

Impact Of Covid-19 Pandemic on Mental Health In India: A Systematic Review

Ms. Sheetal Barde¹, Dr. Sheela Upendra², Dr. Jasneet Kaur³

^{1,2}Associate Professor, ³Professor, Symbiosis College of Nursing

Symbiosis International (Deemed) University, Pune

Abstract

The corona pandemic has developed as a healthiness emergency all over the globe. Looking at the number of people affected, total confirmed cases are more than 500 lakhs and overall demises are more than 10 lakhs all over the world. The kind of effects the pandemic is having on the life of people is causing an impact on their mental health. In this background, the goal of this systematic analysis is to find the global effect of Corona pandemic on psychological health of the people by studying and collating the present research studies which were conducted in India. PRISMA technique was used for selection of the related articles. The findings revealed that lockdown and social isolation due to quarantine which were the precautionary measures to prevent the Covid 19 infection have impacted the physical and mental health of the people. Increased prevalence of various mental health problems like Anxiety and depression is evident. Therefore, it is important to wisely see and assess the impact of pandemic on the beginning and development problem regarding mental health.

Keywords: COVID-19, pandemic, Corona, India, Mental Health, Psychological health

Introduction

The COVID-19 pandemic has been wreaking havoc on the world and has left it in shambles. According to the World Health Organization (WHO), over 14, 000 people died in March 2020 as a result of the novel Coronavirus, with over 3, 34,000 infected. When India's nationwide lockdown was declared on March 23, 2020, there were 1, 251 confirmed COVID cases and 32 deaths reported. Since then, the number of cases has exploded, with more than 10 million confirmed cases and nearly 1, 56,000 deaths reported to date. (1)

Covid pandemic and the preventive measures like lockdown have the possible chance to cause significant mental health problems like anxiety and tension. The current situation on Covid 19 itself is creating a wave of fear regarding spread of disease and many other concerns about the impact of disease in life expectancy, mental health and future concerns. (1)

Though lockdown can be an important and operational plan of social distancing to deal the

growing spread of the extremely transmittable COVID-19 infection, but it also have some impact on the mental health of the public. During this pandemic we have seen that seclusion/isolation had been a major factor associated with mental health problems such as apprehension, distress, depressing signs, sense of being alone, sleep problems, irritation, etc. Lockdown have made people psychologically weak leading to the symptoms of posttraumatic stress disorder and hopelessness. Lockdown actually has a great impact on the mental health of people with different age group: mostly the children group was the most difficult one to handle as they feel impatient and have no options to keep themselves busy; movement restriction was one of the major problem faced by elderly sue to lockdown; and the most challenging situation was faced by the adults who were facing a lot of burden of household work in the absence of maids during the pandemic.(2)

This pandemic might not have a fatal effect on the pediatric and adolescent group, but still evidence of mental health problems are evident in all the age groups. Youngsters are

undergoing serious and prolonged tension because of anxiety in the family members, disturbance of regular schedules, increased household violence, and home quarantine with no social contact with friends, tutors, or any other social activities. Closure of educational institutions due to pandemic have seriously disturbed the lives of various age groups in India.(3)

The study's goal:

To assess the influence of the COVID-19 pandemic on people's mental health.

Methodology

The current study is a systematic review that seeks to organize the core of the current collected works on mental health difficulties faced by a wide range of persons in India during the disease. Using the terms 'COVID 19,' 'mental-health,' 'psychological,' 'pandemic,' and 'India,' in various versions and arrangements, a search was conducted on Google Scholar, NCBI, and PubMed databank (such as COVID-19 and mental health consequences in India, Corona pandemic and Hopelessness in India, this disease and mental health effects). Elimination norms included readings on other spates and contagions, investigations into COVID-19 physical

symptoms, and Corona treatment. Studies on the influence of pandemic on mental health, published, and particularly in the Indian context, met the addition criteria. Evidence from official WHO websites, the Ministry of Health and Family Welfare, Government of India, and press reports on psychological health during pandemics were also included in the literature. The investigations in the collection ranged from March 2020 to March 2021.

A literature search of several databases yielded 150 results. 65 articles were kept for preliminary review after the duplicates were removed. Following a review of work, 42 papers had to be eliminated because they were accompanied out of India and only dealt with wellbeing flexibility and administration help in stopping COVID-19 spread. Additional 15 were excluded from the investigation because they were linked to other spates such as Ebola, HIV, and tuberculosis. The left behind eight articles were included in this study.

Finding

The key themes from the selected publications were briefly summarized in a systematic review. (1) Empirical studies reporting on mental health dysfunction in general and specific populations were identified as a broad theme in the review. (2) Research using a combination of methods.

Author	Aim	Population and Methodology	General Findings
Kshipra Moghe et. al.(4)	The goal of this study was to assess the impact pandemic on the Indian student populace in terms of knowledge, attitude, anxiety experience, and mental health care.	N= 351 Online survey	Female students are more worried about their well-being and prospect, and are more likely to have emotional problems such as feelings of insecurity, powerlessness, and outbreaks than male students, according to the findings. The mental health of urban students is worse than that of rural students. In male students, there is an upsurge in the necessity for isolation, withdrawal, and self-

			harm. Though the welfares of a society are undeniable, there appears to be a move in insight from seeing family as a support to seeing it as a constraint.
Sandeep Grover et. al.(5)	The goal of this study was to measure the occurrence of depression, anxiety, perceived stress, well-being, and other psychological issues in the general public as a result of the COVID-19 pandemic lockdown.	N = 1871 Online survey	According to the current survey, more than two-fifths of the population is suffering from common mental disorders as a result of the lockdown and the ongoing COVID-19 pandemic. This finding suggests that, in the face of a pandemic, mental health services should be made available to all members of society.
Sanjenbam Yaiphaba Meitei et. al.(6)	While staying at home, investigate the prevalence of insomnia and Internet addiction during the pandemic.	N = 585 Online Survey	Sleep health is impacted by the COVID 19 pandemic lockdown, as sleep-related disorders are on the rise, which may be linked to mental health. The study also seeks input from researchers, health experts, and other interested parties in order to develop a more holistic approach to identifying and promoting sleeping awareness.
Mohit Varshney et. al.(7)	In order to assess the mental influence of pandemic and its connects in the Indian communal, a study was conducted.	N = 1106 Online Survey	Almost one-third of respondents in India had a significant psychological impact during the early stages of COVID-19. This points to the need for a more systematic and long-term assessment of the population's psychological needs, which could aid the government in developing holistic interventions for those affected.

