

# Impact of Pandemic on Human Psyche and Mental Health and its overall challenges on Human Civilization

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## Abstract

I have mainly tried to evolve the affected area of pandemic on human psyche and mental health. This pandemic augmented stress, depression, fear and anxiety in the mind of the individuals. It largely influenced the human psyche, mental health, world economy, world politics, etc. It brought about a new challenge to the human civilization as well as caused a serious attack on the membranes of millions of youths including all age's people of the world and paralyzed their dreams and ambitions of the future and resulting a psychic problems, mental health issues, physical health issues etc. It has a multi-dimensional effect over everything and also made dynamic life of individuals stop and resulting various unexpected issues. Initially, it was supposed that infected with covid-19 means to meet death and resulted big panic, fears among the people. This pandemic also affected way of our thinking, earning and doing. During pandemic the psychological fear grew high and fear of infection or transmission reigned at large among individuals and affected the mental health. This pandemic proved that there is nothing above life, surviving is superior to any other thing on earth. However, this pandemic brought serious challenges in the entire world on human existence.

*Keywords:* pandemic, challenge, civilization, Impact, Psychological.

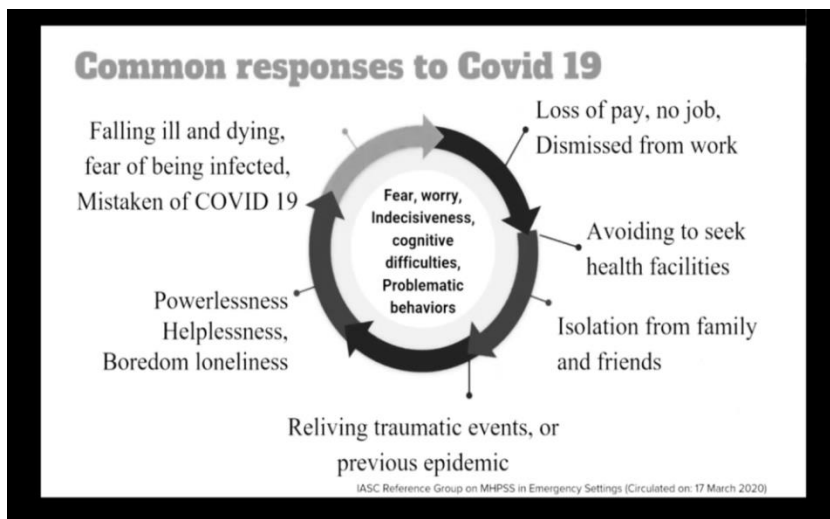
## Introduction

This corona virus pandemic became a curse for entire human civilization and also drove the human civilization to the realm of psychological fear in every of respect of surviving. Presently, the global focus has immensely been on testing, finding a cure and preventing transmission and as well as simultaneously the whole people of the world is going through a psychological problems in adapting to the present lifestyles and getting fear of infectious disease. This pandemic in every human life brought about a big panic that which is closely related to human psyche and mental health and many psychological problems

and important consequences in terms of mental health including stress, anxiety, depression, frustration, uncertainty during covid-19 outbreak originated progressively. The psychological reactions to covid-19 pandemic may vary from a panic behavior or collective hysteria to pervasive feelings of hopelessness and desperation which are concerned with negative outcomes including suicidal behavior. Importantly, other mental health measures may be compromised by abnormally elevated anxiety. This pandemic from the grassroots level hit the economy and resulted in creating various types of problems. This corona virus pandemic incessantly goes on devouring the entire world and also bringing about a considerable degree of anxiety, depression and a serious concern in the world population. In terms of public mental health, the core psychological impact is growing high and creating stress or anxiety among the individuals. This pandemic also introduced a new measures that which influenced the world population to be in quarantine and its bad effects on many people's in their usual activities and dragged them to the realm of fear, anxiety, depression and consumption of harmful alcohol and as well as using drug, trying to cause self-harm and suicidal behavior are also enforced to rise. This corona virus pandemic also resulted in creating a psychological pressure over the country which has been suspected to generate it, but regarding its origin controversy has been going on (WHO).

