



A STUDY TO ASSESS THE IMPACT OF COVID 19 PANDEMIC ON PSYCHOLOGY AMONG PEOPLE IN SELECTED PCMC AREA.

Ms. Shubhashree Dhir¹, Ms. Nilima Mali², Mr. Ashutosh A. Shinde {Group-9}³, Dr. Rupali Salvi⁴, Dr. Sucheta Yangad⁵

¹Clinical Instructor Dr. D. Y Patil College of Nursing, Dr. D Y Patil Vidhyapeeth Pimpri; Pune-18,

²Clinical Instructor Dr. D. Y Patil College of Nursing, Dr. D Y Patil Vidhyapeeth Pimpri; Pune-18,

³Student Researcher, B.Sc. Nursing Dr. D. Y Patil College of Nursing, Dr. D Y Patil Vidhyapeeth Pimpri; Pune-18,

³Professor; Dr. D. Y Patil College of Nursing, Dr. D Y Patil Vidhyapeeth Pimpri; Pune-18

⁴Associate Professor; Dr. D. Y Patil College of Nursing; Dr. D Y Patil Vidhyapeeth Pimpri, Pune -18,

¹Dr. D. Y. Patil College of Nursing Pimpri Dr. D Y Patil Vidhyapeeth Pune-18, Maharashtra

ABSTRACT

Introduction: The COVID 19 pandemic affected people psychologically, mentally because the spread of it still continues. Death rates increased day by day in PCMC area. The pandemic has resulted in unprecedented hazards to mental health globally. Relatively high rates of anxiety, depression, post-traumatic stress disorder, psychological distress, and stress were reported in the general psychology during the COVID-19 pandemic. The significant virus outbreak in the twenty-first century has caused unprecedented risks to mental health worldwide. **Aim:** To assess the impact of COVID-19 pandemic on psychology among people in selected PCMC area Pune. **Objectives:** I: To assess the impact of COVID – 19 pandemic among people in PCMC areas. II: To evaluate the effect of psychological condition regarding COVID – 19 pandemics among people in PCMC area, Pune. III. To identify the effect of psychological condition regarding COVID-19 pandemic among people residing in PCMC area. **Methodology:** Pre-experimental non-randomized, one-group pre-test-post-test design, purposive sampling technique was used with sample size of 100 samples residing in PCMC area. **Result:** 100% the people in PCMC area had effect of psychological condition regarding COVID-19 pandemic. All the people in PCMC area had fear of getting infected with COVID-19 and had fear of family

members getting infected with COVID-19 and had perceived changes in sleeping activity. 48% of them had perceived changed in physical activity. 100% of them had frustration with uncertainty due to COVID-19 pandemic, feeling helpless during COVID-19 pandemic, feeling worthless during COVID-19 pandemic, had negative thoughts related to things happened due to COVID-19, were worried about the future due to COVID-19, had difficulties in self-regulating learning, had difficulties in not going out, were worried about physical health, were worried about mental health and had anxiety of jobless condition. None of them had anxiety for their child/children future. **Conclusion:** It was found that almost all of the people in PCMC area had fear of getting infected with COVID-19.

Key Words: COVID _19, Mental Health, Assess, Evaluate.

INTRODUCTION

As all we know pandemic have been seen in many period through history. Due to pandemic diseases millions of people died and have great negative effects on the psychological health of society. People are struggling with a pandemic COVID-19 which first seen in Wuhan and in short period of time it got spread in many of the places all most in the world.

In just a few months after the first incidence of COVID-19 was discovered in December 2019, it had spread to be a pandemic. India is not an exception; it has wreaked devastation all across the world. It is highlighted across the board that taking preventative actions is crucial for slowing the rapid spread of COVID-19.

The COVID _19 pandemic affected people psychologically, mentally and the spread of it still continues death rates increased day by day in PCMC area. The traumatic effect causes psychological disturbance among every age group. Children are suffering because school closure and because of which many of the students had faced challenges and barriers regarding studies.

Among patients admitted to hospitals, the mortality rate ranged between 11% and 15% COVID-19 is moderately infectious with a relatively high mortality rate, but the information available in public reports and published literature are rapidly increasing.

The purpose of this study is to provide an overview of current knowledge regarding COVID-19, including the causal agent, illness pathophysiology, case diagnosis and treatment, as well as control and prevention measures.

