

# Impact Assessment of Covid-19 on Human Health

Ugyen Tshomo, Mani Kumar Gurung, Vishakha, Inderjeet Singh, Bhawandeep Singh

## Abstract

The three principal effects of Covid-19 on human health are critically assessed in this research. The article evaluated the importance of establishing mental health response techniques during such difficult epidemic times. The study also addresses critical concerns concerning an individual's psychological distresses and how they all contributed to the individual becoming a mentally disturbed member of society. The research identified readiness as one among many factors to have caused the difficulties to the world in its healthcare facilities.

**Keywords:** Covid-19, pandemic, depression, medical facilities, anxiety.

## Introduction

The COVID-19 pandemic has caused havoc on human lives. It has taken millions of precious lives and had huge impact on economy. The poverty has worsened and increased. Many people lost their jobs and has been unemployed. The health infrastructures were not prepared for such pandemic.

The World Health Organization's COVID-19 response and recovery activity strives to safeguard health personnel while also avoiding and eliminating COVID-19 in non-healthcare employment environments. Occupational health services play a vital role in safeguarding workers and guaranteeing the stability of company activities in all workplaces. One of the goals for the COVID-19 reaction is the protection of health professionals. To protect the health and safety of healthcare staff, all healthcare institutions should have occupational health and infection prevention and control strategies in place.

The pandemic is having a significant influence on human health, as seen by the mounting worry over Covid-19 infections. When the covid-19 cases grow, the government is obligated to require residents to work from home and limit their mobility beyond their dwelling grounds. Such actions were taken since there were no other options, yet they have had an impact on people's mental health. People who live alone, for example, might struggle to adjust to such a radical

change in their lifestyle. According to several psychological studies, in order to maintain a particular level of mental health, people require frequent connections and reinforcement from other people. If such requirements are not met, people's mental health begins to deteriorate, resulting in a variety of mental health concerns such as sadness, anxiety, and stress. Moreover, working from home is proven to be a major concern for many people. The home and the office environment will never be able to coexist. Consider a single mother who is unable to accomplish all of the domestic chores while caring for her child. The stress from both family and job will be enormous, resulting in a psychologically and physically fatigued lady. To add to the list of human health issues, it has been stated that the number of cases filed regarding domestic violence has surged as a result of the epidemic. Husbands find their wives and children assaulted to the point of needing hospitalization. This has an emotional impact on the sufferer's mental health, and in the worst-case scenario, the individual is disabled. COVID 19 does not have to directly harm people's physical health, but it has the potential to do so in a variety of ways.

When the COVID 19 cases increased, so did the economic impact on human health. The virus was believed to have been transferred as a result of exchange of commodities, services, and laborers, resulting in trade restrictions between various countries. Finally, the transfer of pharmaceuticals

and health-care facilities was restricted. Consider a developing country with no development of health facilities and medicine, which would normally rely on foreign countries for such development in the face of an exponential increase in the number of people affected by a virus. Lack of medicine and effective treatment worsens the state of human health and frequently results in the death of the patients. Furthermore, importation of essential products was halted as a result of COVID 19. It caused inflation in the price level of goods within the country, which was beyond the government's control; in such a setting, individuals were discovered consuming inferior goods with little nutritional value to support themselves. People suffering from malnutrition increased as a result of such activities, as did the number of COVID cases.

Covid has an impact on education as well. The only obstacle in getting education before the Catastrophe was only not able to effort in terms of money. This includes being unable to pay school fees, being required to work, and running out of food or other essentials. However, we had to close schools and universities and take help of technology for the education purposes. However, the transition was not smooth since many students lack technologies like smart phones or teachers were not prepared technically and pedagogically. Hence there were so much gap in meeting required resources to make education of quality as we're when delivering as physical mode. It was ineffective. The closure of schools has had a psychological impact on children, increasing household stress and exposing them to new safety hazards, such as maladaptive coping mechanisms.

According to the study, Covid-19 has an impact on households across all social and economic dimensions, in addition to direct health consequences. The current top needs during this epidemic are access to daily food, finances to sustain basic family bills, and medical treatments. In the context of Covid-19, these criteria have become much more essential.

