

# **MENTAL HEALTH AND COPING DURING COVID-19**

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## **Research Article**

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### **ABSTRACT**

The Coronavirus (COVID-19) outbreak came into limelight when China informed the World Health Organisation (WHO) on December 31, 2019, of a cluster of cases of pneumonia of an unknown cause in Wuhan City of its Hubei province. On January 9, 2020, the WHO issued a statement saying Chinese reserchers have made “preliminary determination” at the virus as a novel coronavirus. Since that the number of people getting affected by this is virus is unstoppable. It has put the whole world at a stop. Due to this pandemic our daily lives has not been the same. Many people have lost their jobs and due to this they are not getting paid for their work. And this adversely affects our mental health. Faced with new realities such as working from home, home-schooling of children, lack of physical contact with other family members and friends affects not only our mental health but also our physical health. Fear, stress, worry are normal responses by people so it is understandable that people are experiencing fear. This study attempts to give people knowledge about how to keep our mental health in check and also create awareness about the ongoing crisis and the ways to prevent it.

**KEYWORDS:** pandemic, fear, anxiety, communication etc.

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## INTRODUCTION

The coronavirus was first identified in December 2019 in Wuhan, China. This disease has spread globally and has created a life-threatening pandemic. Currently, all of us are experiencing emotions, thoughts, situations we have never felt before. Its not that there were no pandemics earlier. The Cholera pandemic, the flu pandemic were the highlights of the 19<sup>th</sup> century. But this COVID-19 is on a completely different level. This virus has spread globally and created an ongoing panic among the people. Due to this pandemic, there was a nationwide lockdown. Back then, the lockdown created a hope among ourselves that this lockdown would prove beneficial and maybe we will be able to decrease the number of cases. But, unfortunately, the number of cases were increasing day by day. And now, India is the 2<sup>nd</sup> country to have the most number of positive corona cases. This somehow affects our brain in many ways which we are not aware of. Loss of dear ones has a negative impact on our brain. This leads to anxiety and also to one of the most common faced problem, depression. Depression is a mood disorder that affects a person's daily life. It may be described as feelings of sadness, loss or anger. This psychologically affects us. And many times, people commit suicide which is the wrong step and also it is not the solution. This study will help us to trace the solution and will give us knowledge about how to cope up in these difficult times.



## TYPES OF MENTAL DISORDERS

Until now, there are seven types of mental health problems.

- 1) Anger.
- 2) Anxiety and panic attacks.
- 3) Bipolar disorder.
- 4) Body dysmorphic disorder (BDD).
- 5) Borderline personality disorder (BPD).
- 6) Depression.
- 7) Drugs- recreational drugs and alcohol.

Among these seven we all been the victim of at least one. Having even one of these causes a threat to our daily life. Our life becomes dysfunctional and somehow we get lost in our thoughts and we miss some of the great oppurtunities in our life which can lead us on the path of success. We ourselves are the cause to our problems.