This is a psychological effect among children's due to COVID 19. this disrupted the students, education process. School closure affected millions of students care physiologically and psychologically. Others sufferers are young ones in the study of examining the psychological effects of COVID 19 on people of

PCMC. It is found that most of them suffered and face negative psychological conditions stress disorder, loss of property loved ones, this all thing Caused many of them psychological distress.

NEED OF THE STUDY

The scientific study on research on COVID _19 is of great importance in order to prevent the destructions of its social, psychological, financial dimensions. December 31, 2019, the China Health Authorities in Wuhan City, Hubei Province, central China, informed the World Health Organization (WHO) of several instances of pneumonia with unknown causes. Although other early cases had no exposure to this market, the cases had been reported since December 8, 2019, and many patients worked at or resided close to the neighborhood Hunan Seafood Wholesale Market. On January 7, a patient's throat swab sample contained a new coronavirus, which the World Health Organization initially referred to as 2019-nCoV. This pathogen was later renamed as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) by the Coronavirus Study Group and the disease was named coronavirus disease 2019 (COVID-19) by the WHO. The WHO designated the SARS-CoV-2 epidemic as a Public Health Emergency of International Concern (PHEIC) on January 30 after 7736 confirmed and 12,167 suspected cases had been reported in China and 82 confirmed cases had been discovered in 18 other countries on the same day.

People were psychologically and mentally impacted by the COVID 19 pandemic since it is still spreading. Daily death rates rose in the PCMC area. Globally, the epidemic has brought about previously unheard-of risks to mental health. During the COVID-19 pandemic, relatively high rates of stress, anxiety, sadness, and post-traumatic stress disorder were observed in general psychology. The huge virus epidemic of the twenty-first century has put mental health worldwide at unprecedented risk. It was discovered that the majority of them experienced unfavorable psychological symptoms, including stress disorder, loss of loved ones, and loss of property. Hence It was at greater need to evaluate how Covid 19 pandemic has impacted psychology among people residing in PCMC area.

AIM OF THE STUDY

This study of assess the psychological impact of COVID - 19 pandemic among the people residing in PCMC area Pimpri, Pune 2021-2022. While patients and healthcare professionals are receiving psychological treatment, the general people in PCMC areas also need major attention for their mental health.

MATERIAL AND METHOD

The researcher has adopted Pre-experimental non-randomized, one-group pre-test, post-test design. Purposive sampling technique was used to select the experimental group with the sample size of 100 sample size who were willing to participate in the study. Prior pre-test was conducted with the help of prepared tool then the structured health teaching was given and post-test was conducted after the intervention. The tool consisted of

three sections. Section I: Demographic Profile, consisted Personal profile which had 9 items of the sample's information such as, age, gender, religion, education, occupation, type of family, monthly income, no. of children, marital status. Section II consisted 15 self-structured questionnaire related to impact of COVID-19 pandemic among people in PCMC. Section III consisted 15 self-structured questionnaire related to the effect of psychological condition regarding COVID-19 pandemic. In the present study, the sample were people residing in PCMC area, Pimpri, Pune. The sample size selected for the study was 100 between the age group of 20 to 50 yrs. In present study, non-probability purposive sampling technique is used for selecting 100 samples who met the designated set of criteria during the period of data collection. regarding COVID-19 pandemic

RESULT

The collected data is tabulated, analyzed, organized and presented under the following headings:

Section-I: It deals with the analysis of the demographic data of the samples.

Section -II: Analysis of data related to impact of COVID-19 pandemic among people in PCMC area.

Section -III: Analysis of data related to the effect of psychological condition regarding COVID-19 pandemic.

Findings: The major findings of the study were based on the objectives of the study. Descriptive & inferential statistics were utilized for the data analysis

SECTION-I= Description of samples (people in PCMC area) based on their personal characteristics

In this study, majority 76% of the people had age 20-30 years, 17% of them had age 31-40 years and 7% of them had age 41-50 years. 33% of them were males and 67% of them were females. 72% of them were Hindu, 25% of them were Muslim and 3% of them were Christian. All of them had higher secondary education. 39% of them were government employees and 61% of them were private employees. 5% of them had nuclear family and 95% of them had joint family. 66% of them had monthly income Rs.20000-30000 and 34% of them had monthly income Rs.31000-40000. 9% of them had two children and 91% of them had three and more children. All of them were married.