### **Challenges and Impact of Corona virus Pandemic on Human Psyche and Mental Health**

This corona virus\_pandemic hit the human civilization to the great extent in various ways. It is also claimed that this pandemic has had a negative impact on human psyche and mental health and to reduce the speed of its spread many countries constricted their economies and necessitated pronounced restrictions on public life. It is also noteworthy to mention that correspondingly, 2 reviews detected a consistently negative impact of covid-19 on mental health, with 16-18% of participants evolving symptoms of anxiety and depression (T.a). This covid-19 pandemic is a threat to our population, not only for its risk to human life and ensuring economic distress, but also for its invisible emotional strain. This covid-19 presents additional challenges – fear from virus itself, collective grief, prolonged physical distancing and associate social isolation- that will compound the impact on our collective psyche. National consumer survey from March 27<sup>th</sup>-29<sup>th</sup>, 2020 illustrates this widespread distress, exacerbated even further among those whose jobs have been adversely affected by covid-19. This serious factors vindicated an unprecedented challenges as well as threat to the present and future health of the entire society of the world, these Factors also helped to develop the psychological fear into the mind of the individuals are – fear of transmission, Quarantine, Isolation and Economic. Those factors affected the human psyche and mental health at large and resulted in creating various types psychological fear, stress, depression, anxiety and boredom etc. into the mind of the individuals. But there are various reasons behind hitting the human psyche and mental health.



The covid-19 pandemic is spreading throughout the world resulting in serious concern, mental stress, and fear all of which are not unnatural or abnormal reactions in this grave situation. As the situations are changing more and more uncertainty is spreading its wings, every persons of the society being affected deeply by the changing surroundings and trying to adapt accordingly. The fear of transmission of virus is changing the psychological aspects of the individuals. The threat of contamination can change our psychological responses to the ordinary interactions that can lead us to behave in surprising ways. A large portion of our mind is preoccupied with the threat of this novel disease pandemic on its front page ; Radio and TV programs have back to back coverage on the latest death tolls; media platforms are filled with frightening statistics, practical advice or gallows humors. As a consequence, the high level of anxiety is taking toll of our mind and body.. The pandemic is not only affecting the health of the population but also it is killing the transparency of our mindset resulting in a society with inequity (chatterjee). The major reasons which played a pivotal role to develop the psychological fear and affected mental health in the individuals' are-Fear of transmission, Quarantine, Isolation and economic. Let's discuss below.....

[i] **Fear of transmission:** This is one of the reasons that helped to grow psychological fear in the mind of the individuals as well as becoming victim of xenophobia. This pandemic is contagious and as well as highly infectious, so there is a big chance to transform from one individual to another individual and resulted in creating fear of transmission and a kind of psychological fear existed in the mind of the individuals. Even due to fear of transmission of this covid-19 as usual social bond of the individuals was completely cut off.

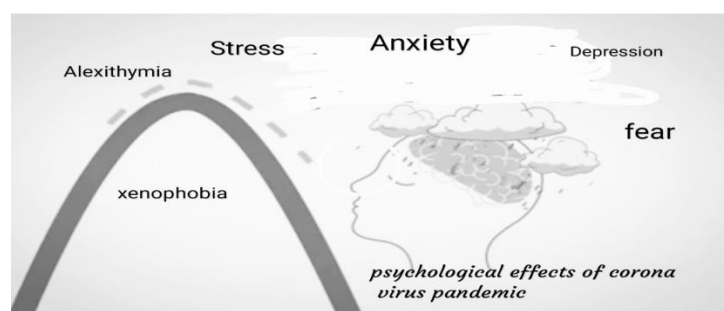
[ii] **Quarantine:** In course of pandemic suspected were kept in quarantine, this quarantine also helped to develop the psychological fear as well as boredom and hit mental health at large. These 15 days quarantine system was enough to break any sound mindset. Quarantine is against the free human nature, so it highly hit human psyche and mental health. Especially, insomnia, anger, fear, anxiety, confusion, grief and numbness are detected as an extra psychological reaction against the quarantine.

[iii] **Isolation:** It is one of the measures in which the covid patient was kept alone for treatment but it was also noticed that the covid patients in isolation state due to fear of dying in them various types of psychological fear, psychological pressure, depression, stress and anxiety deep-rootedly existed as well as resulted in creating different types of psychological fear disorder in the mind of the individuals. However, this social isolation helped to increase the risk of the mental disorder such as anxiety, mood, addictive and thought disorders.

[iv] **Economic:** This is one of the reasons which helped to increase the human psychological pressure and to disturb mental health in course of pandemic. Comparatively economic is the big factor that resulted specifically in creating psychological pressure in the mind of the labor class in the entire world. The economic reason which generated stress in the mind of the individuals is socio-economic centric.

