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PSYCHOLOGICAL IMPACT OF COVID-19 ON WORKING PEOPLE.

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Abstract: The COVID-19 epidemic had caused the whole world to shut down, and practically every nation was in "lockdown" status. While the lockdown technique is a crucial step in slowing the exponential increase in COVID-19 cases, it also has well-known negative and positive effects on mental health. This study sought to analyze the prevalence of depression, anxiety, perceived stress, well-being, and other psychological difficulties in order to assess the psychological impact of lockdown brought on by the COVID-19 pandemic on working professionals.

Keywords: - Covid-19, Pandemic, Psychological impact, Psychology, Working People

I. INTRODUCTION

Covid-19

When China informed WHO of a pneumonia outbreak in Wuhan, Hubei province, the outbreak of the corona virus that began on December 31st, 2019, was brought to light. Soon after its discovery, the pathogen that causes pneumonia was officially renamed by the International Committee on Taxonomy of Viruses to severe respiratory syndrome coronavirus 2 (SARS-CoV-2) after it was originally identified as 2019 new corona virus (2019-nCoV). The WHO classified COVID-19, caused by the SARS-CoV-2 virus, a Public Health Emergency of International Concern on January 30, 2020. Following this, on March 11, 2020, Dr. Tedros Adhanom Ghebreyesus, director-general of WHO, declared the novel corona virus (COVID-19) to be a pandemic and provided a news briefing, noting that in just 2 weeks, the number of cases outside of China had climbed by 13 folds, as well as the number of nations by three folds. With regard to this having the highest rate of human transmission, COVID-19 differs significantly from the other viruses. For the elderly and those with underlying issues that contribute to a weakened immune system, including mental health, it is regarded as being extremely lethal. [1-6]

Impact of Covid-19

Lockdowns have affected different sectors to varying degrees. For example, aviation, hospitality, hotels, and manufacturing have stopped and it will take a long time to get out of this situation. Millions of people in these sectors could lose their jobs in these sectors. The closure of gyms, parks, along with other recreational facilities has made it difficult for people to exercise and maintain healthy habits. This disruption of daily life increases stress and anxiety for many people. The COVID-19 pandemic has caused tremendous disruption to businesses. The COVID-19 pandemic has changed every aspect of our work and lives. In response to national and local containment guidelines, businesses, organizations, and institutions have encouraged their employees to work from home for safety reasons. [6-8]

Lockdown has an associated with psychological implications.

The psychological impact of lockdown brought on by the COVID-19 pandemic on working professionals For employees, in major cities where commuting consumes a major time, working from home would be a lucrative offer, working from home would also suite someone whole suffers social anxiety and loves to work in isolation, Though there is a negative impact also for individuals who live alone, full time WFH without face-to-face interactions and social support everyday could contribute to mental issues such as social isolation and depression. For others, blurred work-life boundaries and the closure of gyms, parks, and other recreational facilities has made it difficult for people to engage in physical activity and maintain healthy habits can make it difficult to detach mentally from work which can increase stress and anxiety.

II. RESEARCH METHODOLOGY

It is a survey that is carried out online utilizing a survey form. There are 7 questions in the survey, and they are divided into sections on stress, anxiety, depression, mental health, and their working nature.

III. Population and Sample

The 300 responses were collected from the different companies based on sector service and product. It reflects different sector company's psychological health of employees. The present study aimed to investigate the psychological impact of covid19 on working people.

IV. RESULTS AND DISCUSSION

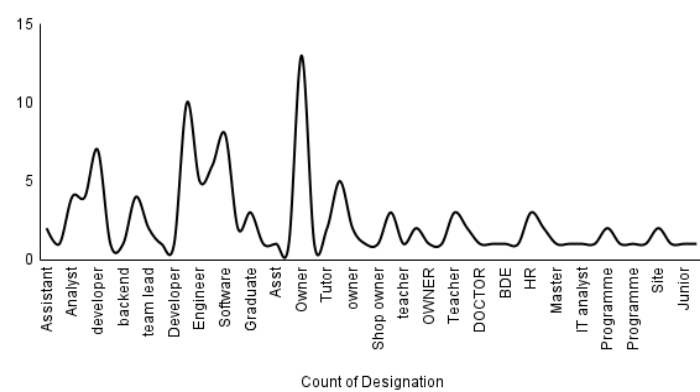
Count of Type of company



The responses collected from two types of company sector. A total of 38.1% and 61.9% of the responses were gathered from the product base and service base of companies, respectively.

Fig. 1

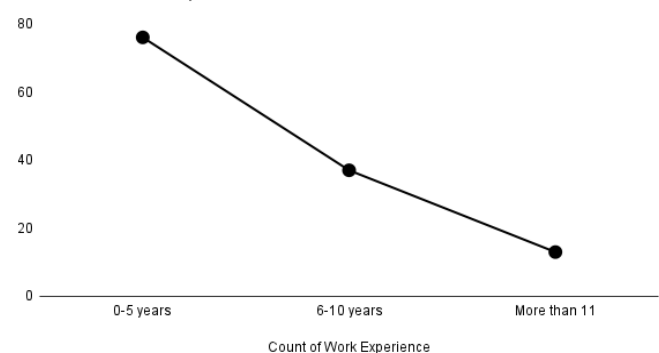
Count of Designation



The purpose of the current study was to investigate how covid19 affected working people psychologically. An online survey was used to gather information from a sample of 300 working employees. The designation of personnel is displayed in the result above. Teachers, IT employees, business owners, and doctors were all included in the data.