SECTION – II = Analysis of data related to impact of COVID-19 pandemic among people in PCMC Area

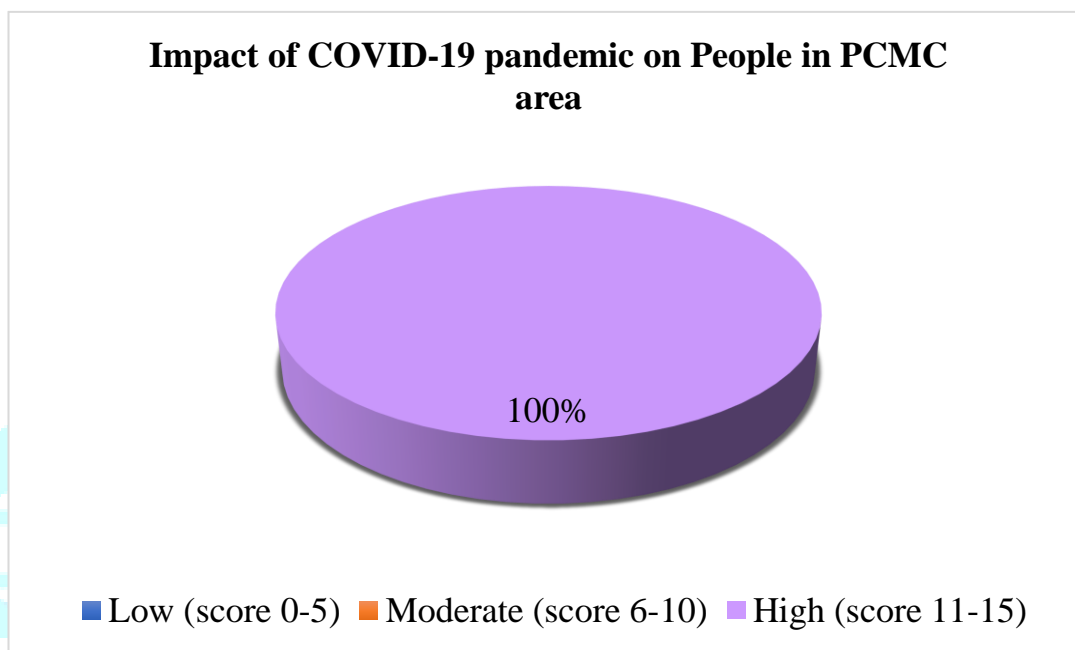
Analysis of data related to impact of COVID-19 pandemic among people in PCMC

Area

Table 1 : Impact of COVID-19 pandemic among people in PCMC area

N=100

Impact	Freq.	%
Low (score 0-5)	0	0%
Moderate (score 6-10)	0	0%
High (score 11-15)	100	100%

**Fig 1: Impact of COVID-19 pandemic among people in PCMC area****Table 3: Impact item analysis**

N=100

Impact item	Freq.	%
Are you feeling stressed?	100	100%
Is any problem due to closed of schools/colleges to students?	100	100%
Maintaining personal hygiene in COVID-19 pandemic.	100	100%
Need of financial support in COVID-19.	43	43%
Loss of loved ones in COVID-19	100	100%
Financial loss due to hospitalization in COVID-19 pandemic	100	100%
Avoid eating outside food.	100	100%
Avoid using public transport	55	55%
Avoiding going to the park for exercises, playing etc	100	100%
Avoiding social gathering due to COVID-19	100	100%
Avoid the services of domestic	100	100%
Inability to spend quality time with your family and friends.	100	100%
Loneliness due to COVID-19 pandemic	0	0%

Fear of losing job/financial loss due to pandemic	100	100%
Disturbed family environment	100	100%

All the people in PCMC area were feeling stressed. All of them mentioned that there was problem to students due to schools/colleges closed. All of them were maintaining personal hygiene in COVID-19 pandemic. 43% of them mentioned that there was need of financial support during COVID-19 pandemic. All of them had lost loved ones in COVID-19. All of them had financial loss due to hospitalization in COVID-19 pandemic. All of them were avoiding eating outside food. 55% of them were avoiding using public transport. All of them were avoiding going to the park for exercises, playing, etc. All of them were avoiding social gathering due to COVID-19 pandemic. All of them were avoiding the domestic services. All of them were unable to spend quality time with their family and friends. None of them were feeling loneliness due to COVID-19 pandemic. All of them was afraid of losing job/financial loss due to pandemic. All of them had distributed family environment.

