originated from China. Now adays a large number if cases were found in India and people are suffering from this disease. On April 15th 2020, the first peak of corona become double means it reaches to second wave in India. In the second wave their is shortage of oxygen is found in India. Due to second wave of covid we research on every age of to check the response on mental health of people by means of Google form by making the survey form. It has been analyzed that 63.8% responds

of men are found and 37.2 % responds of women were found including higher age group were suffering from the state of poor mental health.

In the current study, we examine to check the respondents who experienced the mental health changes due to second wave of COVID-19.

Keywords: COVID-19, Mental health, Second wave, Survey

INTRODUCTION

The COVID-19 disease has already had and even will have a number of deleterious repercussions like social, economic, health related issues physically and psychologically. It may also lead to severe acute respiratory disease [1], which may cause increase in depression and anxiety. During the second phase of COVID-19, outbreak confirms the emergence of the severe disorders characterized with the suicidal thoughts and dreadful attacks. The coronavirus disease 2019 (COVID-19), pandemic has spread and even will still spreading on a large scale, however, in the form of differed variant [2]. However, we even don't have any exact idea of the psychological deterioration with the pandemic, Numerous mental challenges were there and still be here in public including the symptoms of depression, anxiety, tenxity and feeling

of instability toward the social and physical life [5]. Mass anxiety was been reported in the community due to the negative reporting shown by the social media very quickly and the imposed total lockdown across the world [2]. People felt in secured and frightened and even have a compromised health measures characterized with the unusual inflated apprehensiveness [7]. But this dreadful disease was not spread to all the communities to that extent that the whole world heads together with an open mind even after a big number of causalities as only alpha and beta coronaviruses infect humans. So, in this research we are trying to approach all the factors through a survey that has been play its role to explain the psychological impact of the pandemic with the spread of COVID-19 very clearly (**Figure 1**).

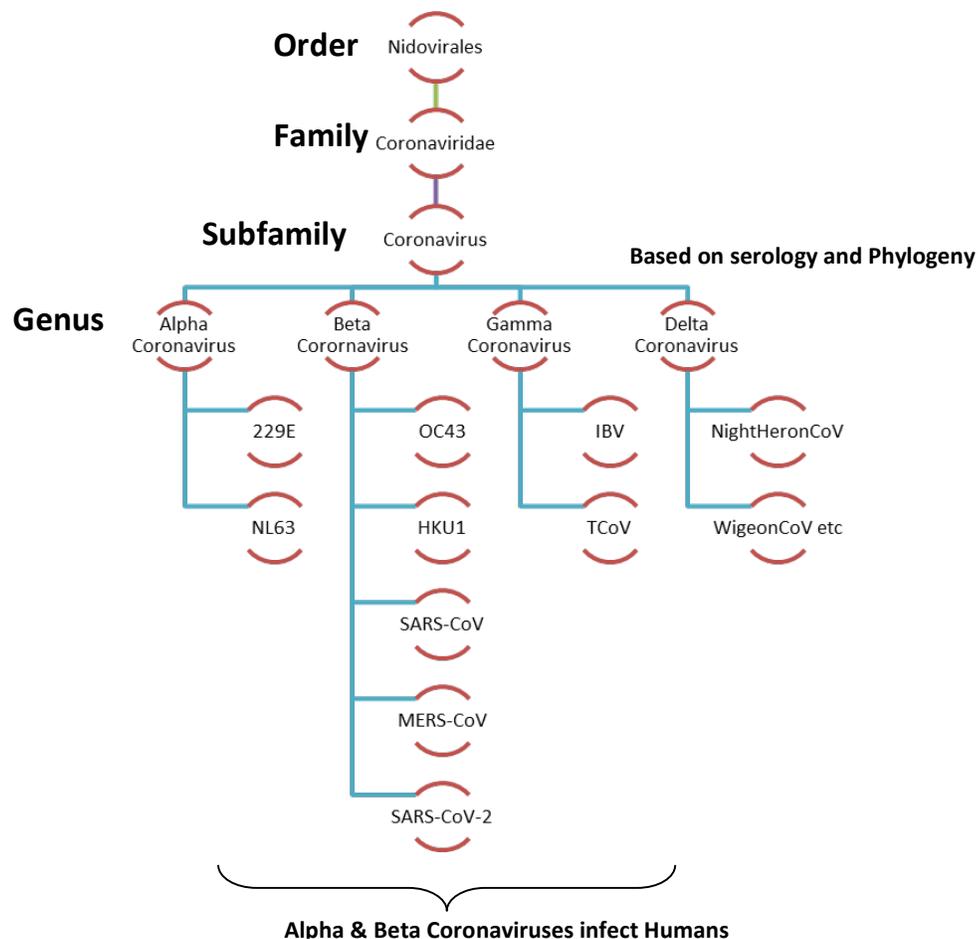


Figure 1: Classification of coronavirus based on the serology and Phylogeny

I. METHODOLOGY

Study design and sample distribution

A web-based cross-sectional study utilized a self-administered validated online questionnaire, which had been circulated to the general mass population through different online means (e.g. Telegram, Facebook, Instagram, WhatsApp groups) to assess the wide mental impact of second wave of COVID-19 outbreak. This study was a rapid, large cross-sectional online survey conducted during the lockdown & unlock phase both (May 20th, 2021 to

August 07th, 2021) in the northern-eastern region of India. The data was collected via Google Form inclusion method. A web based platform has been used. Participants were requested to give the genuine responses to avoid the duplicity or discrepancy. The respondents were chosen by snow ball technique. Guidelines provided by the government for the self-quarantine and online survey was the best data collection methodology.

