



International Journal of Advanced Academic Studies

E-ISSN: 2706-8927

P-ISSN: 2706-8919

www.allstudyjournal.com

IJAAS 2020; 2(4): 216-219

Received: 15-09-2020

Accepted: 19-10-2020

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COVID 19 and mental health of adolescents

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Abstract

According to the WHO, Mental health is a state of well-being in which an individual realizes his/her abilities, can cope with the everyday stresses of life, work productively, and contribute to their community. Mental health is an essential component of health. According to WHO, "Health is a state of complete physical mental and social well being and not merely absence of disease or infirmity." As we all know, thanks to Coronavirus, adolescent's lifestyle is modified, and their psychological state is additionally affected. The present study's main aim was to identify the physical condition of adolescents throughout this lockdown period. Researcher framed research questions to achieve the objectives. The survey method was used for data collection. The researcher sent questionnaires to 70 adolescents all around the country randomly, and 50 replies received back. So the researcher took only 200 adolescents as a sample of the study. The percentage was used as a statistical technique. The result shows that due to a lack of physical activities, their body facing headaches. 52.1% gives their response in favour of it. 29.2% facing stomach problems and 18.8% facing body pain. That means due to COVID 19, the body of everyone is facing so many questions. Due to a lack of physical body activities in lockdown situations, adolescents face many problems like headaches, stomach aches, and body pain. This condition is dangerous for adolescents. Slowly and slowly, these problems change into significant diseases. So adolescents should do physical activity at home like exercise and yoga and keep them busy in other indoor activities.

Keywords: Psychiatric disorders, suicide, suicide attempt, first admission, recurrent admission

Introductions

According to the WHO, Mental health is a state of well-being in which an individual realizes his/her abilities, can cope with the everyday stresses of life, work productively, and contribute to their community. Mental health is an essential component of health. According to WHO, "Health is a state of complete physical mental and social wellbeing and not merely absence of disease or infirmity." It means mental health is more than just the absence of mental disorders or disabilities. As the COVID 19 pandemic rapidly spread across the world and it is also inducing a considerable degree of fear, worry, and concern in the population at large and among certain groups, such as older adults, children, and care providers, and people with underlying health conditions. In this pandemic situation, loneliness, depression, harmful alcohol, drug use, self-harm, or suicidal behavior are expected to rise. Stress and anxiety are also elevated. The fear and stress in society are affecting every person. Recent evidence suggests that "individuals who are kept in isolation and quarantine experience significant distress in the form of anxiety, anger, confusion, and post-traumatic stress symptoms". When these affects a larger population, it may result in panic buying, leading to exhaustion of resources. It also can lead to limitations in daily activities, avoidance behavior causing limited socialization, self-medication. Because of anxiety, people adopt various unwanted lifestyle and dietary changes under the influence of rumors. These may affect mental health adversely. Hence, it is essential to deal with the mental health difficulties in situations of the pandemic.

Similarly, additional changes like – isolation, social distancing, self-quarantine, restriction of travel, and the ever-spreading rumors in social media are also likely to affect mental health adversely. In his study, he found approximately 28 % of people reporting sleep difficulties. More than two-thirds of participants reported themselves worried after seeing posts about the COVID-19 pandemic on various social media platforms. Approximately 46 % of participants said their worries related to discussing the COVID-19 epidemic in news channels and print media. One of the papers examined the likely impact of the COVID-19 pandemic in specific countries. From Iran, one of these highlighted the role of unpredictability, uncertainty, the seriousness of the disease, Misinformation, and social isolation in contributing to stress and

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mental morbidity. The relationship between COVID-19 – related stress and anxiety and adverse maternal and neonatal outcomes (Rashidi Fakari and Simbar, 2020); and the potential discrimination and stigmatization faced by Chinese students overseas pandemic, leading to anxiety and stress-related disorders (Zhai and Du, 2020. During this coronavirus pandemic, most educated people and health professionals are aware of this infection, possible preventive measures, the importance of social distancing, and government initiatives to limit disease spread. However, there are increased worries and apprehensions among the public regarding acquiring the COVID-19 infection. People have higher perceived needs to deal with their mental health difficulties. There is a need to intensify the awareness program and address people's mental health issues during this COVID-19 pandemic.

Objectives

The present study's main aim was to identify adolescents' mental condition throughout this lockdown period. So the objectives of the present study were-

1. To know about the feelings of adolescents during this lockdown period.
2. To find out the daily routine of adolescents during this lockdown period.
3. To identify the mental health of adolescents during this lockdown period.

Research Questions

Researcher framed research questions to achieve the objectives. So the main research questions were-

1. What Covid 19 pandemic situation makes you feel?
2. How COVID 19 affects your daily routine?
3. Are adolescents doing any creative work in this lockdown period?
4. Which types of game adolescents prefer in this lockdown period?
5. Are adolescents facing physical problems in this lockdown period?