Kavita Singh et. al.(8)	To determine the health, psychosocial, and economic effects of the COVID-19 pandemic in India on people with chronic illnesses.	N = 2335 Mixed methods study	People with chronic illnesses, particularly those in poor, rural, and marginalized communities, have had difficulty accessing healthcare, and the COVID-19 pandemic has had a significant social and financial impact.
Priya Alat et. al.(9)	This study looks at whether people with a high PsyCap and inner locus of control have less psychological distress as a result of disturb balance or having more positive emotions than negative emotions.	N = 667 Online Survey	Mental assets and inner locus of control were found to be undesirably related with emotional suffering in the study. Affect balance also facilitated the connection amid emotional assets and psychological distress, as well as the link between internal locus of control and mental suffering. As a result, both emotional assets and affect balance operated as cushions during COVID-19 lockdown, shielding individuals from psychological health worsening. However, psychological capital has a sturdier direct and indirect effect on mental suffering than inner locus of control. Future research implications and directions are discussed.

Conclusion

Despite the fact that this study contains fewer studies, it demonstrates that the COVID-19 pandemic has resulted in a variety of mental health issues among people, health experts, and susceptible members of civilization. The work also discusses the increase in suicides since the lockdown. The upsurge in psychological health problems is a difficult situation for mental health experts and the government as the disease continues to manifest. The psychological health problems raised in this study need to be investigated further and

appropriate action taken. The World Health Organization has articulated its worry about probable psychological health concerns amongst the populace, which must be addressed urgently. As the quantity of people infected with the infection stays to increase, the government and health-care experts face both a challenge and an opportunity. The current review identifies difficulties as societal obstacles, as well as an opportunity to put international organizations' recommendations into action. At the individual, societal, and government levels, a multipronged approach is

required. As a result, in order to contain the effects of pandemic, psychological well-being must be spoken with the same zeal as somatic health. The growth of need-based intermediations that are culturally sensitive would be critical in safeguarding the psychological health of the most susceptible.

Competing Interests Declaration

We don't have any conflicts of interest to report.

Acknowledgement

This study received no specific funding from public, private, or non-profit funding agencies.

References:

1. Singh RK, Bajpai R, Kaswan P. COVID-19 pandemic and psychological wellbeing among health care workers and general population: A systematic-review and meta-analysis of the current evidence from India. *Clin Epidemiol Glob Heal*. 2021 Jul 1;11:100737.
2. Chakraborty K, Chatterjee M. Psychological impact of COVID-19 pandemic on general population in West Bengal: A cross-sectional study. *Indian J Psychiatry* [Internet]. 2020 May 1 [cited 2021 Sep 4];62(3):266. Available from: /pmc/articles/PMC7368440/
3. Patra S, Kumar Patro B. COVID-19 and adolescent mental health in India. 2020 [cited 2021 Sep 4]; Available from: www.thelancet.com/psychiatry
4. Moghe K, Kotecha D, Patil M. COVID-19 and Mental Health: A Study of its Impact on Students. *medRxiv* [Internet]. 2020 Aug 11 [cited 2021 Oct 19];2020.08.05.20160499. Available from: <https://www.medrxiv.org/content/10.1101/2020.08.05.20160499v1>
5. Grover, Sahoo S, Mehra A, Avasthi A, Tripathi A, Subramanyan A, et al. Psychological impact of COVID-19 lockdown: An online survey from India. *Indian J Psychiatry* [Internet]. 2020 Jul 1 [cited 2021 Oct 19];62(4):354. Available from: <https://www.indianjpsychiatry.org/article.asp?issn=0019-5545;year=2020;volume=62;issue=4;spage=354;epage=362;aulast=Grover>
6. Meitei SY, Pao PSV, Baite KD, Konjengbam H. Prevalence of Insomnia and Internet Dependence Amidst the COVID 19 among the Northeast Indian Population: A Preliminary Study. *Sleep Vigil* 2021 [Internet]. 2021 Jul 19 [cited 2021 Oct 19];1:1–6. Available from: <https://link.springer.com/article/10.1007/s41782-021-00153-5>
7. Varshney M, Parel JT, Raizada N, Sarin SK. Initial psychological impact of COVID-19 and its correlates in Indian Community: An online (FEEL-COVID) survey. *PLoS One* [Internet]. 2020 May 1 [cited 2021 Oct 19];15(5). Available from: /pmc/articles/PMC7259495/
8. Singh K, Kondal D, Mohan S, Jaganathan S, Deepa M, Venkateshmurthy NS, et al. Health, psychosocial, and economic impacts of the COVID-19 pandemic on people with chronic conditions in India: a mixed methods study. *BMC Public Heal* 2021 211 [Internet]. 2021 Apr 8 [cited 2021 Oct 19];21(1):1–15. Available from: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-021-10708-w>
9. Alat P, Das SS, Arora A, Jha AK. Mental health during COVID-19 lockdown in India: Role of psychological capital and internal locus of control. *Curr Psychol*. 2021;