

Critical Analysis of the psychological impact of COVID 19 on Generation X, Y, and Z

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Abstract

Experienced once in a lifetime by most of the individuals across the globe, the COVID-19 virus has become a fearful pandemic for people all over the world. Long quarantine periods and lockdown have added to the adverse physical and psychological impact of the human race. The degree of magnification of impact is varied. Depression, stress, and anxiety levels have increased and become a new norm.

To explore and test the situation mentioned above with classification based on type of generation, we conducted an online survey and interviews that included a set of questionnaires to measure their own behaviour and emotional state as well as that of their habits and psychological feeling during the lockdown using Adult Sickle Cell Quality of Life Measurement Information System.

A total of 284 responses were collected through the survey. The aim of the present study was to examine and suggest remedies for the psychological impact of the COVID-19 on the generation X, Y, and Z infusing their typical needs rather than an umbrella treatment.

Keywords – COVID – 19, Psychological impact, Stress, Generation X, Y, and Z.

Introduction

The 700-crore world population of humans has been devastatingly influenced by the unwelcomed cruel guest Corona Virus. This virus has shaken the spirits of the world economies at large leaving to sphere unaffected. Not only monetary loss has been experienced but the foundation of the economy, the Education System has been left in tins and bits. The era has witnessed devastating economies during the last six months and it's well grafted and is clear by now that life post-COVID would not be the same.

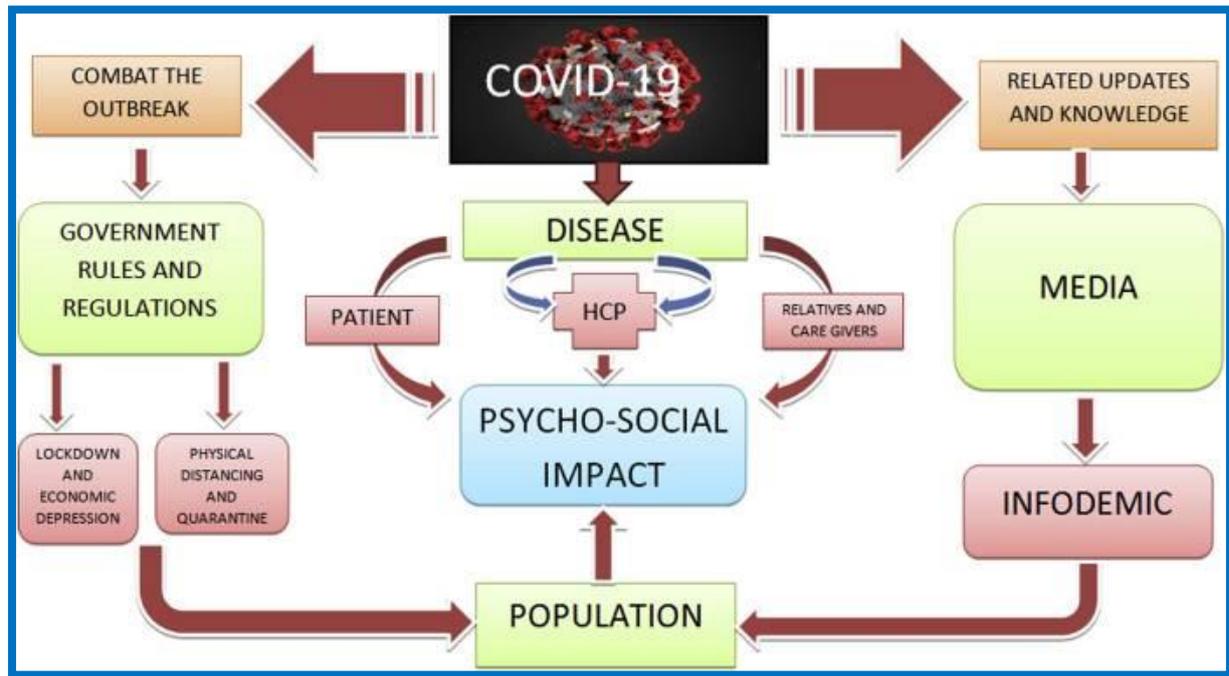
The novel coronavirus disease (COVID-19), which instigated in China, was avowed a public health emergency by the World Health Organization (WHO) on January 30th, 2020. After a steep global increase within the number of infected persons, different countries took various stringent measures to curb its spread, a countrywide "lockdown" was one such step. The Government of India involved a countrywide lockdown from March 25th, 2020. Citizens were mandated to remain reception, and every one major offices, malls, factories, and