Studies were only considered after the fulfillment of the following inclusion and exclusion benchmark.

Inclusion Benchmark

- a. Studies were conducted on the Indian, Asian and other population. A total number of participants were 1106; all had been requested to respond responsibly and honestly.
- b. Studies including the psychological changes, behavioral changes, sleeping patterns and physical ability alteration during the pandemic.

Exclusion Benchmark

- a. Studies other than the English language.

RESULTS

1. Please select the race category that you feel you belong to ?
According to the survey, majority of the respondents were Indian with minority from the mixed races **(Figure 2)**.
2. Select your biological sex category ?
The maximum (62.4) study participants were the male while only (0.1%) were the secret respondents who didn't want to disclose their biological sex **(Figure 3)**.
3. In which age category do you current fall into ?
The maximum participants of this study were very young i.e. from the

age group 18-25 and minimum from the 46-50 age group **(Figure 4)**.

4. How many people, currently live (with you) in your home ?

According to the survey, majority are having 5 members in their family and very few lived alone, while an average numbers was here of having 3 or 5 family members **(Figure 5)**.

5. Do you think that lockdown is a good idea for a prevention of second wave of COVID-19 ?

Maximum participants agreed as the covid dispersion rate was declined with the implementation of lockdown, whereas very few disagree with this statement **(Figure 6)**.

6. Due to the second wave of COVID-19 is your family get affected economically?

As all know the covid crises even give its impact even on international market, so a big number (77.3) of respondents strongly agree this statement while others (22.7) will show having no effect of covid-19 on their pockets **(Figure 6)**.

7. Is your any family member get affected by the first stage of COVID-19?

The minimum number of respondent's Family members

- suffered during the first wave of covid-19 while a big number was here having no covid-19 patient in their family which is good at all **(Figure 6)**.
8. Do you think that COVID-19 become a economical disaster in the country?
A big mass (95.1) strongly supported this statement and a very few people (4.9) doesn't think that it has any effect on economic condition of the country **(Figure 6)**.
 9. How stress do you feel during the second wave of COVID-19?
49.2% respondents have stress during the second wave of covid that clearly depicts the worse and deep effect on the mind of mass while a very small number (3.4%) of people were very calm **(Figure 7)**.
 10. Are people abuse alcohol more likely have chance to get affected by second wave of COVID-19?
There was a mix response about the alcoholic people got covid-19 as there is no evidence of relation of alcohol with covid-19 **(Figure 8)**.
 11. If someone having pre-existing mental health issues and not feeling well. What should they do?
Most of the respondents agreed to call to the covid-19 helpline number and almost equal number responses were received for the go to the nearest helpline centre **(Figure 9)**.
 12. If a person having mental disorder what should they do to avoid second wave of COVID-19?
All the factors were responded equally by all the respondents **(Figure 9)**.
 13. What is a mental state of student during the second wave of COVID - 19, the schools were closed since March 2020?
Maximum number of respondents had depression during the COVID period, while the minimum responses were here for the normal mental condition **(Figure 9)**.
 14. Have you faced any challenges during the second wave of COVID-19?
All the factors were faced by the respondents mentioned in this question i.e. depression, Financial stress and pressure, Anxiety and panic etc. **(Figure 9)**.
 15. How does the second wave of COVID-19 hit the mental level of old people?
54.1% respondents were considered all the fear factors mentioned in the statement. Only a negligible mass considered the single factor **(Figure 9)**.