Furthermore, displaced communities face issues and threats that other demographic groups do not. Some lost their jobs and had to either move back to their home places or look for jobs in other places. Some due to lockdown and changes in movement regulations opted different places thus creating new adjustment problems. As a result, humanitarian groups working in this new environment must undertake remote programs in creative ways to address adjustment problems.

## Objectives

1. An assessment of the health problems those are due to the COVID-19 pandemic.
2. An assessment of the mental health problems that were due to pandemic of the COVID-19
3. Analyzing of health services as response to COVID-19 pandemic.

## Methodology

We have taken literatures that were relevant and important for meta-analysis. We have search to find out primary source of what people reported on the their health and on their mental health because of the pandemic of the covid-19. The current study relied heavily on secondary data sources. In various combinations and permutations, the phrases "new corona virus," "COVID-19," "mental well-being," "psychopathology," "treatment," "apprehension," "burnout," and "distress" were used to search the internet database. We have tried to be as extensive as possible through varied of sources including those which are most reputed like the World Health Organization.

## Result and Discussion

### Impact on Physical health during the COVID-19 pandemic

The COVID pandemic is the worst public health disaster in history. SARS-CoV-2 is a well-known and contagious virus that generates bioaerosols containing pathogenic microorganisms, posing a public health danger (Ereth, et al., 2021). COVID-19 exhibits respiratory or cardiovascular

difficulties as a symptom (Alexandre, et al., 2020). Infected diabetics with a prothrombotic and proinflammatory state were thought to be more vulnerable to severe pneumonia (Miyah, et al., 2022). Cardiovascular disease was found to be harmful to worsening of COVID-19 and its diagnosis. If you are infected, these people may get severe pneumonia. Indeed, by creating hypercoagulability (thrombophilia), (Li, et al., 2020). The covid 19 puts in risk of human births, with emphasis on male and female genital metes (Segars et al., 2020). The mutation of the covid 19, has caused for some respiratory function depression according to Saqrane and El Mhammedi (2020). According to one study, 6.7 percent of people reported poor health at some point in their lives, with 26.9 percent reporting at least one diagnosis of a serious physical illnesses and 10.9 percent reported at least one diagnosis of depression or anxiety (Petersen, et al., 2021).

### Covid-19 Impact on the Mental Health During the Pandemic

When the measured with the decline of man transportability and every day covid 19 cases all areas of the world hit worst by the pandemic in 2020 witnessed the biggest increases in incidence of severe depressive and anxiety. According to our projections, the COVID-19 pandemic will result in 53.2 million cases more of major depressive worldwide. Further, we calculated about 76.2 million more cases of anxiety worldwide (Santomauro, D. et. al., 2020). (Fig: 1). Females were more impacted by sadness and anxiety during the Covid-19 outbreak than males. (Fig: 2).

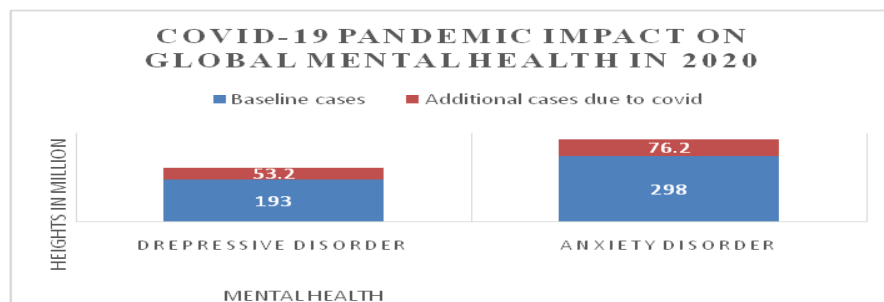


Figure 1. COVID-19 pandemic impact on Global Mental Health in 2020



Figure 2. COVID-19 pandemic impact on Global Mental Health on Gender in 2020

In this investigation, an additional instance of major depressive disorder and anxiety disorder, as well as other mild symptoms such as insomnia, denial, rage, and terror, were discovered worldwide due to COVID-19 pandemic. It was

discovered that the countries that had higher number of covid-19 case in 2020 had also more number of these illnesses, as increasing rates of covid infection and decreased human mobility were both linked (Santomauro, D. et. al., 2020).