Fig. 2

Count of Work Experience



The current study sets out to investigate the psychological effects of covid19 on working persons. Information was gathered from a sample of 300 working employees via an online survey. The information above demonstrates the expertise of professionals in their industry. The bulk of workers have between 0 and 5 years of experience.

Fig. 3

Count of Mode of working

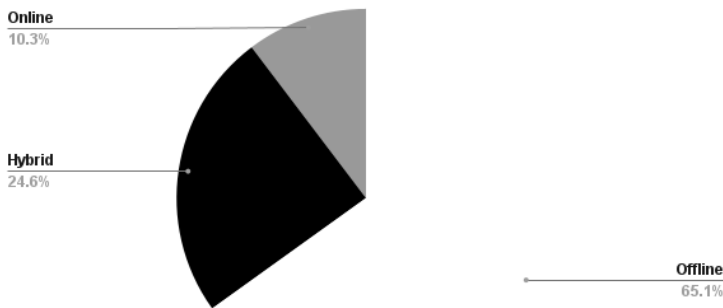


Fig. 4

The current study sets out to investigate the psychological effects of covid19 on working persons. Information was gathered from a sample of 300 working employees via an online survey. According to the statistics gathered, 24.6% and 10.3% of people are currently working online, while 65.1% are working offline.

Count of You are doing this mode of work from

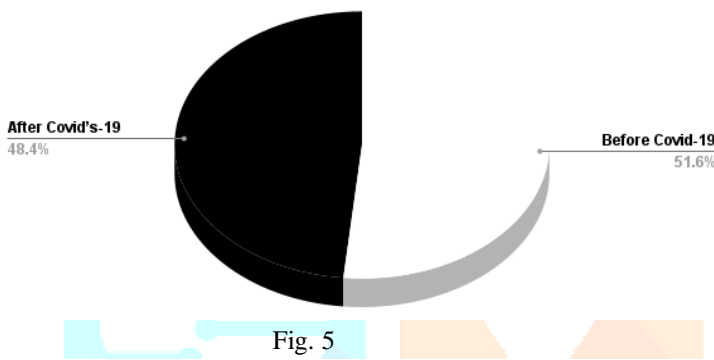


Fig. 5

The data gathered reveals that 48.4% of working persons have a mode of work that is post-COVID-19, whereas 51.6% have a mode of work that is the same as it was before COVID-19.

Count of If your mode of work is change after Covid-19 then it's impact on you

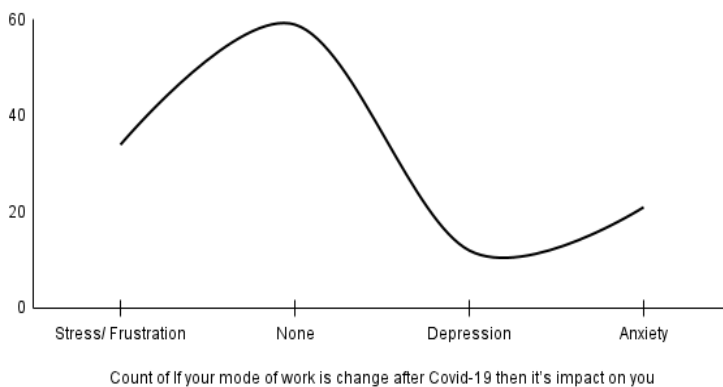


Fig. 6

Participants whose Mode of work was changed after COVID 19 showed significant stress or frustration. Participants showing signs of anxiety were more as compared to depression. This suggests overall increase in Stress, frustration, and anxiety.

Count of If your mode of work is continued from before Covid-19 then it's impact on you

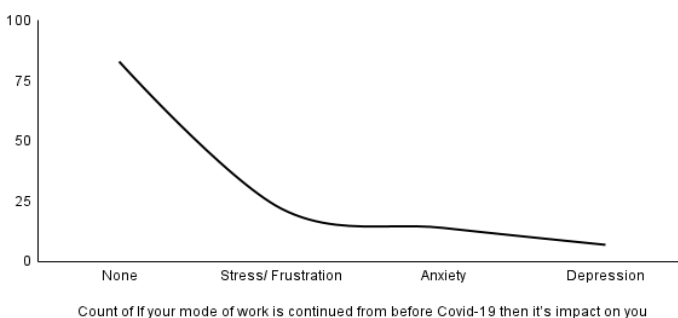


Fig. 7

Those Participants whose mode of work was the same as it was before COVID 19 showed very minimal cases of stress, frustration, anxiety. Depression is reported lowest as compared to those whose mode of work was changed after COVID 19.

Conclusion

The findings demonstrated that the sampled working people experienced moderate to severe psychological damage during the early stages of the COVID-19 outbreak in India. Change in mode of work after COVID 19 significantly increased stress frustration

and anxiety in the working professionals. Depression in both the cases is significantly low, whereas the individuals whose mode of work is changed are more prone to depression.

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