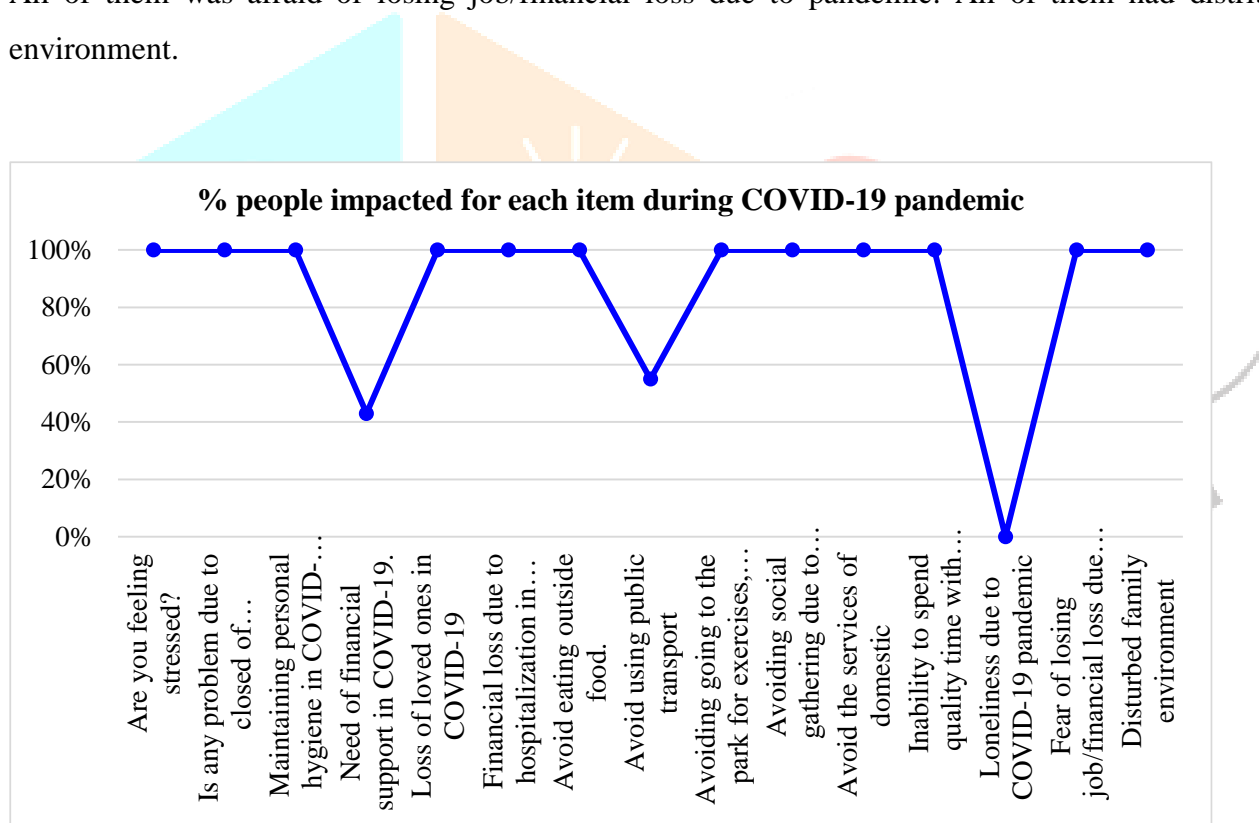


Fig 2: Item analysis of % of people impacted got impact COVID-19 Pandemic

Section III

Analysis of data related to the effect of psychological condition regarding COVID-19 pandemic

Table 4: Effect of psychological condition regarding COVID-19 pandemic

N=100

Effect	Freq	%
Low (score 0-5)	0	0%
Moderate (score 6-10)	0	0%
High (score 11-15)	100	100%

All the people in PCMC area had effect of psychological condition regarding COVID-19 pandemic.