### Psychological effects of pandemic in children

There is a specific effect of this pandemic in the mind of the children and related with children's normal psychological development and well being. Even separation from the caregivers helped to increase the risk of psychiatric disorders in the individuals. Children who were isolated or quarantined during pandemic diseases were more likely to develop acute stress disorder, adjustment disorder and grief 30% of the children who were isolated or quarantined met the clinical criteria for post traumatic stress disorder (Konstantinos Kontoangelos). It is also claimed that in course of pandemic violence and vulnerability increase for the children during periods of schools closures associated with health emergencies. Number of reported child abuse increase due to closures of schools during pandemic. Even both Parents and children are living with an increased stress as well as all are challenging our capacity of patience or tolerance and affecting the long term thinking aspects. Due to many economic impact of the crisis, it resulted in creating an increased parenting stress, abuse and violent activities against children. Even this covid-19 engirdled the children into four walls. Therefore, their child's play, childhood, hide & seek play are disrupted due to confinement under adverse circumstances. Their blooming portal will be affected. An outgrowth of the mental talent of the children will be hindered at the outset (Shweta Singh).



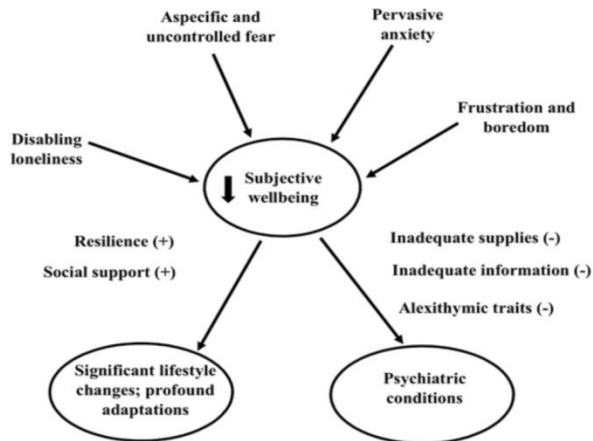
### Impact of pandemic on body, mind and spirit

However, this corona virus pandemic directly or indirectly caused a serious attack on human being and led human body, mind and spirit to collapse from its normal state. Truly, this pandemic hit human body, mind and spirit at large. Due to pandemic

various types of issues have been created and resulting in creating stress, depression, fear and anxiety, xenophobia, alexithymia and economic deficiency that which are enough to influence human body, mind and spirit. People are also victimized for new agony like wearing masks and maintaining social or physical distances as well as young generalists are being disappointed for pondering over for their future due to arising unprecedented pandemic covid-19 and its harmful circumstances. All these emotional agents highly influenced the human psychological order and mental health internally (The Y). However, the corona virus pandemic is spreading throughout the world resulting in deep concern, mental stress and fear all of which are unnatural and abnormal reactions in this grave situation. As the living atmosphere is changing more and more and also uncertainty is stepping up its foot at large, every individual of our society is being highly influenced by the present changing circumstances. The fear of corona virus is diverting our psychological aspects of the lives. It is also surprising to think that the threatening aspects of contamination can change our way of normal behaving to ordinary interactions that lead us to psychological fear. A large portion of our mind is preoccupied with the threat of this novel corona virus disease. For weeks, every newspaper is circulating life-killing effects of the corona virus, as a consequence, fear of infection is making the individuals stressful, anxious, and panic as well as psychological disorder. Generally speaking, that sadly the pandemic is not only affecting the health of the population but also it is killing the transparency of our mindset and resulting in a society with inequality. Even with a view to discussing the matter related to children, it was found that the children developed feelings of sadness, anxiety, and fear of parents' death and fear of being infection in the hospital which may cause a bad effect on their mental health development. It is also found that separation from the primary caregivers can make a child more vulnerable and can pose a threat to a child's mental health. As during the formative years of life, the role of the parents is very crucial, any disruption in the form of isolation from the parents can have long term effects of perceived attachments of the child. The psychological actors in the mind like stress, anxiety, fear, depression played a role to suppress and frighten all the people in their day to day life in course of pandemic and made their lives miserable and sufferable in respect of their existence (D.a). However, this grave situation totally engulfed the whole human psychological spheres and made to become prey of xenophobia and alexithymia. During pandemic a kind of psychological wave of fear spread at large among the people, as a consequence, all around psychological disorder, fear to meet someone and limited activities etc were highly experienced (chatterjee).

## Most relevant psychological reactionary stand to covid-19 infection

A specific and uncontrolled fears related to covid-19 found at large in the mind of the masses.



