



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A STUDY ON MENTAL HEALTH PROBLEM FACED BY HEALTHCARE WORKERS DURING COVID-19

***Dr.N.HEMALATHA MA.,MSW.,MBA.,M.sc(Psy),M.Phil.,Ph.D.,**
Assistant Professor

****Ms.K.T.SANGAVI**
II MSW

PG & RESEARCH DEPARTMENT OF SOCIAL WORK
SHRIMATI INDIRA GANDHI COLLEGE
(Nationally Accredited at 'A' Grade (3rd Cycle) by NAAC)
TIRUCHIRAPPALLI – 620 002.

ABSTRACT

Healthcare workers involved in the response to the covid-19 pandemic are often required to work in highly challenging conditions and many therefore be at increased risk of experiencing mental health problems. Healthcare workers across the world have risen to the demands of treating COVID-19 patients, potentially at significant cost to their own health and wellbeing. There has been increasing recognition of the potential mental health impact of COVID-19 on healthcare workers and calls to provide psychosocial support for them. The aim of research study is to assess the levels of Mental health problems faced by the Healthcare workers . To study about the Socio-demographic profile of the healthcare workers working in Tiruchirappalli district. To study about the level of mental health experienced by the healthcare workers. Healthcare workers exposed covid-19 might be at increased risk of developing mental health problems. To analyse healthcare workers work stress and among them. The researcher asked and collected opinion from healthcare workers for analysing study on mental health problems among healthcare workers. Many of the healthcare workers had faced mental health problems in their work.

Key words : Mental health problem faced by healthcare workers.

CORONA VIRUS:

Coronaviruses are a group of related RNA viruses that cause diseases in mammals and birds. In humans and birds, they cause respiratory tract infections that can range from mild to lethal. Mild illnesses in humans include some cases of the common cold (which is also caused by other viruses, predominantly rhinoviruses), while more lethal varieties can cause SARS, MERS and COVID-19, which is causing an ongoing pandemic. In cows and pigs they cause diarrhea, while in mice they cause hepatitis and encephalomyelitis.

HEALTHCARE WORKERS :

The Healthcare workers comprises a wide variety of professions and occupations who provide some type of healthcare service, including such direct care practitioners as physicians, nurse practitioners, physician assistants, nurses, respiratory therapists, dentists, pharmacists, speech-language pathologist, physical therapists, occupational therapists, physical and behavior therapists, as well as allied health professionals such as phlebotomists, medical laboratory scientists, dieticians, and social workers. They often work in hospitals, healthcare centers and other service delivery points, but also in academic training, research, and administration. Some provide care and treatment services for patients in private homes. Many countries have a large number of community health workers who work outside formal healthcare institutions. Managers of healthcare services, health information technicians, and other assistive personnel and support workers are also considered a vital part of health care teams.

IMPACT OF THE COVID -19 PANDAMIC ON HEALTHCARE WORKERS:

The COVID-19 pandemic has impacted healthcare workers physically and psychologically. Healthcare workers are more vulnerable to COVID-19 infection than the general population due to frequent contact with infected individuals. Healthcare workers have been required to work under stressful conditions without proper protective equipment, and make difficult decisions involving ethical implications. Health and social systems across the globe are struggling to cope. The situation is especially challenging in humanitarian, fragile and low-income country contexts, where health and social systems are already weak. Services to provide sexual and reproductive health care risk being sidelined, which will lead to higher maternal mortality and morbidity.