Research Methodology & Research design

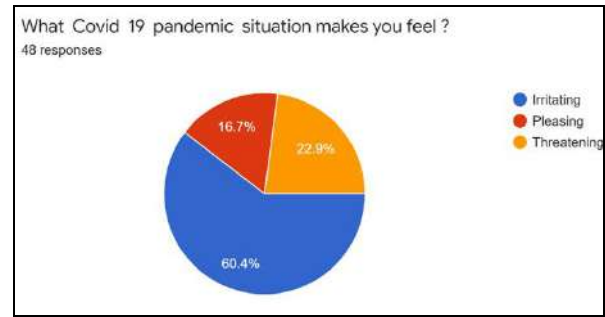
The first step of the present study was to develop an online questionnaire to know about adolescents' physical condition during this lockdown period. Researchers used Google forms to make a questionnaire for data collection. Fifty questions were framed in the questionnaire; these questions were covering all research questions. The survey method was used for data collection. The researcher sent questionnaires to 70 adolescents all around the country randomly, and 50 replies received back. So the researcher took only 50 adolescents as a sample of the study. The percentage was used as a statistical technique.

Analysis

Research Question 1: What Covid 19 pandemic situation makes you feel?

Analysis

In the sample, the no. of the adolescent from different states and gender are N=50. In the following chart, 48 adolescents have given their responses, and in this percentage, what covid 19 pandemic situation makes them feel.



Result

The result shows that percent of 60.4 % think this pandemic situation irritating them. 22.9 % think this pandemic situation is threatening, and only 16.7% believe in this pandemic situation are feeling pleasure.

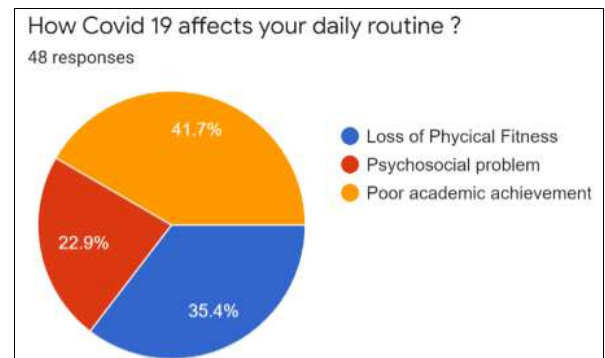
Discussion

Most of the adolescent think they are feeling irritated in this situation because they are lockdown at home. They can't do anything as per their daily schedule. Their routine is changed due to this pandemic situation. This situation threatens some because they listen that Covid 19 is how dangerous some for them. Some adolescents in this situation are also feeling pleasure because they never take tension in anything.

Research Question 2. How COVID 19 affects your daily routine.

Analysis

In the sample, the no. of adolescents from different states and gender are N=50. In the following chart diagram. Forty-eight adolescents have given their response and in this percentage of how covid 19 affect their daily routine computed.



Result

The result shows that this Covid 19 effect in every routine of the adolescent. 41.7% think that their academic achievement happens poor. 35.4% of adolescents believe they lose their physical fitness in this Covid 19 situation, and 22.9 think they are facing Psychological problems.

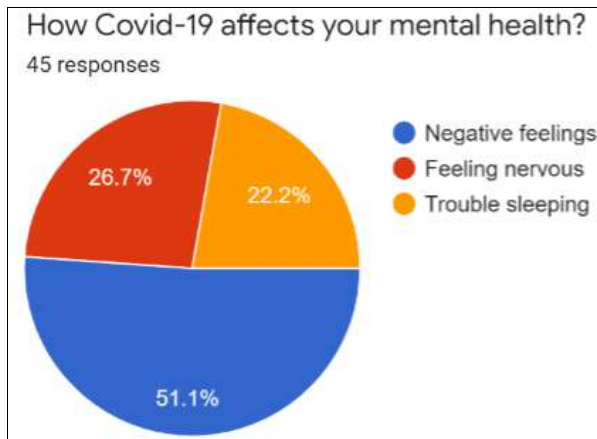
Discussion

Thus, COVID 19 affects all adolescents' routines as their academic achievement, loss of physical fitness and psychological problem, etc.

Research Question 3: How COVID 19 affects your mental health?

Analysis

In the sample, the no. of adolescents from different states and gender are N=50 in the following chart All 45 adolescents has given their response and in this percentage of how COVID 19 affect their mental health.



Result

COVID 19 affects more on our feeling. The result shows that 51.1 think that negative emotions increase in them, .25.7 believe that they feel nervous, and 22.2 feel they think trouble sleeping. COVID 19 affects our mental health dangerously.