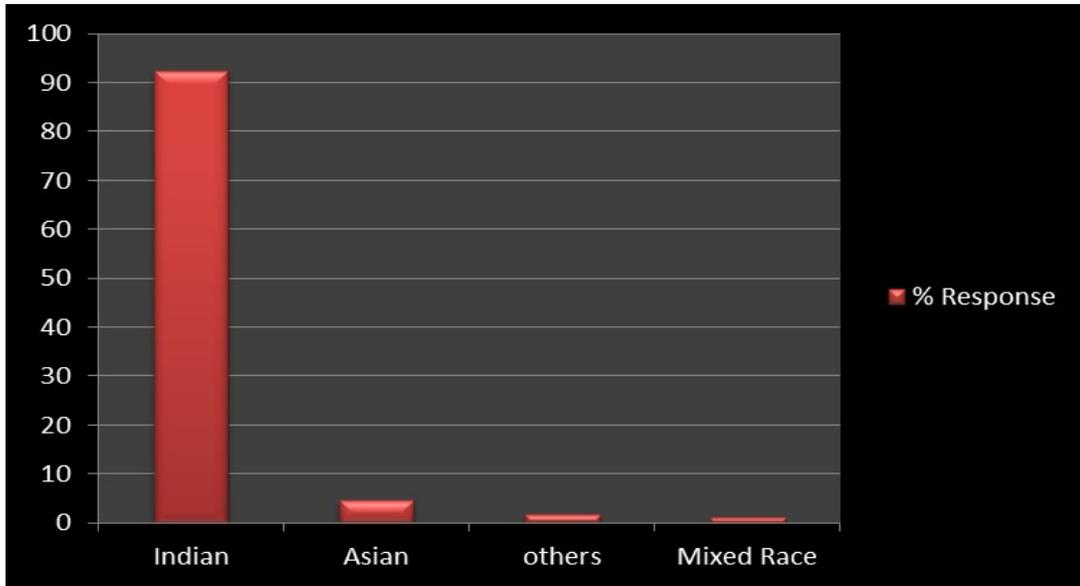


Figure 2: Percentage of Responses to Survey Question 1

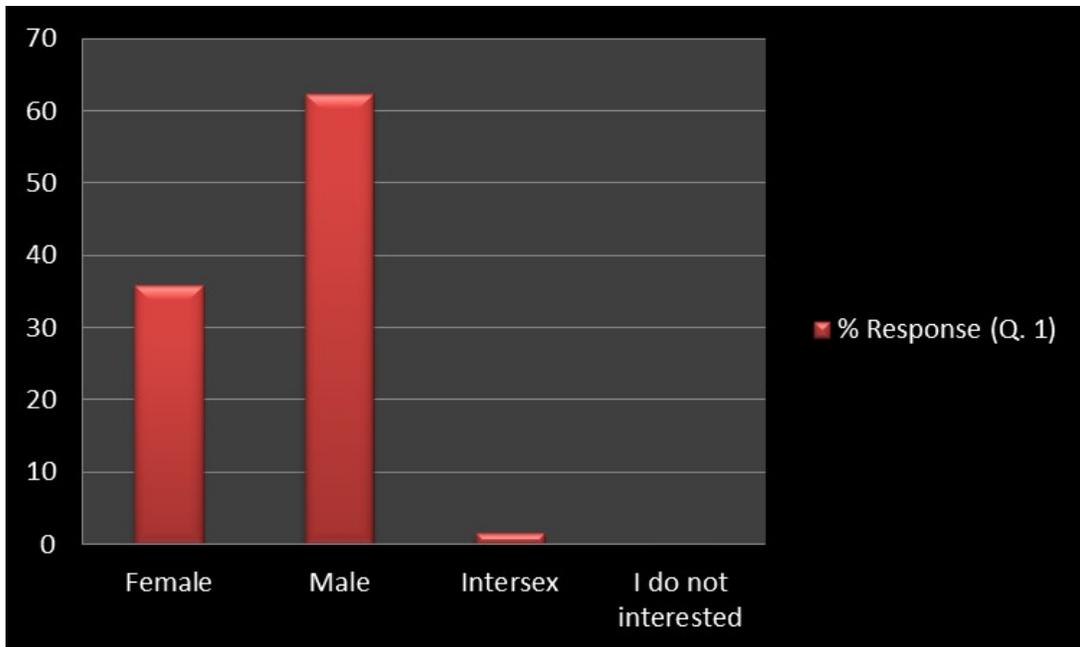


Figure 3: Percentage of Responses to Survey Question 2

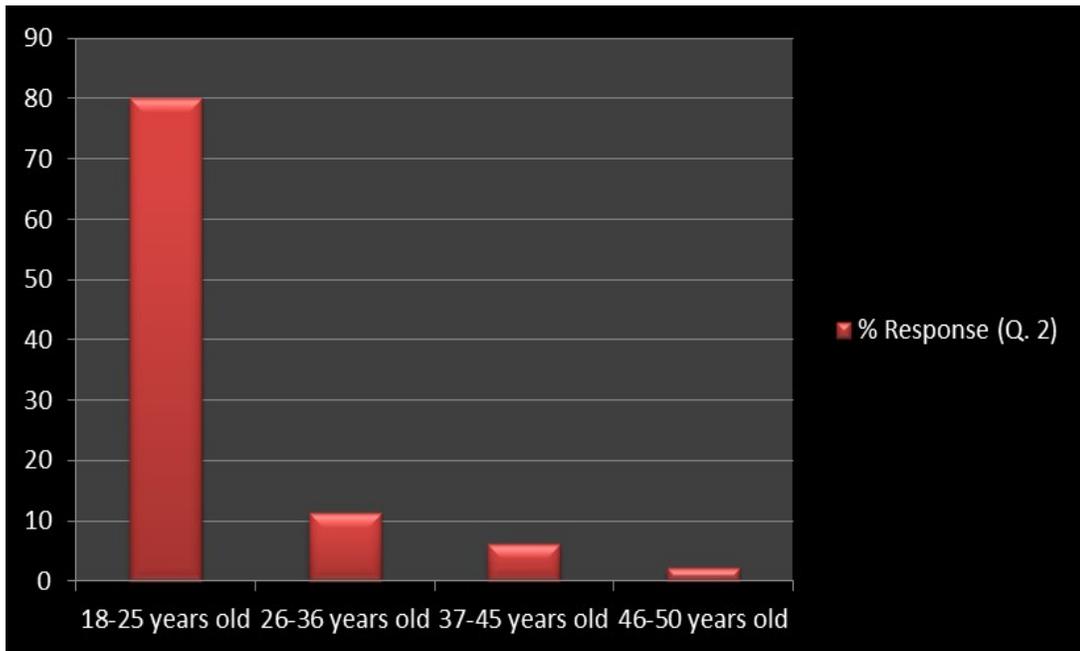


Figure 4: Percentage of Responses to Survey Question 3

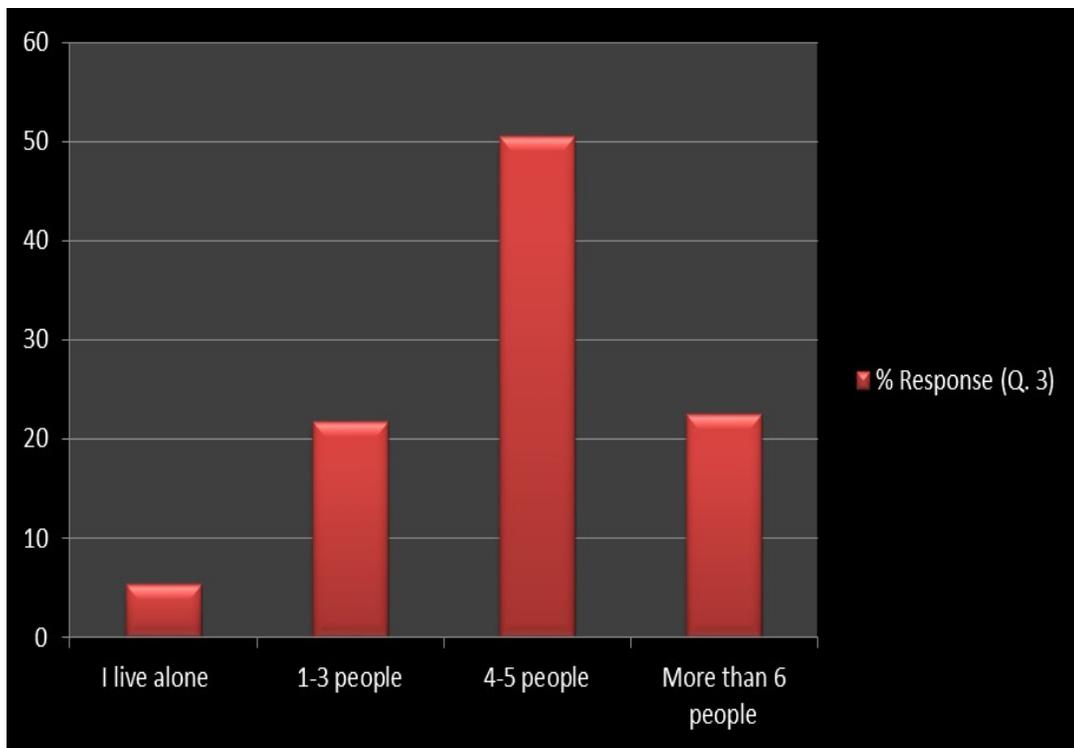


Figure 5: Percentage of Responses to Survey Question 4

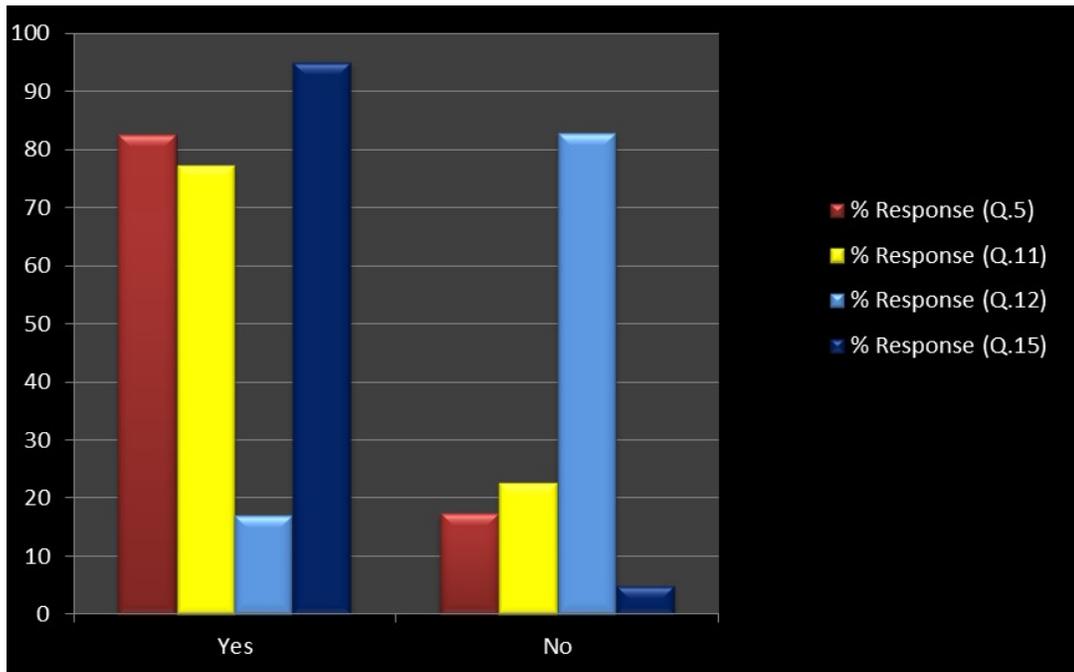


Figure 6: Percentage of Responses to Survey Question 5, 11, 12 & 15

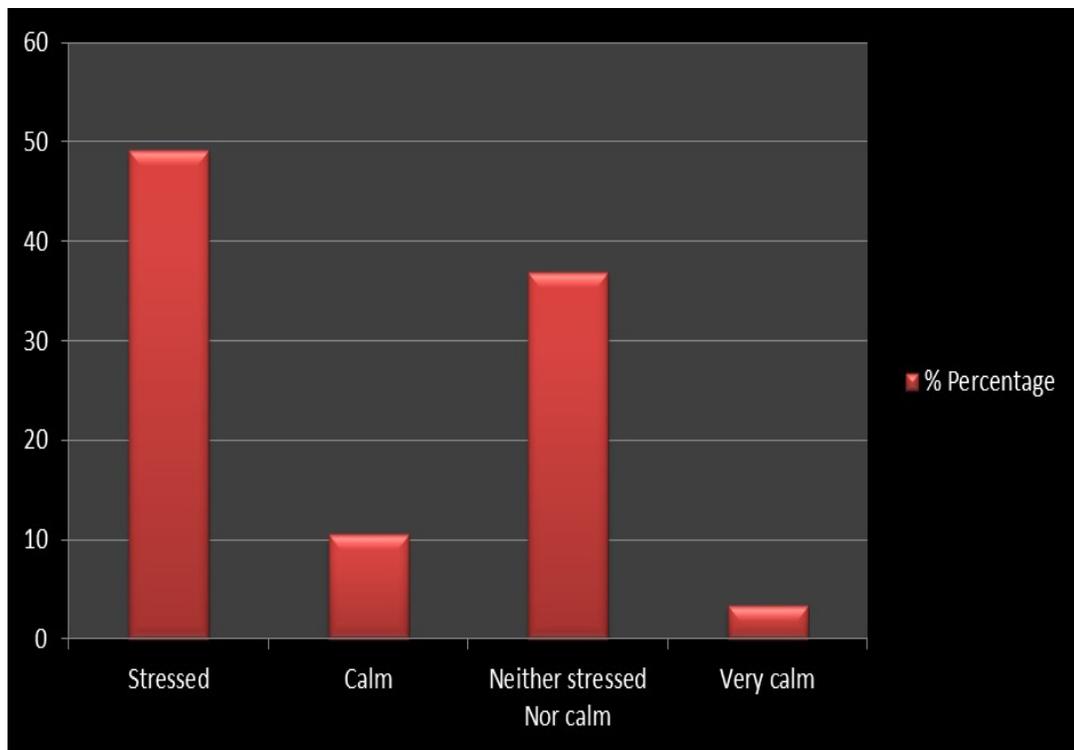


Figure 7: Percentage of Responses to Survey Question 6