MENTAL HEALTH IMPACTS OF HEALTHCARE WORKERS:

Mental Health Impacts of HealthCare Workers during COVID-19- A framework for Implementation
The COVID-19 pandemic has thrown an unprecedented challenge for mental health across the country. The possibility of getting infected with COVID-19, an illness with no clear defined treatment protocols and uncertain outcomes has shaken the world. With the illness now spreading in different parts of the country, the existing health care systems are really stretched. As the battle becomes long-drawn, the health care workers

(HCWs) in the frontline have become particularly vulnerable to mental stress. Worries about risk of infection to self and their families, adequacy of protection, long working hours, being in quarantine/isolation, and separation from families can lead to severe psychological distress among health professionals. If not effectively recognised and treated, such stress can transform into more persistent illness, even leading to suicidal thoughts and feelings. Psychological difficulties have been consistently linked to reduced competency at work and the stress faced at work can worsen mental distress. Across the world, there has been increasing recognition of the need to provide mental health support to HCWs of COVID-19 pandemic. Mental health issues among health care personnel are well recognised even before the COVID-19 pandemic. Multiple studies have consistently reported higher rates of depression, anxiety, substance use, poor life satisfaction and suicide among HCWs as compared to the general population.

The covid-19 pandemic has heavily burdened, and in many cases overwhelmed, healthcare systems including healthcare workers. The WHO has emphasized the extremely high burden on healthcare workers, and called for action to address the immediate needs and measures needed to save lives and prevent a serious impact on physical and mental health of healthcare workers WHO 2020.

WORK STRESS OF HEALTHCARE WORKERS :

Work stress includes the harmful physical and emotional responses that happen when the requirements of a job do not match the capabilities, resources, or needs of the worker. Work stress can lead to poor mental and physical health. Mental health includes a person's psychological, emotional, and social well-being and affects how we feel, think, and act.

MENTAL HEALTH SUPPORT SYSTEM FOR HEALTHCARE WORKERS :

COVID-19 treatment centres to be provided with a designated mental health support network for personnel. Ideally both psychiatric and counselling services need to be made available. The frontline personnel also need to be made aware of the various possible mental health support systems available locally, if they wish to access help outside their work place. A district level helpline for all personnel is helpful. Ready answers for FAQs is a must for running such helplines. They can also be made aware of the currently running state/national level helplines for health care workers.

Armocida et al (2020)The covid-19 pandemic has heavily burdened, and in many cases overwhelmed, healthcare systems including healthcare workers. The WHO has emphasized the extremely high burden on healthcare workers, and called for action to address the immediate needs and measures needed to save lives and prevent a serious impact on physical and mental health of healthcare workers(WHO, 2020).

Distribution of the Respondents According to their Analysis of faced mental health problem during covid-19

S.NO	Particulars	No. of Respondents	percentage
	Analysis of mental health problem during covid-19		
1.	Yes	29	83
2.	No	6	17
Total		35	100

The above table shows that the analysis of mental health problems during covid-19, it was observed that vast majority (83 per cent) of the respondents had mental health problems during covid-19. remaining (17 per cent) of the respondents had no mental health problems during covid-19.

TITLE OF STUDY :

A study on Mental Health Problem faced by Healthcare workers During Covid-19 .

AIM OF THE STUDY :

The aim of research study is to assess the levels of Mental health impacts faced by the Healthcare workers .

OBJECTIVES OF THE STUDY:

- To study about the Socio-demographic profile of the healthcare workers working in Tiruchirappalli district.
- To study about the level of mental health experienced by the healthcare workers.
- To analyze the impact on covid-19 among healthcare workers.
- To study about the suitable measures to meet the mental health issues .
- To Identify the struggles faced by healthcare workers.

SCOPE OF THE STUDY :

The study covered the aspects like the Mental health which has the dimensions like Organizational, individual, Physical and psychological stresses which constitute the overall mental health of the healthcare workers.

PILOT STUDY :

The purpose behind the pilot study was to find out the feasibility and suitability of the study. The researcher had a discussion Hospital. To know the possibility of conducting research in their organization and get permission to do research.

PRE-TEST :

This tool of this study enable the research to modify certain questions to the suitability of the questions. Probing question which was relevant was also added to questionnaire. There were no change in tool hence the pretest respondents was added in the sampling.

