

## Covid-19 and Mental Health of the Public

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### ABSTRACT

Psychological well-being concerns and treatment for the most part assume a lower priority when the restricted assets are intended for pandemic control. In this worldwide philanthropic emergency of the Coronavirus pandemic, psychological well-being issues have been accounted for from all over the world. Corona virus 2019 (COVID-19), a respiratory disease caused by a new corona virus (SARS corona virus 2, also known as novel corona virus), has spread throughout China and has attracted worldwide attention. The WHO declared the COVID-19 outbreak a global public health emergency on January 30, 2020. Following the outbreak of the Corona virus syndrome (SARS-Corona Virus) in 2002, the arrival of SARS 2 HIV, along with MERS Corona Virus of 2012, the third most common introduction of the 20th century of the worst corona and most often infected in humans. Covid-19 is a sign of a mental state and a source of physical health problems. Reducing the harmful impact of Covid-19 on mental health is of paramount importance to the international community.

**KEY WORDS:** COVID-19, CORONA VIRUS, MENTAL HEALTH, GENERAL POPULATION AND PREVALENCE.

### INTRODUCTION

Coronavirus (COVID-19) is a highly contagious disease caused by a highly contagious respiratory disease coronavirus 2 (SARS-CoV-2) that spreads rapidly from person to person worldwide. It first appeared in Wuhan, China, in early December 2019, and the World Health Organization declared Europe a hotbed of the epidemic on March 13, 2020. The number of patients in many European countries and the United States has risen, and the death toll in Italy exceeds that of China.<sup>1</sup> The next wave of viruses, with great destructive power, seems to be designed for Africa and Latin America. Unfortunately, many countries have failed to follow

WHO's clear recommendations for content, including a comprehensive test (test, test, test "every case suspects), a case of segregation, prosecution, and community eradication, all of which are fundamental to public health and infectious diseases.

Patients with pneumonia caused by the latest corona virus (covid19) were recorded in the Chinese city of Wuhan in December 2019. SARS-Cov-2, the causative virus, was found to be a 79% coronavirus novel gene SARS- Cov since the SARS outbreak in 2003.<sup>3</sup> The virus quickly spread worldwide, prompting the WHO to call the pandemic a global epidemic on March 11, 2020. There are 150 million active cases worldwide, with 3.15 million deaths. Fever, fatigue, sore throat, loss of smell and taste are all symptoms of coronavirus infection, which can lead to heart and respiratory failure, acute respiratory syndrome, or even death in severe cases. COVID-19 can have a worse effect on human mental health than its physical effects.

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Suicide and mental illness are expected to rise due to the uncertainty and fear of the virus, as well as mass confinement and economic downturns. People's mental health has been shown to be severely affected during times of illnesses such as SARS, based on previous experience.<sup>5</sup> During the SARS epidemic, for example, people were found to have high levels of stress, depression, and anxiety. Individuals who were isolated during SARS reported an undiagnosed level of mental illness, according to one study.<sup>6</sup> All tests that looked at psychological problems during the Coronavirus epidemic showed that those affected did not show any signs of depression. Coronavirus can affect the psychological well-being of people at various levels of society, from infected patients and medical staff to families, children, students, patients with unstable behaviors, and even specialists in various fields, due to its spread, rapid spread, and high mortality rate.

## DISCUSSION

In the midst of the Covid 19 epidemic, this study looked at human mental health and its predictable evolution. Compared with the increase before the epidemic, there was a significant increase in the types of unfriendly psychological consequences for most people. People's mental health varies depending on the type of disease, government readiness, availability of resources / facilities, and adequate distribution of Covid-related information in different regions.<sup>8</sup> People watching Covid 19 news have a lot of concerns, according to a study. For many people, cheating and stories made about covid19 will exacerbate symptoms of depression. Nations with covid-19 problem have more psychological consequences for people in less developed and developing countries, as these countries still suffer from the death toll from other infectious diseases. Women are more likely to be depressed, depressed, and post-traumatic stress disorder (PTSD) than men, according to a study.

While growth increases the risk of Coronavirus infection and death, the results of current studies show that during epidemics, levels of anxiety, sadness, and stress are all higher in the 21-40 year age group.<sup>10,11</sup> According to research, poor economic conditions, lack of education, and unemployment are all significant risk factors for developing symptoms of depression, especially depression. In addition, people with at least one family member, parent, or partner with Coronavirus positive have a much higher rate of anxiety.<sup>12</sup> It was also found that symptoms of psychiatric side effects were more common at the beginning of the show, when people were tested for necessary isolation, unexpected dysfunction, and insecurity associated with outbreaks. At present, people with a mental, psychiatric, or substance abuse condition are at risk of SARS-COV-2 infection and may be at greater risk for serious side effects, including death. People are mobilized and forced to take precautionary measures when they are worried and fearful of emergence.

Related studies on mental health were reported. Rakshale et. al. reported about efficacy of self help- mental health promotion model on mental health of care givers<sup>16</sup>. Shaheed et. al. reported on Quality of Life and Mental Status in Cancer Patients<sup>17</sup>. Gawai et. al. reported on impact of covid 19 and mental health. Other related studies on mental health were reviewed.

## CONCLUSION

This fundamental review analyzed the mental status of the overall population in this current Covid-19 pandemic and focused on the related danger factors. A high predominance of antagonistic mental side effects were accounted for in many investigations. Psychological well-being issues should be considered all together for proper projects and methodologies to be created. Course and approaches should be established to successfully work with the weight of emotional well-being.

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