#### STATEMENT OF PURPOSE

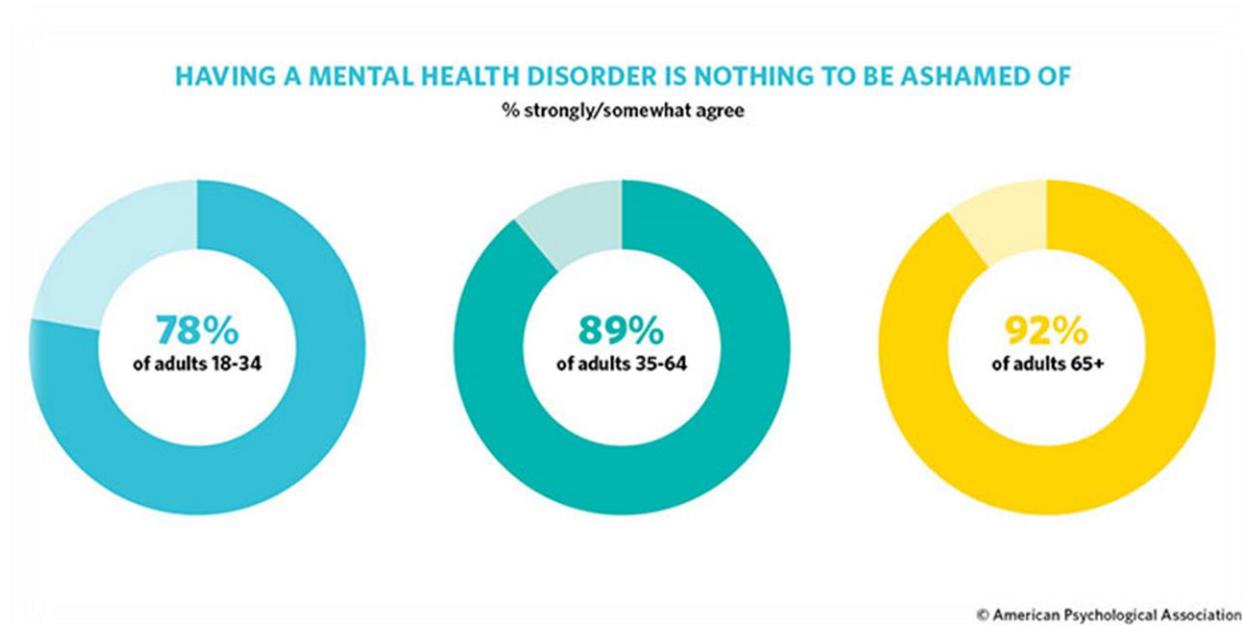
Our children and the young people are the future generations and also they are the one who are going to bring maximum changes to our nation. So it is very important to make their foundation strong as this will prove fruitful for the coming generations. And the first step towards a good foundation is their mental well-being. In these kind of circumstaces, the students and the younger generation should have all the information and facts regarding COVID-19 which will diminish fear, anxiety among the citizens. If today's generation is well aware of the facts and the information, they will try to increase the knowledge gained and thus many parents, senior citizens will be aware and they can tackle the situations in a better way.

The purpose of this study is to provide clear and actionable guidance so that the citizens can detect if they have any mental disorders during COVID-19 which is very common to have in such situations. The main step to cure mental disorder is through communication. Communicating with people, sharing problems with one another will give you a better view towards handling problems. Also maintaining close with relations with parents and friends will be a boon to overcome mental illness.

#### METHODS AND MATERIALS

An online group therapy was taken with the help of video conferencing for the people suffering from mental disorders. This was conducted in which people present will discuss their problems faced during this pandemic, and will try to help each other with their experiences and knowledge. All the individuals responded to this therapy with a good spirit and attitude. In one online meeting, a specific age group will take part. The age groups are from 18-34, 35-64 and 65+ respectively. This meeting was done electronically.

## RESULTS



The above diagram gives us a clear representation about how many think that having a mental problem is nothing to be ashamed of. We are still living in a country where having a vision disorder is considered to be normal but on the other hand having mental disorder is considered a taboo. And such mentality must be in the minds of the victim suffering from this disorder. This group therapy has somehow removed most doubts from the minds of the people.

## DISCUSSION

This online group therapy aims at providing the people to interact with other people who have gone through the same situations such as occurring of negative thoughts and how to make these negative thoughts into positive thoughts. This has significantly proved to be useful to such people because if we have someone to talk to and also if they are going through the same condition as ours, it becomes easy for us and for them to figure out their life. They become more free about their thoughts and they become aware of their actions. Having mental problem is not a thing to be ashamed of but if we do not take proper precautions and maintain healthy relationships with everyone we will surely become a victim of mental illness. That's why it should be our prime concern to make amends with

everyone in order to live a healthy life. In these times of COVID-19 having online meetings will be resourceful.

#### CONCLUSIONS AND RECOMMENDATIONS

We have witnessed a significant gap among ourselves due to this COVID-19. And because of the social distancing it has mainly affected our relationships. But there are other alternatives which are there to overcome the loneliness. Constant talks with one another will definitely prove to be useful. Fear, anxiety are common but there is a boundary for each and every disorder. Every disorder starts with nothing but at the end it leads to everything. To prevent this we should always have someone in our life who we feel comfortable to talk. It maybe our parents, friends, neighbours and also anyone who is close to our life. But communication is the best way to overcome any type of disorder. If we don't talk about it, it will build up in our mind and will have an adverse effect on our health. If anytime we get negative thoughts, just know you are not alone. Just be yourself and keep expressing your emotions. So always remember, the key to healthy lifestyle is to be happy and welcome positive thoughts and also encourage others to lead the same way.

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