schools were pack up for 21 days. The lockdown was further stretched until May 3rd, with restrictive relaxations. While the lockdown was intended to restraint the spread of the virus, it had psychological complications on the citizens. The self-isolation and restrictions on physical mobility thanks to the lockdown caused major disruptions to routines in life and hindered the power to satisfy regular responsibilities—potentially affecting the physical and mental health of individuals. Recent studies have reported higher levels of stress, anxiety, depression, and poor quality of life during the COVID-19 crisis in several populations. However, the repeated extensions within the lockdown period in India led to longer restrictions on physical mobility and prolonged self-isolation measures. This could have increased the intensity of negative psychological outcomes among Indians, resulting in a poorer quality of life not just during the lockdown but also after the crisis. Previous studies have revealed that lengthy periods of isolation and restricted mobility significantly impact psychological well-being during crises.

Further, a protracted experience of negative psychological state outcomes could have adverse effects on physical health outcomes like sleep disorders and health-related quality of life.

COVID-19 pandemic provides an exclusive opportunity to study the psychological impact of a condition, which, on the one hand, poses stern threat of a contagious illness, a threat to

the physical and psychological integrity of a person, and within the end of the day an enormous socio-economic impact. It also provides a chance to evaluate the psychological impact of an administrative decision as rare as “lockdown” on over-all population. The present study is the first of its kind to look into the psychological impact of COVID-19 on Generation X, Y, and Z.



Source : <https://www.ncbi.nlm.nih.gov/>

Literature Review

1. Kshipra Moghe, Disha Kotecha, Manjusha Patil in COVID-19 and Mental Health: A Study of its Impact on Students - The consequences of uncertainty, feelings of depression, and differences in male-female and urban-rural students can be perceived on several parameters. The increasing practicality and independence among the youth during a way questions the interdependent nature of the society. However, the role and importance of family and friends cannot be diluted and remains a decisive factor in management crises. An increase in psychological state awareness,

gender-based intervention strategies, relevant coping mechanisms for the youth from varied backgrounds could also be devised to assist the scholars deal with the problems related to mental health, during a pandemic, or otherwise.

2. Kaustav Chakraborty and Moumita Chatterjee in Psychological impact of COVID-19 pandemic on general population in West Bengal: A cross-sectional study states COVID-19 pandemic poses a unprecedented medical challenge to the humankind. The measures to contain the spread of the disease are hitherto unseen to

several folks. The socioeconomic effect of this pandemic is predicted to last very long. For collecting data, survey had been conducted by them and it reveals that the psychological impact of pandemic had been still on its peak. Index survey suggested that worry and sleep disturbances were common among the respondents within the past 2 weeks. The pandemic threatened the existence of the respondents to an excellent extent and affected their mental status negatively.

3. Orhan Koçak, Omer Erdem Koçak, and Mustafa Z. Younis in The Psychological Consequences of COVID-19 Fear and the Moderator Effects of Individuals' Underlying Illness and Witnessing Infected Friends and Family state that Preliminary evidence suggests that the negative psychological impact of the COVID-19 outbreak affects those in certain situations more than others. The results should be taken under consideration when developing evidence-based policies and practices. This study shows what quite strategies are often implemented within the years to return to those that are negatively suffering from the psychological consequences of pandemic fear.

Gap Analysis

The literature available in this area was enormous. Various studies have shown the psychological impact on individuals but they failed to distinguish impact on various generation. However, the studies have largely generalized the impact in form of anxiety and stress that was further classified based on gender. Understanding the impact based on type of generation has been meagre. And therefore, the present study conducts the analysis based on the type of generation i.e., X, Y and Z

The level of impact and threats are being different to the different generation as the maturity level differs with the age. Because every generation has peculiar characteristics

which define the intensity and magnitude of the problem. To cite the level of impact and threats are being different to the different generation as the maturity level differs with the age.

Objectives of the study

1. To study the psychological impact of COVID 19 lock down on generation X, Y, and Z.
2. To analyse the extent of inclination towards healthy lifestyle on generation X, Y, and Z due to COVID 19.