TOOLS OF DATA COLLECTION:

The Researcher has adopted questionnaire method as a data collection instrument .In this method as a set of questions is given to person concerned with requesting him/her to answer the questions and return back the questionnaire .

RESEARCH DESIGN :

A Research design is planned sequence of the entire process involved in conducting research type is descriptive in nature .

UNIVERSE :

The universe constitutes the female universe nurse in a Kauvery Hospital working in during Covid-19 there was totally 50 nurses working in the period.

SAMPLING :

As the universe consists of indefinite so the researcher selected 35 respondents who were attended in their official meeting, after meeting persons are cooperated with researcher for data collection. Hence the census method was adopted.

MAJORITY FINDINGS :

- Majority (43%) of the respondents were belongs to the age group of 30-40.
- Majority (63%) of the respondents were female .
- Vast majority (83%) of the respondents were completed diploma/degree
- Less than half (46%) of the respondents were belongs to below 10,000 of monthly income .
- Less than half (49%) of the respondents were belongs to the domicile type of semi urban.
- More than half (51%) of the respondents were married .
- More than half (57) of the respondents were belongs to nuclear family.

- Vast majority (86%) of the respondents had felt stress in covid-19.
- Vast majority (71%) of the respondents had not satisfied with their salary.
- More than half (57%) of the respondents had felt uncomfortable of PPE.
- More than half (57%) of the respondents had felt not feeling well physically and mentally during pandemic period.
- Vast majority (77%) of the respondents got stressed on short time sleeping.
- Vast majority (74%) of the respondents had get stress as cannot spend time with their family.
- More than half (54%) of the respondents had not provide proper safety production equipment in workplace.
- Majority (63%) of the respondents had not affected by covid-19 while attending patients.
- Vast majority (83%) of the respondents had not spent time with their family during the pandemic period.
- More than half (57%) of the respondents family members and friends had not affected by covid-19.
- Vast majority (83%) of the respondents had mental health problems during covid-19 .
- More than half (57%) of the respondents had got panic while attending the patients during covid-19.
- Majority (63%) of the respondents had got stress while seeing covid-19 .
- More than half (57%) of the respondents had gave awareness about covid-19 to family and friends.
- Majority (69%) of the respondents had not play equal role in workplace and family .
- Majority (69%) of the respondents had followed rules and regulations of wearing PPE.
- More than half (54%) of the respondents had said PPE helps to reduce the spread of covid-19 .
- Vast majority (89%) of the respondents had got stress in lack of salary.
- Majority (63%) of the respondents had faced economic crisis.
- More than half (57%) of the respondents had hygienic foods during covid-19 .
- Less than than half (37%) of the respondents had the problem of depression.
- Less than half (43%) of the respondents had felt in stress.
- Less than half (43%) of the respondents 4-5 hours had taken rest in during covid-19.
- More than half (60%) of the respondents had got stress on home and workplace.
- Less than half (49%) of the respondents got hyper tension in normal period and pandemic period .
- More than half (69%) of the respondents family and friends had supported them.
- More than half (60%) of the respondents had got well experienced in second wave of covid-19 .

- More than half (57%) of the respondents had reduced their stress by spreading time with family and friends and playing and reading books.
- More than half (60%) of the respondents had taken the precautions of sanitizer and following social distance .
- More than half (66%) of the respondents had felt stressless at current situation.

SUGGESTIONS :

- Healthcare workers can follow rules and regulations of the managements .
- Healthcare workers may avail the Ayushman Bharat Yojana insurance provided by the government of India .
- Health care workers may use the safety measurements provided by the Management.
- Healthcare workers may adjust and overcome the complications while attending the patients .

CONCLUSION :

The researcher asked and collected opinions from Healthcare for analyzing study on mental health impacts among healthcare workers . Healthcare workers had faced lots of problems in their work . some of them not satisfied with working hours . Most of the healthcare workers had not satisfied with their salary .Each and every healthcare workers had highly cooperated with researcher .

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