A study of mental health in seven Asian middle-income countries found that Thailand had the greatest levels of stress, anxiety, and depression, while Vietnam had the lowest. Higher levels of tension, anxiety, and sadness were observed among those with more education, as well as those who were single or separated (Wang et al., 2021). The COVID-19 epidemic has intensified pressure on governments and officials to develop their health systems, with the goal of including a mental health response in their COVID-19 redemption strategy.

Females, on the other hand, are more likely to be affected because increased career and domestic duties are more likely to fall on women (UN, 2020; Burki, 2020). It might account on there being increase in domestic violence of women at home which has become more widespread as a result of lockdown limitations and stay-at-home instructions (Arenas-Arroyo, et al., 2021; Piquero, et al., 2021) and furthermore, it was discovered that the prevalence of major depressive disorder and anxiety disorders changed faster in younger age groups than in older age groups. (Santomauro, et al., 2020).

The Covid-19 had a similar impact on the mental health in other nations such as Japan, Singapore, and Iran (Rajkumar, 2020). Suicides linked to COVID-19 have recently been more common in the news. This is a phenomenon that also affects India. Suicides linked to COVID-19 have been reported in Maharashtra, Uttar Pradesh, Assam, and Kerala (Roy, et al., 2021). Thus, it has led enormous pressure on governments and politicians to bring in robust health programs, with the additional aim of incorporating a mental health response to their recovery strategy COVID-19.

### **Impact on health services during the COVID-19 pandemic**

The COVID-19 pandemic has had a substantial influence on almost every healthcare sector around the world, which has faced major challenges in coping with the epidemic. Most of the problems that health facilities around the world face are the result of inefficiency (Kaye, et

al., 2021). One of the major challenges in limiting this epidemic is a substantial lack of personal protective equipment (PPEs). A highly infectious disease threatens already strained health-care systems, resulting in a scarcity of supplies and personal protective equipment (PPE) (Shaukat, et al., 2020).

According to one study, only 37.4 percent of Pakistani medical personnel were able to obtain N95 respirators, 34.5 percent of gloves, 13.8% of shoes or spectacles, and 12.9% of full suits / clothing (Ahmed, et al., 2020). Further, only 18.5 percent of Jordanian doctors reported having access to appropriate protective equipment (Suleiman, et al., 2020). About 15% of doctors in the United States have reported no access to N95 respirators, more than 20% have reported no gloves, nearly 12% have reported no face masks, and more than 50% have reported does not have full suits / clothing. In addition, approximately 7% of physicians have reported responsibility for caring for COVID-19 patients without appropriate PPE, and more than 80% reported re-use of PPE components (Ahmed, et al., 2020).

According to the WHO survey of 155 countries, no communicable disease (NCD) prevention and treatment systems have been considerably disrupted. As the virus spread, healthcare staff who usually dealt with NCDs were moved to help with the COVID-19 response, and non-urgent appointments were rescheduled. Patients suffering from serious illnesses were frequently unable to receive the medical services and medicines they required due to a decrease in public transit availability. These kind of lack of medical responsiveness were more common in countries with low income (Kaye, et al., 2021). Reduced access to services like antenatal and vaccination programs, as well as screening for hypertension, tuberculosis, HIV, and vector-borne disease, was seen in the survey of seven slums in Bangladesh, Kenya, Nigeria, and Pakistan (Ahmed, et al., 2020). Alternative solutions, including as telemedicine, have quickly gained popularity in the healthcare facilities worldwide, contributing in minimizing the pandemic's impact on NCD care (Mahmood, et al., 2020; Kaye, et al., 2021).

## Conclusion

As the COVID-19 virus spreads over the planet, it leaves a horrific trail of devastation in its wake. Aside from the projected increase of the of cases and deaths, the covid-19 has had a pernicious influence on human health all across the world. Covid-19 epidemics have been shown to have significant effects on mental, physical, and health services due to limitations and closure. Lack of preparation has had a major impact on the problems facing health facilities around the world. Thus, having a pre medical equipment's and preparedness is crucially important in such unprecedented times.

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