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PSYCHOLOGICAL IMPACT OF CORONA OUTBREAK ON INDIAN YOUTH

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Abstract: Due to corona outbreak in India since last few months there is a drastic change in livelihood of the people. Closure of schools, colleges and work places has resulted psychological uncertainty in Indian youth. 402 people across the country participated in the survey to study psychological impact of corona pandemic. The youth between 18-29 years old participated in the survey and responded to the questionnaire. . The study was conducted in between 16 June to 4 July. The participants were asked to choose the most suitable options in their opinion. The data analyzed showed a negative impact on the Indian youth. Nearly half of the youth suffered a psychological changes resulting in depression, anxiety, emotional changes and irregular sleeping pattern.

Keywords: Outbreak, Psychological, Corona, Pandemic, Anxiety

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INTRODUCTION

Corona is a single stranded RNA virus that had its roots into the world from almost 60 years since its discovery in late 1960s. Corona viruses belong to the Corona viridae family in the Nidovirales order. The nomenclature of the Corona virus is named after the crown-like spike on the outer surface of the virus structure. [1] Earlier, the allied viruses of the same family like the Severe acute respiratory syndrome coronavirus SARS-CoVid 2003, Human corona virus HCoV NL63 in 2004 [2], HKU1 in 2005 [3], Middle east respiratory syndrome (MERS) in 2012, have shown their outbreaks and now the novel version of this virus has presented a threat of unmatched severity. According to the classification of International Taxonomy of Viruses (ICTV) has referred this novel pathogen as SARS-CoV-2 (formerly known as 2019-nCoV) in 2019. [4,5] The first case was identified in the city of Wuhan, a Chinese sea food market and since then it has been exponentially increasing with an evident human to human contact via respiratory droplets while sneezing and coughing. [6] The mode and transmission and other related details about the virus continue to be updated in every few weeks, leading to enhanced uncertainty. [7] During this period most of the research has been focused on understanding and preventing transmission; exploring treatment options and issues with global governance. However we think that the psychological impact of this pandemic like stress and anxiety among the general population is also a grave concern. [8] A study from

China suggesting that more than half of the participants had a significant psychological impact of the COVID-19 pandemic. Another recent study from Denmark reported psychological well-being as negatively affected.[9] It is necessary that identification of risk factors associated with depression, anxiety, and post-traumatic stress in adults (18- 30). The early weeks of the pandemic saw rapid changes in daily routines, with students moving following university closures and attending classes remotely, and for other young adults, transitioning to remote work or facing job loss.[10]

Objective

- : To study the psychological effects on the youth during COVID-19
- : To understand changes in sleeping patterns or difficulty to sleep by youths during corona crisis.

Methodology:

Study participants:

A total of 402 youths across India participated in the study. The participants were asked to choose the most suitable options and in their opinion. The participation was kept confidential. The study was conducted in between 16 July to 4 July when the corona outbreak was on high pick.

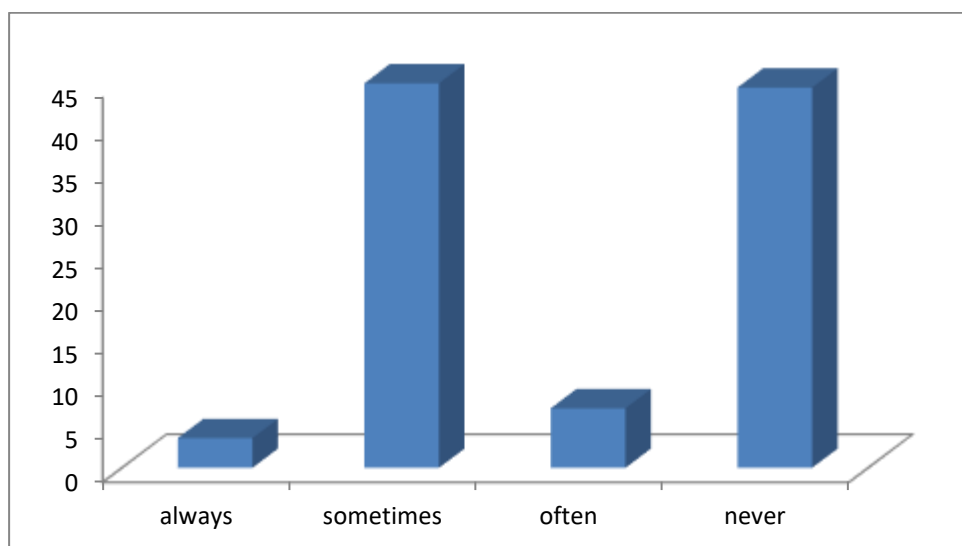
Study design:

The age criteria selected between 18-21 years old, 22-25 years old and 26-29 years old. All the questions had options varying from never/ sometimes/ often/ always. The questionnaire was structured in English with total of 20 Questions. More emphasis was given to whether the Questionnaire was relevant to the mental health and real life experience of youths in between covid-19. The questionnaire was administered on an online survey platform, which participants accessed via a designated link.