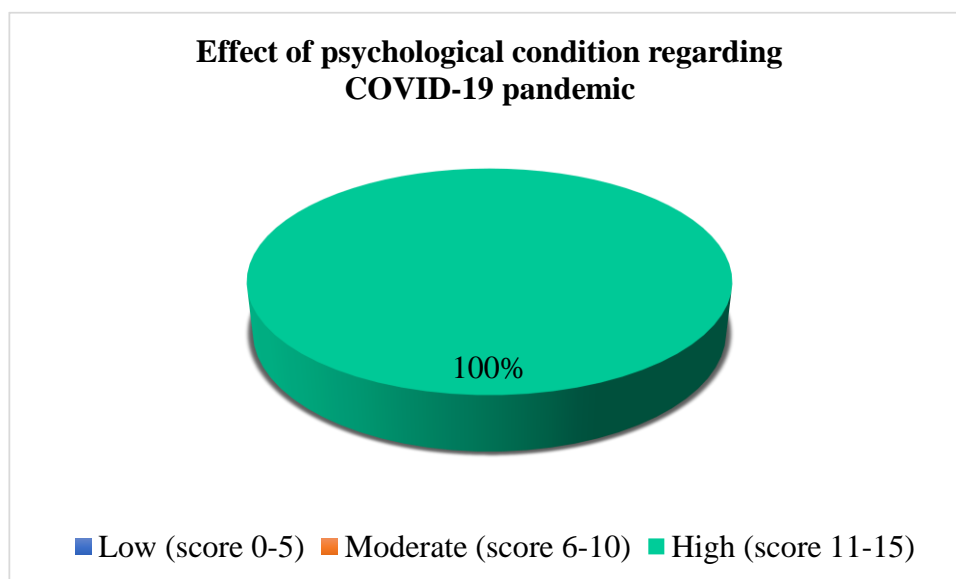


Fig 3: Effect of Psychological condition regarding COVID-19 Pandemic

Table 5: Item analysis-Effect of psychological condition regarding COVID-19 pandemic

N=100

Effect item	Frequency	%
Fear of getting infected with COVID-19	100	100%
Fear of family members getting infected with COVID-19	100	100%
Perceived changes in sleeping activity	100	100%
Perceived changes in physical activity	48	48%
Frustration with uncertainty due to COVID-19 pandemic	100	100%
Feeling helpless during COVID-19 pandemic	100	100%
Feeling worthless due to COVID-19 pandemic	100	100%
Negative thoughts related to things happened due to COVID-19	100	100%
Worry about the future due to COVID-19	100	100%
Difficulties in self-regulating learning	100	100%
Difficulties in not going out	100	100%
Worried about physical health	100	100%
Worried about mental health	100	100%
Anxiety of jobless condition	100	100%
Anxiety of parents for their child/children future	0	0%

All the people in PCMC area had fear of getting infected with COVID-19. All of them had Fear of family members getting infected with COVID-19. All of them had perceived changes in sleeping activity. 48% of them had perceived changed in physical activity. All of them had frustration with uncertainty due to COVID-19 pandemic. All of them were feeling helpless during COVID-19 pandemic. All of them were feeling worthless during COVID-19 pandemic. All of them had negative thoughts related to things happened due to COVID-19. All of them were worrying about the future due to COVID-19. All of them had difficulties in self-regulating learning. All of them had difficulties in not going out. All of them were worried about physical health. All of them were worried about mental health. All of them had anxiety of jobless condition. None of them had anxiety for their child/children future.