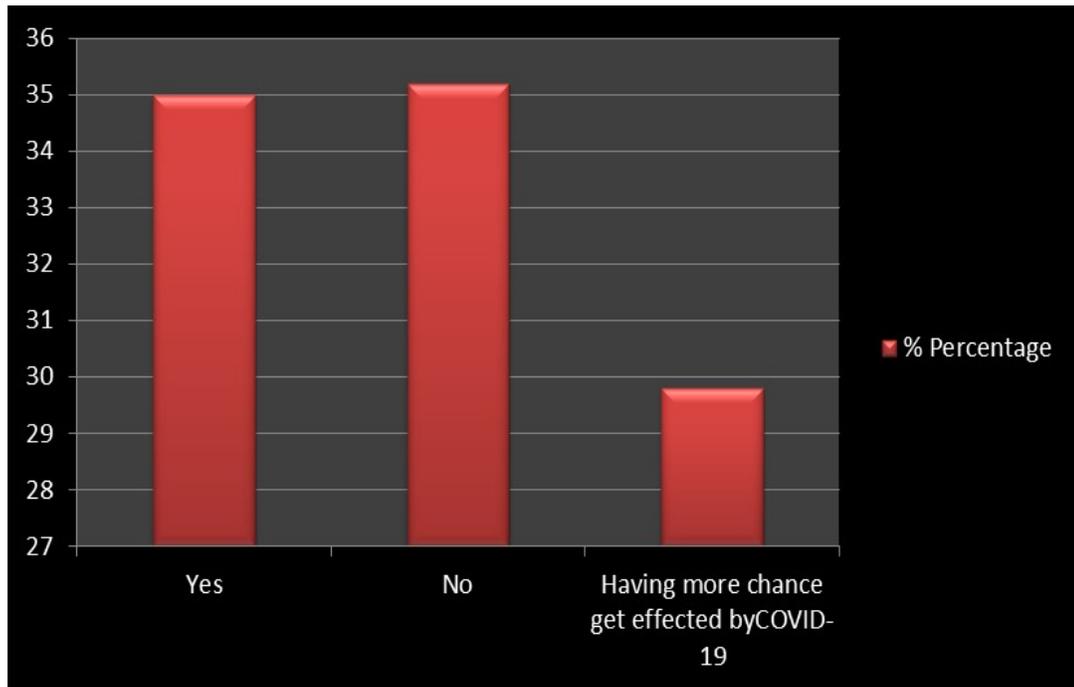


Figure 8: Percentage of Responses to Survey Question 7

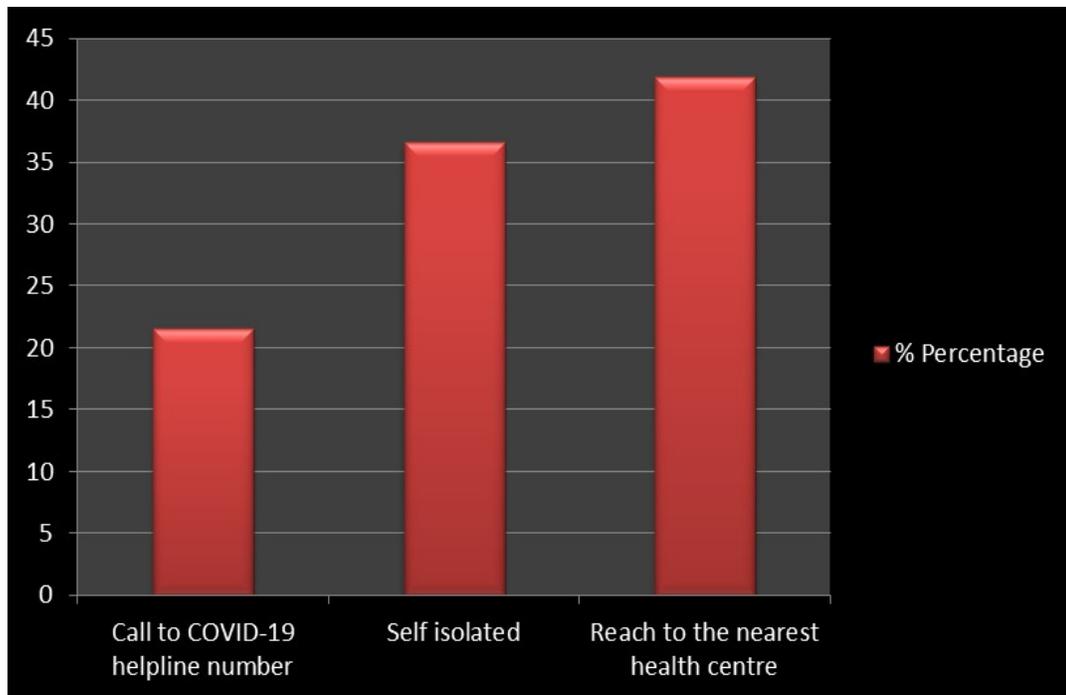


Figure 9: Percentage of Responses to Survey Question 8

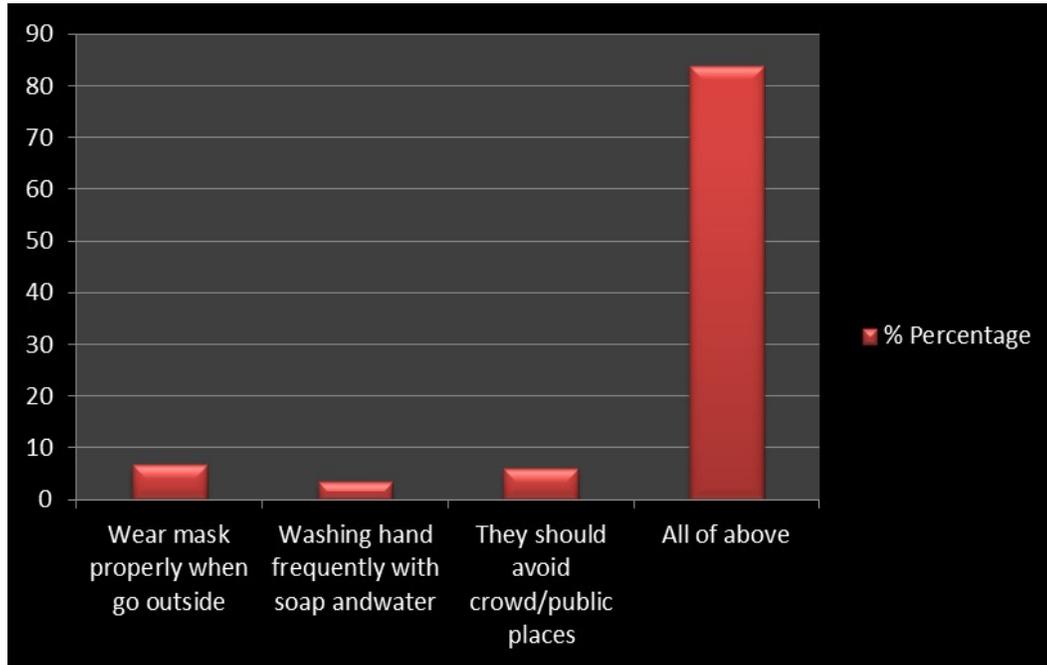


Figure 10: Percentage of Responses to Survey Question 9

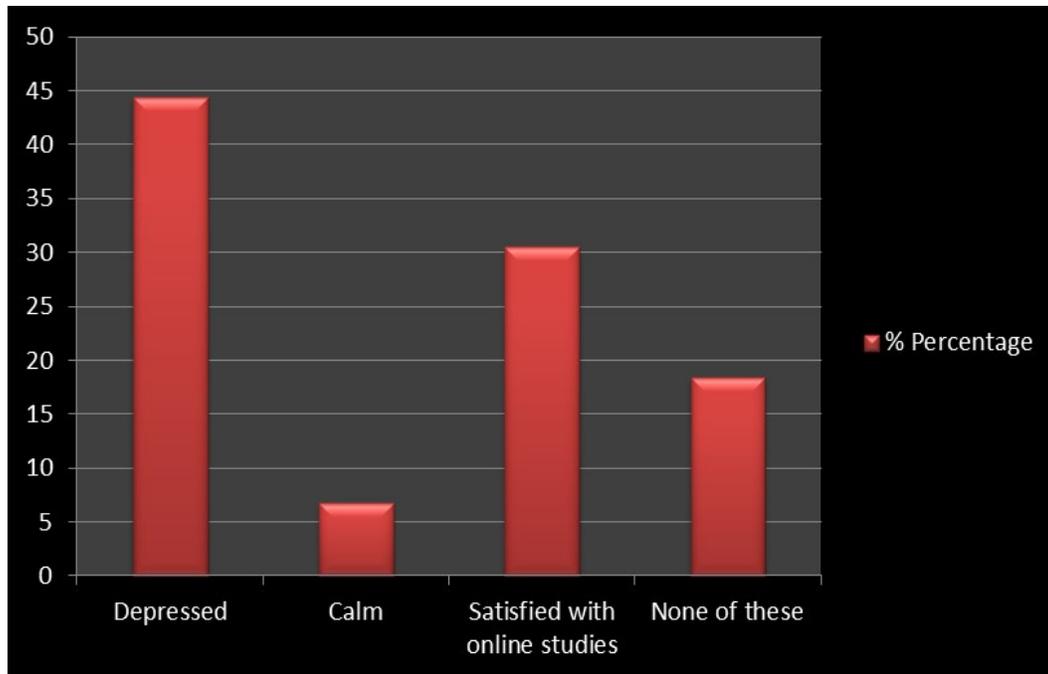


Figure 11: Percentage of Responses to Survey Question 10

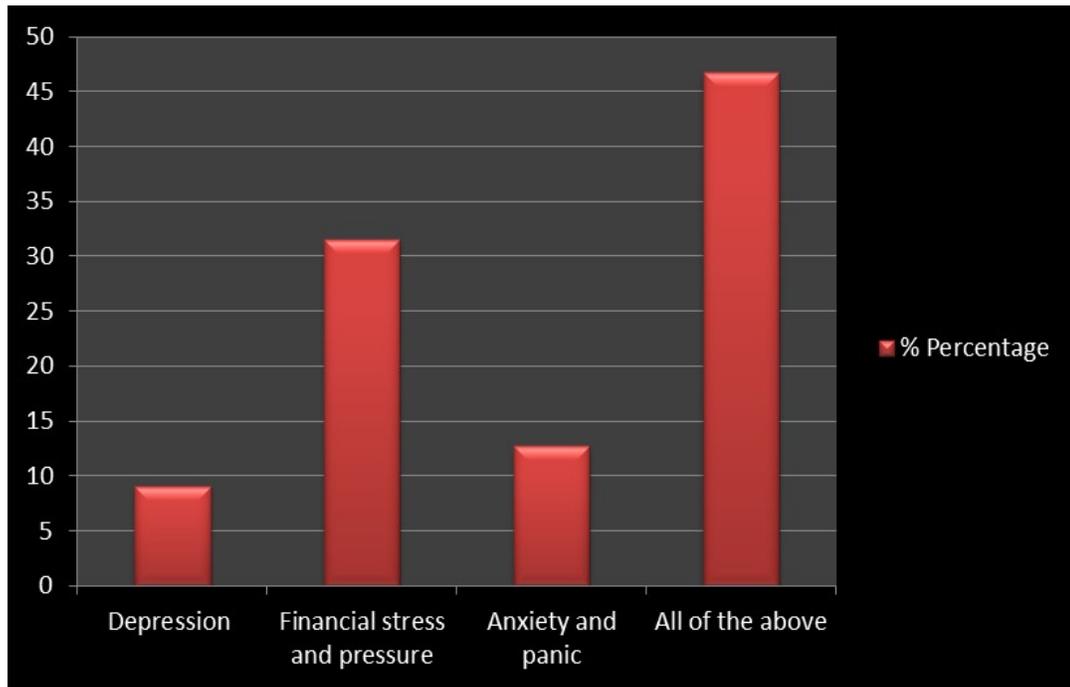


Figure 12: Percentage of Responses to Survey Question 13

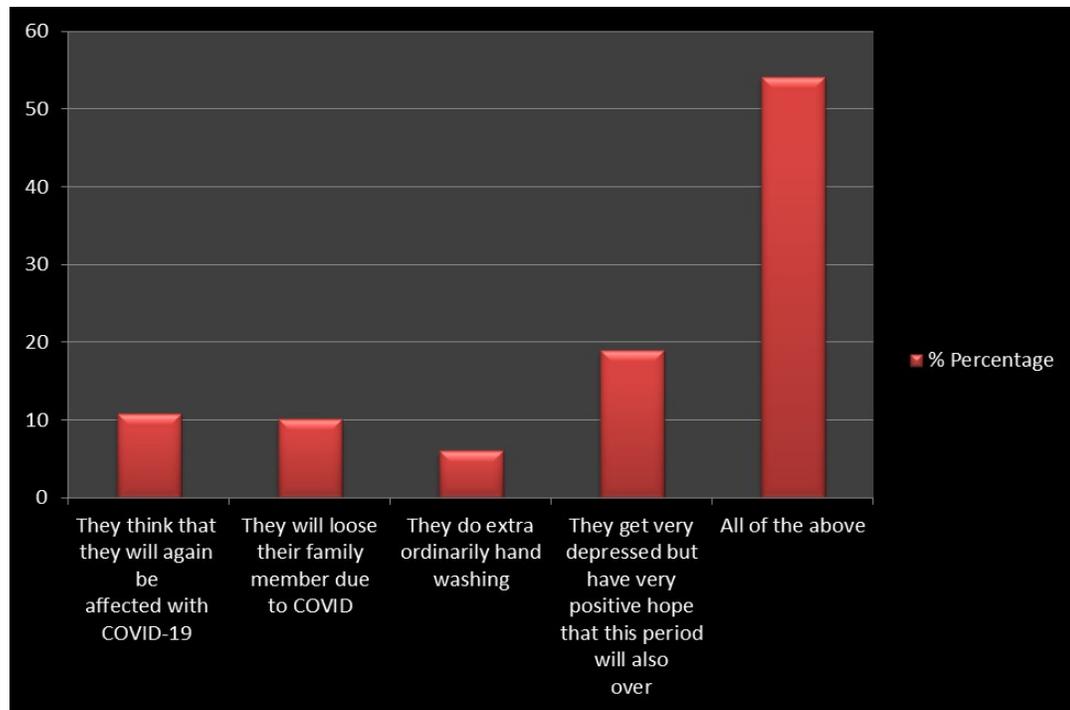


Figure 13: Percentage of Responses to Survey Question 14

6. DISCUSSION