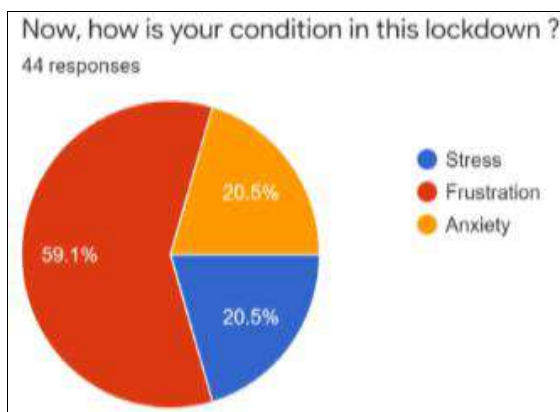
Discussion

Due to lockdown at home and due to social distance, adolescents cannot do the work of their interest. So many times, they are busy on the internet. Social media shows more about the effect of the Coronavirus, so adolescents are affected by them. They mentally feel nervous; negative thinking arises in them, and face trouble sleeping.

Research Questions 4: Now, how is your condition in this lockdown?

Analysis

In the sample, the no. of adolescents from different states and gender are N=50. In the following chart, All 44 adolescents have given their response, and in this percentage of their condition in this lockdown is computed.



Result

The result shows that 59.1% think that they are facing frustration. 20.5 % think they are stress, and 20% think they are facing anxiety. That means all adolescents facing the psychological problem.

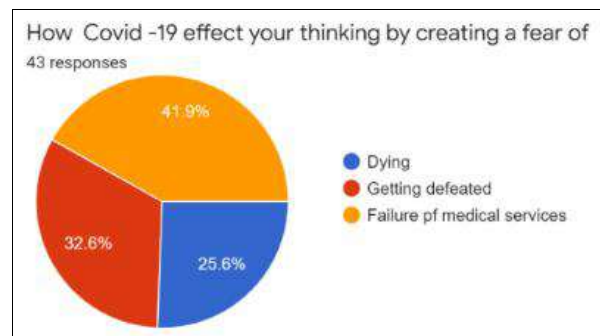
Discussion

All adolescents facing psychological problems such as stress, anxiety, and frustration means this lockdown situation due to Covid 19 is very dangerous. The result of this problem also very dangerous, we again see how due to psychological issues, most people commit suicide, so it is necessary to see in this matter.

Research Questions 5: How COVID 19 affect your thinking by creating a fear?

Analysis

In the sample, the no. of adolescents from different states and gender are N=50. In the following chart, All 43 adolescents have given their response, and in this percentage of how covid 19 affects their thinking by creating fear is computed.



Result

The result shows that COVID 19 affect the thinking of adolescent i.e.49.1% think there is the failure of medical services 32.6 % believe that they were getting defeated and 25.6% believe that COVID 19 affect their thinking by creating a fear of dying. That means how this situation of COVID 19 is dangerous.

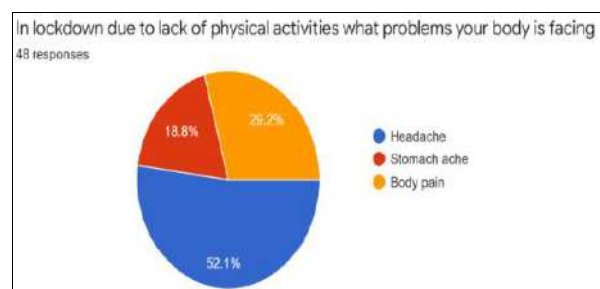
Discussion

This COVID 19 affects adolescent thinking by creating fear of failure of medical services, defeating and dying. Thus we can say that this lockdown condition how to affect dangerously on the mental health of adolescents.

Research Question 6- In lockdown due to lack of physical activities, what problem your body is facing?

Analysis

In the sample, the no. of adolescents from different states and gender are N=50. In the following chart, All 48 adolescents have given their response and in this percentage of problems in their body is facing due to lack of physical activities computed.



Result

The result shows that due to a lack of physical activities, their body facing problems of headache.52.1% gives their response in favor of it. 29.2% facing stomach problems and 18.8 facing body pain. That means due to COVID 19 body of everyone is facing so many questions.

Discussion

Due to a lack of physical body activities, adolescents face many problems like headaches, stomach aches, and body pain in lockdown situations. This condition is dangerous for adolescents. Slowly and slowly, these problems change into significant diseases. So adolescents should do physical activity at home like exercise and yoga and keep them busy in other indoor activities.

Conclusion

The percentage was used as a statistical technique. The result shows that due to a lack of physical activities, their body facing headaches.52.1% gives their response in favour of it. 29.2% facing stomach problems and 18.8% facing body pain. That means due to COVID 19, the body of everyone is facing so many questions. Due to a lack of physical body activities in lockdown situations, adolescents face many problems like headaches, stomach aches, and body pain. This condition is dangerous for adolescents. Slowly and slowly, these problems change into significant diseases. So adolescents should do physical activity at home like exercise and yoga and keep them busy in other indoor activities.

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