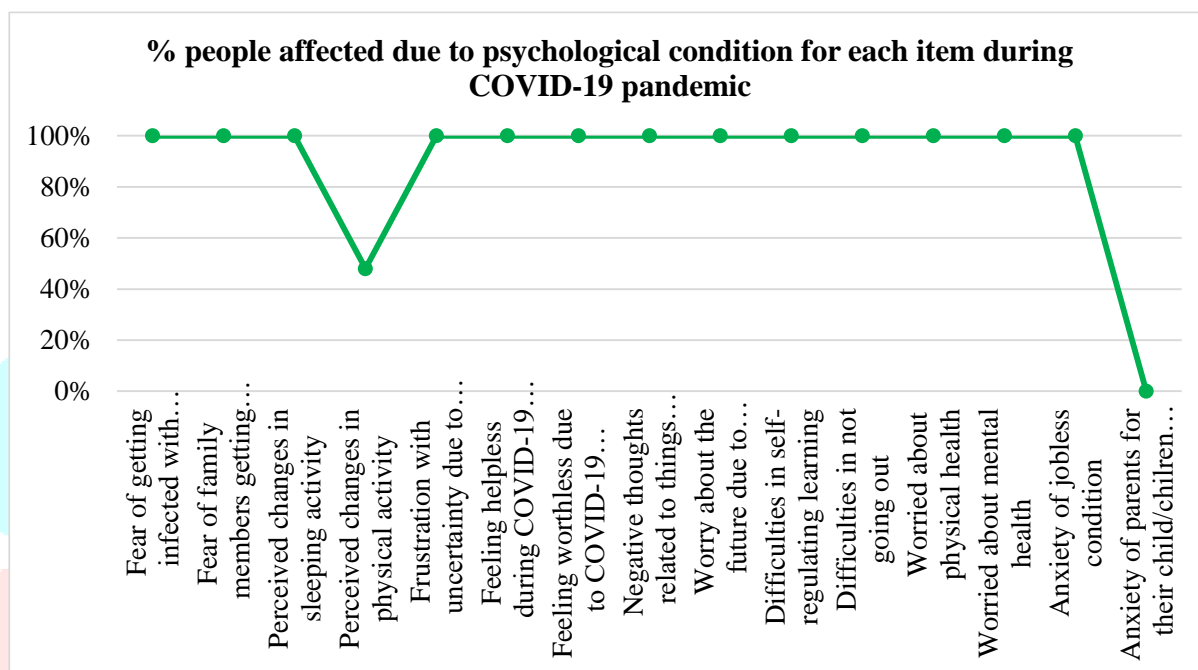


Fig 4: % of People affected due to psychological condition for each item during COVID-19 Pandemic

DISCUSSION

A research published on Psychological Impact of COVID-19 in Spain: early data report. This commentary offers a preliminary assessment of the COVID-19 outbreak's psychological effects during the early stages in Spain. This article provides a preliminary evaluation of the psychological effects of the COVID-19 outbreak during its early phases in Spain. The institutional review board at the universities of the first two authors gave the study their approval. Data were gathered utilizing an online forms platform over the course of a week (March 17–24, 2020). The authors and their institutions used social media in a snowball fashion to successfully attract participants. The Impact of Event Scale-Revised (IES-R; Baguena et al., 2001; Weiss & Marmar, 1996), which rates the severity of psychological distress brought on by a traumatic life experience using three symptomatic responses, is available in Spanish (avoidance, intrusion, and hyper-arousal). The Spanish government issued a state of panic on March 14, 2020, to stop the spread of viruses. Data collected on 3055 persons who are currently residing in Spain (75.1% of whom are women; mean age = 32.15 years;

standard deviation = 12.95; range: 18-88). The COVID-19 pandemic was shown to be the cause of psychological discomfort in 36.6% of subjects, according to the results. There is an immediate need for psychosocial interventions to lessen the impact of both the pandemic and the necessary but upsetting measures taken to control the virus spread because more than 36% of the participants displayed significant psychological distress as a result of the current health crisis. Similarly this current study is done to evaluate the effect of psychological condition regarding COVID-19 pandemics and to identify the effect of psychological condition regarding COVID-19 pandemic among people residing in PCMC area performed on 100 samples residing on PCMC area. It is surprised to see the the results that 100% of the sample population in PCMC area were stressed regarding transmission of COVID-19. 100% of the people in PCMC area had effect of psychological condition regarding COVID-19 pandemic.

CONCLUSION

The study was conducted to assess the impact of covid19 pandemic on psychology based on data collection and after statistical analysis was done it is found that Almost all the samples in PCMC area had fear of getting infected with COVID-19. 100% of them had fear of family members getting infected with COVID-19. 100% of them had perceived changes in sleeping activity. 60% of them had perceived changed in physical activity. All of them had frustration with uncertainty due to COVID-19 pandemic. All of them were feeling helpless during COVID-19 pandemic. All of them were feeling worthless during COVID-19 pandemic. All of them had negative thoughts related to things happened due to COVID-19. All of them were worrying about the future due to COVID-19. All of them had difficulties in self-regulating learning. All of them had difficulties in not going out. All of them were worried about physical health. All of them were worried about mental health. All of them had anxiety of jobless condition. None of them had anxiety for their child/children future. All the people in PCMC area were feeling stressed. All of them mentioned that there was problem to students due to schools/colleges closed. All of them were maintaining personal hygiene in COVID-19 pandemic. 43% of them mentioned that there was need of financial support during COVID-19 pandemic. All of them had lost loved ones in COVID-19. All of them had financial loss due to hospitalization in COVID-19 pandemic. All of them were avoiding eating outside food. 55% of them were avoiding using public transport. All of them were avoiding going to the park for exercises, playing, etc. All of them were avoiding social gathering due to COVID-19 pandemic. All of them were avoiding the domestic services. All of them were unable to spend quality time with their family and friends. None of them were feeling loneliness due to COVID-19 pandemic. All of them was afraid of losing job/financial loss due to pandemic. All of them had distributed family environment. Hence overall it is found that there is huge fear among people regarding transmission

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