This recent study indicates that second wave of COVID-19 pandemic has very contemplative outcomes effected psychologically, which are exhibited, escalated psychological symptoms in most of the people, who does not have any mental disorder, before starting the COVID-19. In the studied group from Northern- Eastern region of India, 49.3% people declared the mentally stressed since the starting of the COVID era second phase

Importantly, it is notified that the COVID -19 second wave actually deteriorate the people mentally as well as physically according to the previous some reports. However, it is mandatory to be stated here that a variety of questionnaires and tools were used to explain the psychiatric or mental issues. In recent studies, stress and anxiety is very high in all age groups during the second wave as well as in the first one. But te old people got more effected with the second wave comparatively may be because of the high mortality rate of elders in that wave [12, 39-44]. Most of the people preferred self – isolation and their check-ups in the nearest health centres in seek of help. It is suspected that mental sickness in the younger age may be due to the overuse and the blind faith even on the unauthenticated published social material, which leads the

generation into unpredictable consequences [12]. Moreover it is suggested that some young generation can engage themselves in some meditation and yoga exercises which can sooth their body and mind as well and improve their personal and social relations in a better way.

7. CONCLUSIONS

Community focused approaches must be implicated to the ply the psychologically distressed society in the COVID era. Research shows that COVID deteriorates all age groups critically. The examined disorders were inter-related with age, gender, anxiety and depression. It depicts its worst effect on society in all aspects i.e. psychologically, economically and also physically.

It is clearly indicated that it is the right time for the policymakers and the health ministry to make efficient plans to save the mass collectively from every aspect to maintain the total health balance by reducing the cumulative consequences of ill effects of the both COVID - 19 waves so that a healthy, prosperous and fruitful future for everyone will be there. Public should be made mentally strong enough to take the nation on the précised path.

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