This is commonly one of the frequent psychological reactions to pandemic. Many studies showed that those who are irradiated to the chances of being infected may grow fears about their health, worries to infect other people and fear of infecting family members. Other several perusals reported that individuals and pregnant women with young children are the most in danger to develop their fear of being infected or transmission of virus. Physical isolation concerned with restrictions and lockdown measures are associated with feelings of uncertainty for near future, fears of new and unfamiliar infectious elements are resulting in generating anxiety. Anxiety may be straightly concerned with the sensorial deprivation and diffusive loneliness in this case, first sleeplessness but later distress and traumatic stress happened. Even, excessive tragic effects concerned with extending anxiety in a pandemic period may involve the low-lying social supports, isolation from affectionate ones, incertitude and humdrum. It is also mentionable that distress, boredom, social isolation and frustration are directly related to confinement, abnormally reduced social, physical contact with others and loss of usual habits. The final effect of social isolation which is causing loneliness and flatness has potential dramatic impacts on mental and physical - individual well-being. Pervasive loneliness may be most importantly concerned with depression and suicidal activities. Overall it is well known that long periods of social isolation or quarantine for specific illness may have detrimental effects on mental well-being.

**Major findings through the research on mental health and psycho-social aspects of COVID-19  
among children and adolescents**

Sl. no	Thematic Area	Author & year	Findings	Conclusion
	Mental health effects of School Closures	Viner, R.M et al. (2020).	School routines are crucial for young people with mental health challenges as schools help them to cope and structure their behavior. Children with special education needs are at high risk. Also since the pandemic and lockdown has caused economic distress, there are indications of increased abuse towards children.	Since the pandemic is ongoing it is crucial to provide psycho social support to the minors who are highly vulnerable and are exposed to various economic and social stressors.
<u>3</u>	Mental health considerations for children quarantined	Liu.J.,Bao Y.,Huang X.,&Lu Lin.(2020).	A large number of children have been quarantined in addition to the adult population. Quarantine policies have been developed keeping in mind the impact of quarantine on mental health aspects of children	Paediatric health care workers need to focus on the emerging mental health issues of children. Recommendations should be made for early identification of mental health issues and appropriate referrals and management
<u>4</u>	Impact on Young People with Mental Health Needs	The mental health charity Young Minds, 2020	Survey of 2111 individuals [age<=25 years] with history of mental health conditions in UK. The current pandemic and lockdown worsened their condition. About 26% of them were unable to access the mental health services. Since support groups and 'face to face services' were stopped. Certain activities and routines	It was recommended that maintenance of social contact with families and friends by tele services or social platforms would help to reduce stress. However, excessive social media use should be under check.

			were important coping mechanisms. Support by tele or online services was found challenging by some youth.	
<b>5</b>	Behavioral and Emotional Disorders in Children	Jiao, W. Y., Wang, L. N., Liu, J., Fang, S. F., Jiao, F. Y., Pettoello-Mantovani, M., & Somekh, E. (2020)	A collaborative working group of China-EPA-UNEPSA found clinginess, difficulty in attention, and being irritable as commonest psychological conditions shown by all minors. Media entertainment was largely successfully used by families as a means to relieve their children's distress.	The measures suggested to the parents and their families were to increase communication with minors, playing collaborative games, encouraging physical activity, and music therapy. Moreover, parents need to focus on sleep problems and nightmares in children, and forbid augmented sleep during the daytime
<b>6</b>	Associations of social distancing with Mental and Social Health in adolescent	Oosterhoff, B., et al (2020)	98.1% respondent adolescents shared that they engaged in at least some method of maintaining social distancing. they found that different motivations for social distancing were related with the symptoms of anxiety and depression and feeling of burdensomeness and belongingness.	Among youth it is found that social distancing is viewed primarily as a social responsibility and is followed more sincerely if it is motivated by prosaically reasons to prevent others from getting sick, hence prosaically motivation for this cause should be encouraged
<b>7</b>	Diagnosis, treatment, and prevention COVID 19 infection	Shen K, Yang Y, Wang T, Zhao D, Jiang Y, Jin R, et al	An expert committee was called to gather consensus and standardize COVID 19 prevention and management in children. It was found that psychological counseling improves rate of recovery. If children have complaint of mood swings, fear or	Methods of promotion of healthy and balanced diet, maintaining oral health, physical exercise, proper rest, avoidance of fatigue, and enhancing immunity are prescribed measures to prevent infection, and improving mental health



	in children		psychological disorder timely psychological management is warranted_(Shweta Singh)	
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**General tips given by the mental health specialists and psychiatrists in order to cope with this grave situation are .....**