Hypothesis

H₁: There is significant difference in the level psychological impact of COVID 19 amongst Generation X ,Y and Z.

H₂: There is significant correlation between the frequency of watching COVID 19 news and adverse impact on mind amongst the respondents under study.

Research Methodology

Data Sources : Primary Data Collection
Instrument: Structured Questionnaire – Pre-Tested and Validated Scale : ASCQ-Me , PROMIS® Parent Proxy and Neuro-QoL TM Bank v2.0 – HDQLIFE and In-depth Interviews
Response rate : 74% I.E 284 complete responses (Survey) and 100% - 30 interviews (10 each generation)

Method : Random Sampling

Population Characteristics:

- Generation X – above 40 years
- Generation Y – 25 years to 40 years
- Generation Z – 9 years to 24 years

Variables:

- Frequency of watching/reading news related to COVID 19
- Mental health : Sleep Disorder , Anxiety, Fearfulness, Emotional Impact, Social Isolation, Depression, Anger, Loneliness, Parent- Peer Relationship.

Data Analysis:

- Tests : ANNOVA and PEARSON CORRELATION
- Software : SPSS Version 23

Testing of Hypothesis

Report			
TOTAL			
Generation	Mean	N	Std. Deviation
1.00	13.84	75	5.719
2.00	15.42	141	5.329
3.00	16.13	68	5.240
Total	15.17	284	5.461

ANOVA					
TOTAL					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	204.345	2	102.172	3.486	.032
Within Groups	8236.201	281	29.310		
Total	8440.546	283			

As we can see the ANNOVA chart the p value so obtained is less than 0.05 leading to non-acceptance of null hypothesis. In other words, the level psychological impact of COVID 19 amongst Generation X, Y and Z differs significantly. The impact is highest amongst the generation Z. The purpose of identifying the impact level is to ensure that One Size Fits All

is not applicable for dealing the post-traumatic stress of COVID 19 that is still reaching to its peak once again. Generation Z is the one that suffered most as they were on brink of adolescent already continuing with their internal struggles to which lock down triggered the situation.

Correlations			
		MEDIA	IMPACTONM IND
MEDIA	Pearson Correlation	1	.686
	Sig. (2-tailed)		.000
	N	284	284
IMPACTONMI ND	Pearson Correlation	.686	1
	Sig. (2-tailed)	.000	
	N	284	284

As the p value is 0.00, it leads to non-acceptance of null hypothesis. Higher the person was the watching the media, higher was the adverse impact on the mind. The person more of the problems such as sleep disorder, unwanted thoughts, etc.

Conclusion

Our Cross-sectional study found out that the psychological impact of COVID-19 on the Generation Z was at worst hit with minimum capability to compact with COVID 19-Lockdown and Quarantine. Generation Z is that

which grieved more and unable to cope up. Generation Y also have similar impact as Generation Z. Generation X are perhaps the most prepared to cope with the isolation of social distancing and quarantine. The adverse impact was lowest amongst them.

The data shows that the Generation X is having issues with finance and the growing differences with their children were the matters of concern for them. At the same time inclination towards healthy living lifestyle such as practicing Yoga or cutting down on unhealthy food was missing. But another positive aspect about Generation X

is that the impact of media on the mental health also ranked lowest. The revealed that Generation Y facing issues such as Anxiety and Stress especially for careers is highest. They confronted higher addiction to smoking and alcohol often causing domestic violence and other concerned issues. Also, Unwanted thoughts flagged the most amongst this generation. The adverse impact of media on the mental health ranked highest. However, the adaptation of healthy lifestyle in form of Yoga and Regular Walks was highest. Generation Z faces issues such as Anxiety, Sleep Disorders, Loneliness, Depression and Parent – Peer Relationships are adversely impacted. However, they resorted to creative things like painting, making craft and making videos with family.

Suggestions

- Solution Focussed Brief Therapy for people with various generations rather than Umbrella Counselling.
- Holistic approach with integration of various factors pervasive to a particular generation e.g. Hybrid mode of working such as Remote workplace for Generation X work well and WFM for Generation Y and Z.
- Awareness of each other's pros and cons can help in better relationship management. E.g. Parent i.e. Generation X can be part of creating videos with generation Z.

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