Statistical analysis:

Demographic and social data from the study participants included name ,age and gender. Participants indicated how they were bothered by problems and experiences in response to stressful life events in the past few month .The data was calculated in form of bar graph and pie chart. To identify potential risk and protective factors of psychological distress of youth we collected data from various age groups and gender. The mean age of the respondents were range 18–29 years with a male preponderance 47% and 53 % female. The response of age group 18-21 years was (69.9%), 22-25 years (19.7%), and 26-29 years (10.4%).

Graph 1; indicate the any mental, nervous, emotional problem experienced by the youth in amid Covid-19 period.

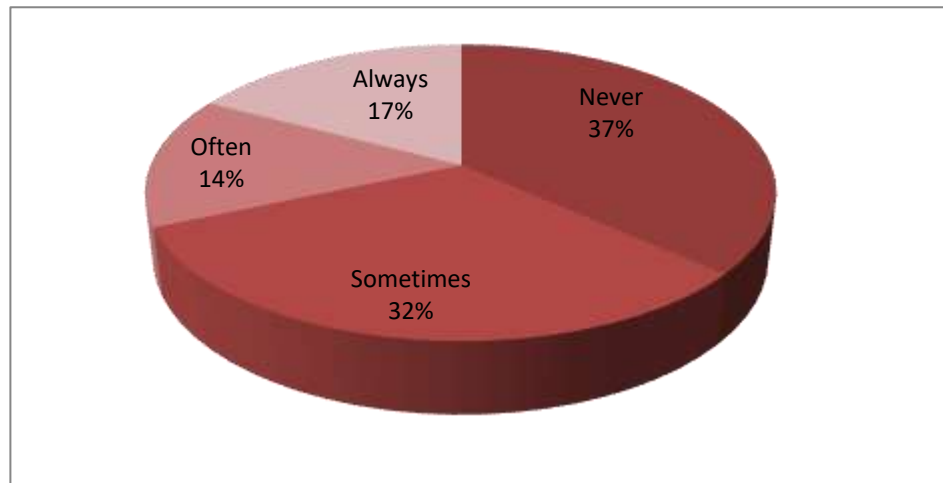


Graph 1

In amid of covid-19 nearby 45% population of youth sometimes experienced psychological distress, 7% population of youth often experienced psychological distress, 3.5% population of youth always experienced and 44.5% population never experienced any kind of psychological

distress. The data extracted indicate that more than half of population of youth experienced mental, nervous, emotional problems or on an edge.

Graph 2: This graph shows irregular sleeping patterns or difficulty to sleep by youths in between covid-19 period.



Graph 2

Above graph 2 data clearly illustrate that the Participants reported a change with sleeping pattern in amid of covid-19. On average 32% youth population reported that sometimes difficulty in sleeping, 14% youth population stated often problems in sleep, 17% youth responded always difficulty in sleeping and 37% participants never experienced difficulty to sleep. Overall data reveals that more than half of the youth participant shows irregular sleeping pattern.

Table 1, shows the percentage of potentially worried youth about family safety and health due to corona outbreak.

Variables	responses	percentage
Potentially worried about family safety and health	Always	42.5%
	Often	17.2%
	Sometimes	30.6%
	Never	9.7%

Above table significantly indicate that due to corona outbreak approximately 80% of respondent youths potentially worried about their family safety and health. As per data collected from respondents they may had a psychological impact during the Covid-19 pandemic.

Limitations:-

- Difficulty reaching to Non- English speaking population because questionnaire was in a English language
- Less responses due to poor network connection in the village area participants
- An identification verification tool was not used so participants were confused to response.

CONCLUSION

There were 402 youths across India participated in the study .The data extracted in graph 1 indicate that more than half of population of youth experienced mental, nervous, emotional problems or on an edge. Above graph 2 data clearly illustrate that the Participants reported a change with sleeping pattern in amid of covid-19. Table 1 data shows the majority of respondents potentially worried about their family safety and health. The overall studies indicate that there is a negatively increased psychological effect on Indian youth due to Covid -19 outbreak.

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