<b>1</b>	Sleep well and eat well	[7] <u>Get right information</u>
<b>2</b>	<u>Develop hobbies-singing, drawing etc.</u>	[8] <u>Schedule and follow a routine</u>
<b>3</b>	<u>Deep breathing</u>	[9] <u>Exercises and yoga</u>
<b>4</b>	<u>Be positive</u>	[10] <u>Engage in family activities</u>
<b>5</b>	<u>Simplify information to children</u>	[11] <u>Take time to relax</u>
<b>6</b>	Socialize using phone calls and social media	[12] <u>Ensure safety measures to prevent infection</u>

### **Advisories of international organization**

With a view to coping with the pandemic, the International Organizations and advisory bodies have issued various guidelines taking into account the mental health needs of the children during the covid-19. They have suggested parents to interact constructively with the children by communicating with them about the current pandemic according to their maturity level and their ability to comprehend the crisis. Generally, Parents should plan their children's tasks one at a time, involve them in various home activities, educate them about following hygiene habits and social distancing, engage them in indoor play and creative activities, adolescents are advised to be involved in household chores and understand their social responsibilities. Interventions supervised by adults can help them in understanding their concerns. The activities of the children should include more structure in home schooling activities. Children should be encouraged to socialize with their friends and classmates through digital forums under adult supervision. The advisory committees have also provided guidelines for managing children with special needs and neurodevelopmental disorders. The children prone to risk for trauma and heightened anxiety (Unicef).

## Conclusion

It can be said that this pandemic truly scattered the normal state of the human civilization at large. It not only devastated the human progress but also paralyzed the inner human psychological movement. It seriously dragged all the material advancements of the individuals to the realm of the stagnancy and resulting stress, depression, anxiety as well as fear in the mind of the individuals. During pandemic, in the entire world, people in various ways became the victims of it. Even at the outset, many died due to fear as well as suspecting himself or herself of being infected. During pandemic, it was also noticed that the confidence level of the individuals became very poor, because men get afraid of dying; this very thinking makes the men weak and demoralized. One thing I want to say to all that –Adversity shall come in human life, but we should not lose our confidence rather we should show ourselves bold-.All the people of the world should practice yoga to drive stress, depression, anxiety and fear which have become a big enemy of the people during the pandemic. This covid-19 outbreak affects all segments of the society and is particularly detrimental to the individuals. It is very clear to us that the social crisis that has been created by the pandemic would result in an unequal society. The only way out seems to be the establishment of the policies and rules by the Government that would help to eradicate such crucial problems. Due to pandemic Fear, stress, depression, anxiety grew in the mind of the individuals, as a consequence of it, a kind of psychological fear started developing day by day. We know that covid-19 pandemic has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term and long term as well as psychosocial and mental health implications for children and adolescence. The quality and magnitude of impact on minors is determined by many vulnerability factors like developmental age, educational status, pre-existing mental health conditions, being economically underprivileged or being quarantined due to infection or fear of transmission. It is also mentionable that more than 2.2 billion children in the world who constitute approximately 28% of the population have been impacted. This inexorable circumstances lead to stress, anxiety and feeling of helplessness in all. The loss caused by this covid-19 pandemic is unprecedented as well as unexpected. This pandemic in respect of human activities not only hit the human psychological factors but also social bond of the society. It can also be said that the normalcy of the activities of the individuals has been scattered at large... We know that to live any particularly society firstly we need psychological freedom if this freedom is hampered then the individuals cannot survive well, but presently this pandemic has snatched it and affected highly our as usual living culture. This pandemic has several bad impacts on human civilization along with the positive sides. The positive sides of the pandemic teach so many things to this human civilization like- during lockdown we came to know value of life, value of freedom and value of food rather than any things else on this earth. One thing is undeniable to all that this pandemic has increased the life span of the earth. Because during Pandemic, lockdown has been declared in the entire world and resulted pollution free world and also helped to repair the earth itself. I want to share one thing that...each and every thing has a good and bad side as the pandemic did. So far as, we have experienced that this human civilization has not given the earth anything rather we drag it to the destruction for our interest. All of you know that the most powerful nations of the world has knelt down to this pandemic and proved that there is nothing above life, surviving is superior to

any other thing on this earth as during pandemic whole countries of the world are only concentrating on finding out vaccine jointly as solution to this pandemic as well as a spirit of world fraternity arises to fight with this pandemic. So the entire nations of the world should experience that there is nothing else on this earth except peaceful living. We all know that Lord Buddha, Jesus and Swami Vivekananda have taught us to lead a peaceful life in this material world, because our material life ends with Death.

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“The heart is the house of the soul and the mind is the playground where the soul plays with our thoughts and emotions”

